

General Safety Guide

simply Earth[®]
Essential Oil Hero Course

Welcome to the Simply Earth General Safety Guide!

This guide designed to give you a glimpse at the uses and safety info for each oil in the Simply Earth collection. Use this guide to get you started in creating your recipes for your toxin-free journey. Here's a break down of the guide.

Name

This is the common name of the oil. Information that may distinguish this oil from others with the same common name is listed as well.

Uses

This is a short list of uses of the oil. For a longer list of uses, descriptions, and recipes, look up that oil on our blog at www.blog.simplyearth.com

Aroma

Use this information to make your DIY recipes smell amazing.

Special Dilution Rate (%)

When making recipes for essential oils, we don't recommend using a dilution rate over 5% without the guidance of a certified aromatherapist. Essential oils that should be diluted at less than that rate are noted in this section. These oils are more likely to be skin irritating than others or have other special safety considerations that require them to be diluted at a lower rate.

Age

This represents the age it is generally considered safe to both use and diffuse the oil. Diffusing an oil will make adverse reactions less likely, but they can still happen in smaller children.

Pregnancy Safety (Preg.)

If you are pregnant, talk to your doctor before using essential oils to support your wellness. This section reveals which oils are generally considered safe to use during pregnancy either by diffusing or topically at a 1% dilution rate or less with a check mark.

Cat and Dog Safety

Before using essential oils around your pet, check with your vet. This section shows what oils are generally safe to diffuse around your pet. Once you've gotten the okay from your vet, this list a good place to start. Use our guide from our blog to introduce essential oils to your pet, just search for "pet" at www.blog.simplyearth.com or in the bonus section of the Essential Oil Hero Course once it is released.

Phototoxicity (☼)

You will want to avoid using these oils on your skin before spending time in the sun. These oils will make you more likely to get sun burned.

* Note: Statements made on this guide have not been evaluated by the Food and Drug Administration. It is anecdotal information.

Simply Earth Essential Oil General Safety Guide

Oil	Uses	Aroma	%	Age	Preg.	Cat	Dog	⚙
Amyris	Calms, cleans, boosts immunity, skin care, soothes	woody& vanilla-like		2+	✓	✓	✓	
Angelica Root	Aids digestion, soothes, boosts mood, supports respiration	peppery & earthy		10+		✓	✓	✓
Anise Star	Cleans, digestion, soothes, supports respiration	spicy & licorice	2.5	10+				
Balsam Fir	uplifts, refreshes, supports respiration, soothes	baslsamic & pine-like		2+	✓	✓	✓	
Basil	uplifts, calms, pain soothes, supports digestion	fresh & spicy-sweet		10+			✓	
Bay (Laurel Leaf)	uplifts, soothes, stimulates appetite, supports respiration	sweet & herbal	0.5	10+				
Bergamot	calms, refreshes, soothes, skincare	citrus, spicy & floral		2+	✓		✓	✓
Black Pepper	warms, calms, boost circulation	spicy & fresh		2+	✓	✓	✓	
Blood Orange	uplifts, stimulates, cleans, soothes	fresh, citrus & tangy		2+	✓		✓	
Cajeput	uplifts, energizes, soothes, supports respiration	fresh & camphorous	1	10+		✓	✓	
Camphor	supports respiration, soothes, repels insects	fresh & medicinal		10+				
Cardamom	uplifts, soothes, aids digestion, supports respiration	sweet & balsamic		10+		✓	✓	
Cassia	supports immunity, supports circulation, calms	warm & spicy	0.5	10+				
Cedarwood (At. & Him)	calms, supports respiration, skincare, repels insects	dry & woody		2+	✓	✓	✓	
Chamomile (German)	calms, soothes, skincare	sweet & warm		2+	✓	✓	✓	
Cinnamon (leaf)	warms, soothes, uplifts, repels insects	warm & spicy	0.5	10+				
Citronella	uplifts, calms, cleans, repels insects, eases itching	fresh & citrus		2+	✓		✓	
Clary Sage	calms, supports hormonal production	herbaceous & floral			✓	✓	✓	
Clove (bud)	stimulates, warms, supports immunity	spicy & rich	0.5					
Coffee	warms, energizes	brewed coffee		10+	✓		✓	
Copiaba	uplifts, calms, soothes, supports immunity	warm & resinous			✓	✓	✓	
Coriander	uplifts, stimulates, aids digestion, stimulates appetite	sweet & herbaceous		2+	✓		✓	
Cypress	calms, deodorizes, skincare, helps soothe grief	herbaceous & fresh		2+				
Dill Seed	calms, aids digestion, soothes, supports immunity	herbaceous & warm		10+				
Eucalyptus (globulus)	uplifts, stimulates, energizes, soothes, supports respiration	clean & herbaceous		10+	✓			
Fennel	uplifts, aids digestion, energizes, supports respiration	black licorice	2.5	10+				
Fir Needle (Siberian Fir)	calms, soothes, supports respiration, energizes	evergreen		2+	✓			
Frankincense	cleans, supports respiration, deoderizes, stimulates	spicy & woody		2+	✓	✓	✓	
Geranium	uplifts, skincare, calms	floral & sweet		2+	✓		✓	
Ginger	warms, aids digestion, soothes	warm & citrus		10+	✓	✓	✓	
Grapefruit	uplifts, energizes, stimulates, skincare, cleans	sweet & citrus	4	2+	✓		✓	✓
Helichrysum	soothes, skincare, supports respiration	earthy & herbaceous		2+	✓	✓	✓	

