



essential oils

AGE RESTRICTED LIST

Sources: Aromahead Institute, Robert Tisserand, Marge Clark, Sylla Hanger, LifeHolistically, Aromaweb

KEY: ● Avoid topical (dermal) under age 2 unless noted with All Routes ● Avoid all routes under 5yrs
● Avoid all routes under 6yrs ○ Avoid all routes under 10yrs ○ Avoid use on prepubertal children ▲ AVOID
*Indicates this oil may be contraindicated for blood disorders ** indicates this oil may suppress the respiratory system

- **Anise/Aniseed** (all routes) Pimpinella anisum*
- **Anise (Star)** Illicium verum
- **Basil (lemon)** Ocimum x citriodorum
- **Benzoin** Styrax benzoin, Styrax paralleloneurus and Styrax tonkinensis
- **Black Seed** Nigella sativa
- **Cajuput** Melaleuca cajuputi, Melaleuca leucadendron**
- **Cardamon** Elettaria cardamomum*
- **Cassia** Cinnamomum cassia, Cinnamomum aromaticum*
- **Chaste Tree** (all routes) Vitex agnus castus
- ▲ **Cinnamon Bark** (avoid dermally, diffuse with caution) Cinnamomum zeylanicum *
- **Clove Bud, Clove Leaf, Clove Stem** Syzygium aromaticum, Eugenia caryophyllata, Eugenia aromatica**
- **Cornmint** Mentha arvensis, Mentha canadensis**
- **Eucalyptus** Eucalyptus camaldulensis, Eucalyptus globulus, Eucalyptus maidenii, Eucalyptus plenissima, Eucalyptus kochii, Eucalyptus polybractea, Eucalyptus radiata, Eucalyptus Australiana, Eucalyptus phellandra, Eucalyptus smithii**
- **Fennel (bitter), Fennel (sweet)** (all routes) Foeniculum vulgare*
- **Garlic** Allium sativum*
- **Ginger Lily** Hedychium coronarium
- **Ho Leaf (Ravintsara)** Cinnamomum camphora**
- **Hyssop (pinocamphone chemotype)** (all routes) Hyssopus officinalis
- **Laurel Leaf/Bay Laurel** Laurus nobilis**
- **Lemon Leaf/Lemon Petitgrain** Citrus x limon, Citrus limonum
- **Lemon Scented Tea Tree** Leptospermum petersonii, Leptospermum citratum, Leptospermum liversidgei
- **Lemongrass** Cymbopogon flexuosus, Andropogon flexuosus, Cymbopogon citratus, Andropogon citratus
- **Marjoram (Spanish)** Thymus mastichina**
- **May Chang** Litsea cubeba, Litsea citrata, Laura cubeba
- **Massoia** (all routes) Cryptocarya massoy, Cryptocarya massoia, Massoia aromatica
- **Melissa/Lemon Balm** Melissa officinalis
- **Myrtle (honey)** Melaleuca teretifolia
- **Myrtle (lemon)** Backhousia citriodora
- **Niaouli (cineole chemotype)** Melaleuca quinquervia**
- **Opopanax** Commiphora guidottii
- **Oregano** Origanum onites, Origanum smyrnaeum, Origanum vulgare, Origanum compactum, Origanum hirtum, Thymbra capitata, Thymus capitatus, Coridothymus capitatus, Satureja capitata*
- **Peppermint** (all routes) Mentha x Piperita**
- **Rambiazana** Helichrysum gymnocephalum**
- **Rosemary** Rosmarinus officinalis**
- **Saffron** Crocus sativus
- **Sage (Greek)**, Salvia fruticosa, Salvia triloba**
- **Sage (White)** Salvia apiana**
- **Sanna** Hedychium spicatum**
- **Saro** Cinnamosma fragrans**
- **Savory** Satureia hortensis, Satureia montana*
- **Tea Leaf/Black Tea** Camellia sinensis, Thea sinensis
- **Treemoss** Pseudevernia furfuracea
- **Tuberose** Polianthes tuberosa
- **Turpentine** Pinus ayacahuite, Pinus caribaea, Pinus contorta, Pinus elliottii, Pinus halepensis, Pinus insularis, Pinus kesiya, Pinus merkusii, Pinus palustris, Pinus pinaster, Pinus radiata, Pinus roxburghii, Pinus tabulaeformis, Pinus teocote, Pinus yunnanensis
- **Verbena (Lemon)** Aloysia triphylla, Aloysia citriodora, Lippa citriodora, Lippa triphylla
- **Ylang Ylang**

▲ Oils listed below are considered hazardous for any age group. They should not be used without extensive knowledge or the supervision of a qualified aromatherapists, if at all.

Ajowan (Trachyspermum copticum)

Arnica (Arnica montana)

Birch, Sweet (Betula lenta)

Bitter Almond (Prunus dulcis var.amara)

Boldo Leaf (Peumus boldus)

Calamas (Acorus calamus var. angustatus)

Brown or Yellow Camphor (Cinnamomum camphora)

Deertongue (Carphephorus odoratissimus)

Garlic (Allium sativum)

Horseradish (Amoracia rusticana)

Jaborandi (Pilocarpus jaborandi)

Melilotus (Melilotus officinalis)

Mugwort (Atemisia vulgaris)

Mustard (Brassica nigra)

Onion (Allium cepa)

Pennyroyal (Mentha pulegium)

Rue (Ruta graveolens)

Sage (Salvia officinalis)

Sassafras (Sassafras albidum)

Southernwood (Artemisia abrotanum)

Spanish Broom (Spartium junceum)

Tansy (Tanacetum vulgare)

Thuja (Thuja occidentalis)

Wintergreen (Gaultheria procumbens)

Wormseed (Chenopodium ambrosioides var anthemiminticum)

Wormwood (Artemisia absinthium)

Questions? Contact Shannon Dennis

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