

Skin Sensitive Oils:

-**Always** dilute: Black pepper, Cassia, Cinnamon, Lemongrass, Oregano and Thyme (can cause extreme skin irritation)

-Dilute if used *repeatedly* on the same location: Bergamot*, Cassia, Cinnamon, Fennel, Geranium, Ginger*, Lemon*, Melaleuca, Peppermint and Ylang ylang (*also a photosensitive oil—avoid direct exposure to sunlight for at least 6 hours)

Legend for Chart Below		
Skin Sensitivity	1	Most find these the mildest of oils to use
	2	Most find these mild to use
	3	Strong cooling sensation. Do not use with infants.
	4	Can be a skin irritant over time. Use a skin test.
	5	Can be a skin irritant. Use a skin test.
	6	Can be a strong skin irritant. Do not use without diffusion.
Photosensitivity	yes	May react to sunlight or UV rays. Avoid sunlight or UV exposure up to 12 hours after topical use.
GRAS	yes	Certified by the FDA as "Generally Regarded As Safe" (for ingestion).
Pregnancy	yes	Most find these acceptable to use.
	use care	Consider dilution of the oil and not using repeated application over long time periods.
	consult	Consult an aromatherapist or physician before using these oils.

Single Oils	Skin Sensitivity	Photo-sensitive	GRAS	During Pregnancy
Basil	5		yes	consult
Bergamot	4	yes*	yes	yes
Birch	4		no	consult
Black Pepper	?		yes	?
Cassia	5		yes	consult
Cilantro	?		yes	?
Cinnamon	5		yes	consult
Clary Sage	2		yes	consult
Clove	5		yes	use care
Coriander	2		yes	yes
Cypress	5		no	use care
Eucalyptus	4		no	use care
Fennel	4		yes	consult
Frankincense	1		yes	yes
Geranium	2		yes	yes
Ginger	2		yes	use care
Grapefruit	2	yes	yes	yes
Helichrysum	2		yes	yes
Lavender	1		yes	yes
Lemon	4	yes	yes	yes
Lemongrass	4		yes	use care
Lime	4	yes	yes	yes
Marjoram	2		yes	consult
Melaleuca	2		yes	use care
Melissa	2		yes	yes
Myrrh	2		yes	use care
Oregano	6		yes	use care
Patchouli	2		yes	yes
Peppermint	3		yes	use care
Roman Chamomile	4		yes	yes
Rosemary	2		yes	consult
Sandalwood	2		yes	yes
Tangerine	?	yes	yes	?
Thyme	6		yes	consult
Vetiver	2		yes	consult
White Fir	5		no	use care
Wild Orange	2	yes	yes	yes
Wintergreen	6**		no	consult
Ylang Ylang	2		yes	yes