



ZURMA
BOTANICAL OIL STUDIO

Essential Oils Safety, Use, and Value

Jytte Glintborg

Table of Contents

- 1. Introduction** – What makes essential oils unique
- 2. Respect Their Potency** – Why safety matters
- 3. Safe Use Principles** – Practical guidelines for daily use
- 4. Skin Reactions** – Irritation, allergy, and urticaria
- 5. Risk Factors** – Who and what increases risk
- 6. Other Critical Risks** – Photosensitivity & adulteration
- 7. Managing Reactions** – What to do if something goes wrong
- 8. Myths vs Reality** – Clearing up common misconceptions
- 9. The Bigger Picture** – Skin, scent, and psyche
- 10. Key Takeaway** – Using essential oils wisely and well

Introduction

- Essential oils = **highly concentrated plant extracts** (50–100× stronger than the plant).
- Unique triple value:
- Skin benefits (cosmeceutical action)
- Fragrance (pleasure, perfumery)
- Psychological effects (mood, memory, emotion).
- More than just “nice smells.”



Respect Their Potency

- Always treat as powerful active ingredients, not harmless natural scents.
- Safe use ensures benefits are maximised, risks minimised.

“Natural does not equal safe. The most toxic substances known to man are natural.”

Robert Tisserand



Safe Use Principles

- **Always dilute before skin use (typical 1–2%).**
- **Baths: disperse in carrier/emulsifier, never direct into water.**
- **Eyes & ears: avoid undiluted contact.**
- **Diffusion: intermittent only (30–60 mins ON, then OFF).**
- **Oral use: only under trained practitioner supervision.**
- **Storage: away from children, light, heat, and flames.**