Oil	Uses	Aroma	%	Age	Preg.	Cat	Dog	⚙️
Ho Wood	calms, cools, supports immunity, soothes, stimulates	woody & floral		2+	✓	✓	✓	
Jasmine	uplifts, soothes, skincare, cleans	sweet & floral	0.5	2+	✓	✓	✓	
Juniper Berry	uplifts, deodorizes, soothes, stimulates, energizes	fresh & evergreen		2+	✓	✓	✓	
Lavender	calms, skincare, soothes, supports immunity	fresh & floral		2+	✓		✓	
Lemon	energizes, cleans, cools, stimulates, uplifts	sweet & citrus		2+	✓		✓	✓
Lemon Eucalyptus	calms, deodorizes, supports respiration, repels insects	balsamic & citrus		2+	✓		✓	
Lemon Myrtle	calms, uplifts, deodorizes, supports respiration	sweet & citrus		10+			✓	
Lemongrass	calms, warms, soothes, stimulates, cleans	earthy & citrus	1	10+			✓	
Lime	uplifts, energizes, cleans, supports respiration, skincare	fresh & citrus		10+	✓		✓	✓
Mandarin	uplifts, calms, cleans, soothes, skincare	sweet & orange		2+	✓		✓	
Marjoram	warms, calms, supports respiration, soothes	sweet & herbaceous		2+	✓	✓	✓	
Melissa	aids digestion, calms, uplifts, supports rest	herbal & lemony		10+		✓	✓	
Myrrh	calms, skincare, soothes, warms	fresh & earthy		10+		✓	✓	
Neroli	calms, uplifts, skincare	floral & citrus		2+	✓		✓	
Nutmeg	uplifts, aids digestion, warms, soothes, supports rest	spicy & woody		10+	✓			
Orange (Sweet)	uplifts, aids digestion, soothes, cleans	sweet & citrus		2+	✓		✓	
Oregano	calms, warms, soothes, cleans	herbal & peppery	1	10+				
Palmarosa	calms, skincare, supports rest, soothes pain	sharp & floral		2+	✓	✓	✓	
Patchouli	calms, skincare, repels insects	earthy & fruity		2+	✓	✓	✓	
Peppermint	energy, stimulates, aids digestion, soothes, cools	sharp & minty	5	10+	✓			
Peru Balsam	uplifts, skincare, warming, soothes	vanilla-like	0.5	10+	✓	✓	✓	
Pine (Scotch)	warms, calms, soothes, supports circulation	evergreen & woody		2+	✓			
Ravensara	calms, skincare, supports respiration	medicinal & woody	1	10+	✓	✓	✓	
Rosemary	uplifts, warms, soothes, stimulates, haircare	herbal & woody		10+	✓			
Sage	uplifts, stimulates, soothes, skincare	earthy & floral		10+				
Sandalwood	uplifts, calms, cools, moisturizes	floral & woody		2+	✓	✓	✓	
Spearmint	uplifts, aids digestion, stimulates	sweet & minty		2+	✓			
Tangerine	uplifts, stimulates, aids digestion, supports immunity	tangy & citrus		2+	✓		✓	
Tea Tree	uplifts, skincare, cleans, supports respiration	medicinal & woody		2+				
Thyme	warms, aids digestion, soothes, supports immunity	spicy & herbal	1	10+				
Vetiver	uplifts, calms, skincare, supports immunity	woody & herbaceous		2+	✓	✓	✓	
Wintergreen	uplifts, soothes	strong & minty	2	12+				
Ylang Ylang	calms, uplifts, skin health, pain relief	sweet & floral	0.5	10+	✓			