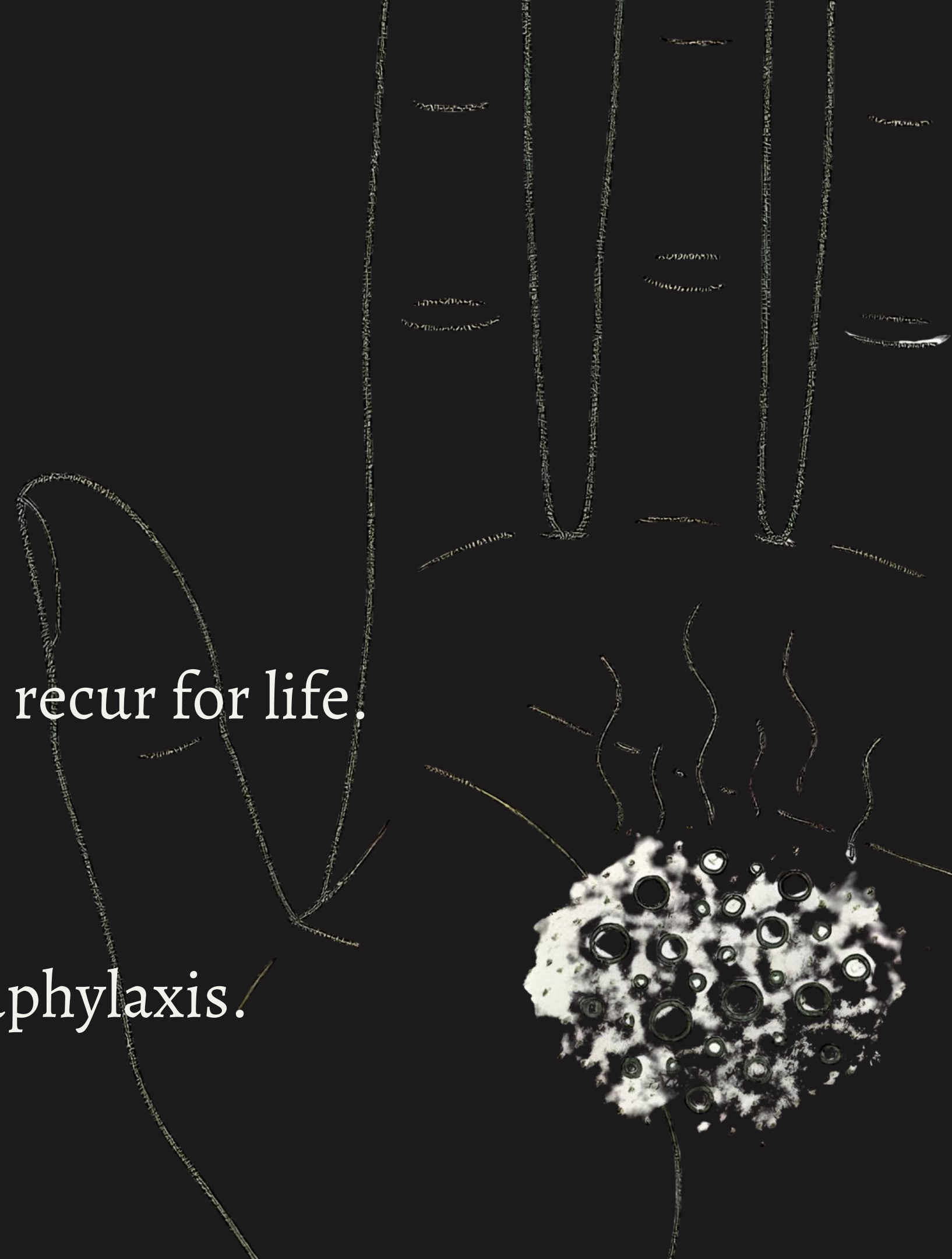
Essential Oil Dilution Table

Standard aromatherapy: 20 drops = 1 ml (approx)

Carrier Oil Volume	0.5% Dilution	1% Dilution	2% Dilution	3% Dilution	4% Dilution	5% Dilution
10ml	1 drops (0.05 ml)	2 drops (0.1 ml)	4 drops (0.2 ml)	6 drops (0.3 ml)	8 drops (0.4 ml)	10 drops (0.5 ml)
25ml	2 drops (0.12 ml)	5 drops (0.25 ml)	10 drops (0.5 ml)	15 drops (0.75 ml)	20 drops (1.0 ml)	25 drops (1.25 ml)
50ml	5 drops (0.25 ml)	10 drops (0.5 ml)	20 drops (1.0 ml)	30 drops (1.5 ml)	40 drops (2.0 ml)	50 drops (2.5 ml)
100ml	10 drops (0.5 ml)	20 drops (1.0 ml)	40 drops (2.0 ml)	60 drops (3.0 ml)	80 drops (4.0 ml)	100 drops (5.0 ml)

Skin Reactions

- **Irritant contact dermatitis:**
Redness, stinging, usually short-lived.
- **Allergic contact dermatitis:**
Delayed immune response, can persist and recur for life.
- **Contact urticaria:**
Immediate hives, swelling; rare cases → anaphylaxis.