Simply Earth Essential Oil Blend General Safety Guide

Blend	Oils	Uses	%	Age	Preg	Cat	Dog	⚙
Autumn Air	Cassia, Orange, Balsam Fir, Lemon, Ho Wood	seasonal aroma, cleans	3	10+				✓
Beauty Within	Frankincense, Lavender, Myrrh, Rosemary	improves skin appearance		10+				
B.O. Be Gone	Lavender, Orange, Patchouli, Sandalwood, Ylang Ylang	deodorizes		10+	✓			
Breathe Easy	Cedarwood (Him), Fir Needle, Frankincense, & Myrrh	supports respiration		10+				
Bug Fighter	Patchouli, Lemongrass, Cedarwood	Repels pesky bugs		10+	✓		✓	
Bumps & Boo-boos	Helichrysum, Lavender, Lemon, Tea Tree	supports the skin's natural healing properties		2+	✓			✓
Candy Cane	Orange, Frankincense, Spearmint, Lemon	holiday aroma		2+	✓			✓
Citrus Burst	Bergamot, Grapefruit, Lemon, Lime, Orange	uplifts, cleans		10+	✓		✓	✓
Clean & Fresh	Fir Needle, Grapefruit, Lemon, Neroli	cleans		2+	✓			✓
Clear Skin	Cedarwood (atlas), Juniper Berry, Lemon, Sandalwood, Tea Tree	improves skin appearance		2+	✓			
Defender	Cinnamon, Clove, Eucalyptus, Lemon, Rosemary	supports immune system, cleans	3	10+				✓
Digest	Anise Star, Bergamot, Chamomile, Orange	supports digestion		10+				✓
Energy	Eucalyptus, Lemon, Peppermint	boosts energy		10+	✓			
Farewell Scars	Helichrysum, Lavender, Lemon, Myrrh, Rosemary	improves skin appearance		10+				
Fit	Grapefruit, Lavender, Spearmint	prevents emotional snacking		2+	✓			✓
Focus	Cardamom, Eucalyptus, Frankincense, Orange	supports focus		10+				
Gingerbread	Ginger, Cinnamon, Clove, Nutmeg	holiday aroma		10+				
Good Vibes	Clary Sage, Geranium, Lavender, Lemon, Ho Wood	supports natural hormone productio		2+	✓		✓	
Happy Joy	Geranium, Grapefruit, Orange, Ylang Ylang	uplifts	3	10+	✓			✓
Head Soothing	Frankincense, Lavender, Ho Wood	soothes		2+	✓		✓	
Ladies Choice	Geranium, Lavender, Marjoram, Clary Sage	soothes		2+	✓		✓	
Love	Bergamot, Orange, Amyris, Ylang Ylang	supports romantic feelings		10+	✓			
Peace & Quiet	Cedarwood, Frankincense, Lime, Orange	calms, relaxes		10+	✓		✓	
Relief	Rosemary, Juniper Berry, Eucalyptus, Peppermint, Copaiba	soothe		10+	✓			
Sleepy	Bergamot, Grapefruit, Lavender, Ho Wood	relaxes, calms		2+	✓		✓	✓
Sweet Dreams	Lavender, Marjoram, Frankincense, Cedarwood (Him), Chamomile	relaxes, calms		2+	✓		✓	
Timber	Cypress, Sandalwood, Cedarwood (Him), Patchouli, Peru Balsam, Mandarin	skin care, masculine aroma		10+				
Tranquility	Lemon, Orange, Patchouli, Ylang Ylang, Lemon, Amyris	relaxes, calms		10+	✓			
Veins	Cypress, Juniper Berry, Lemon	improves appearance of skin		2+				✓
Winter Spice	Tangerine, Fir Needle, Balsam Fir	seasonal aroma		2+	✓			