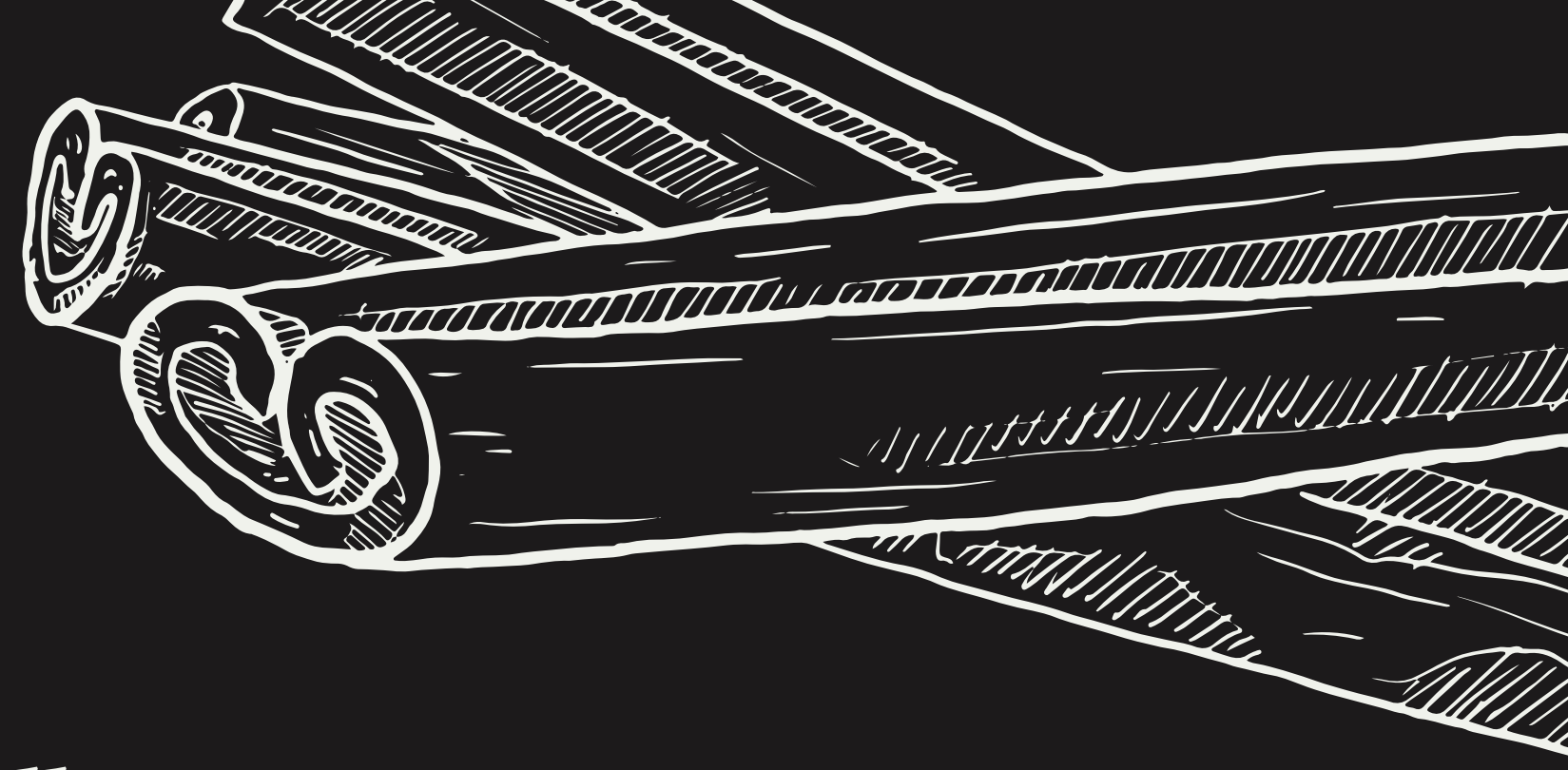
Managing Reactions

- **Stop use immediately.**
- **Wash area gently with fragrance-free soap and water.**
- **Let skin breathe; oatmeal or barrier creams can soothe.**
- **Oral antihistamines may help itching.**
- **Seek medical care if symptoms persist or are severe.**

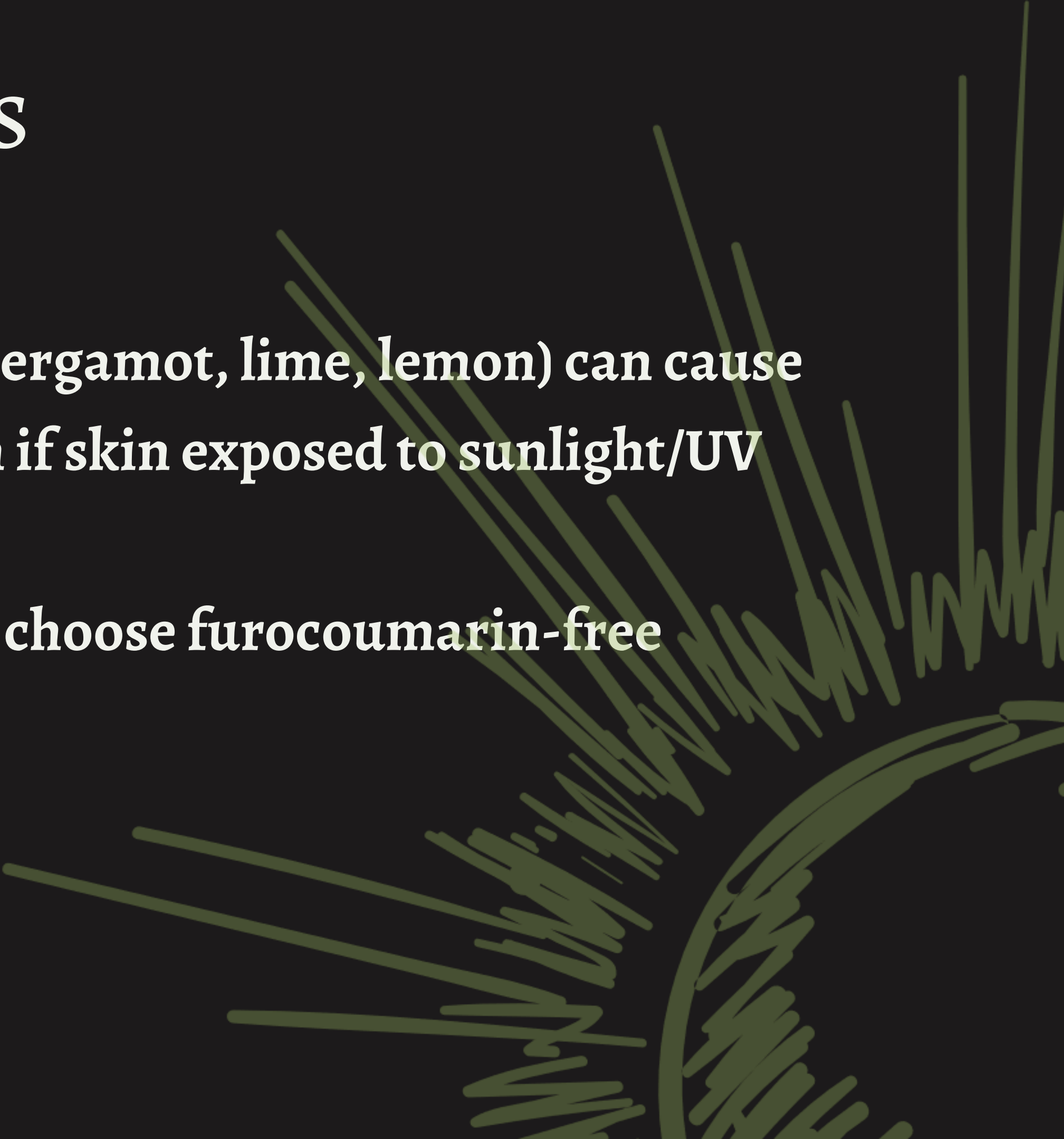


Risk Factors

- **High concentrations, poor dilution.**
- **Frequent or long-term use.**
- **Certain oils more likely to cause skin allergy (sensitisation)**
 - Cinnamon bark – cinnamaldehyde, eugenol
 - Clove bud – eugenol
 - Lemongrass – citral
- **Personal history of allergies, eczema, asthma.**
- **Females at slightly higher risk (hormonal immune influence).**



Other Critical Risks

- **Photosensitivity:**
 - **Citrus oils (e.g. cold-pressed bergamot, lime, lemon) can cause burns and hyperpigmentation if skin exposed to sunlight/UV after application.**
 - **Use only in evening blends, or choose furocoumarin-free (bergaptene-free) oils.**
- 
- A stylized green sunburst graphic is located in the bottom right corner of the slide. It features a semi-circular arc at the base, from which numerous thin, radiating lines extend upwards and outwards, creating a sunburst effect. The lines vary in length and thickness, giving it a hand-drawn or sketchy appearance. The entire graphic is rendered in a dark green color.

Other Critical Risks

- **Adulteration & quality issues:**
- **Adulterants can increase irritation or toxicity risk.**
- **Reliable sourcing and testing (GC/MS, COA) are critical.**

Up to 80% of commercially available essential oils are **adulterated in some way**. Many are extended with cheaper carrier oils, oils from different plant parts or sources, or synthetic compounds, often without being labelled as such.

researchgate.net

Myths vs Reality

- “Detox reaction” = false. Reactions are irritation or allergy, not cleansing.
- “Hot oils” = marketing term, not scientific.
- Sensitisation = process of developing an allergy, not separate condition.



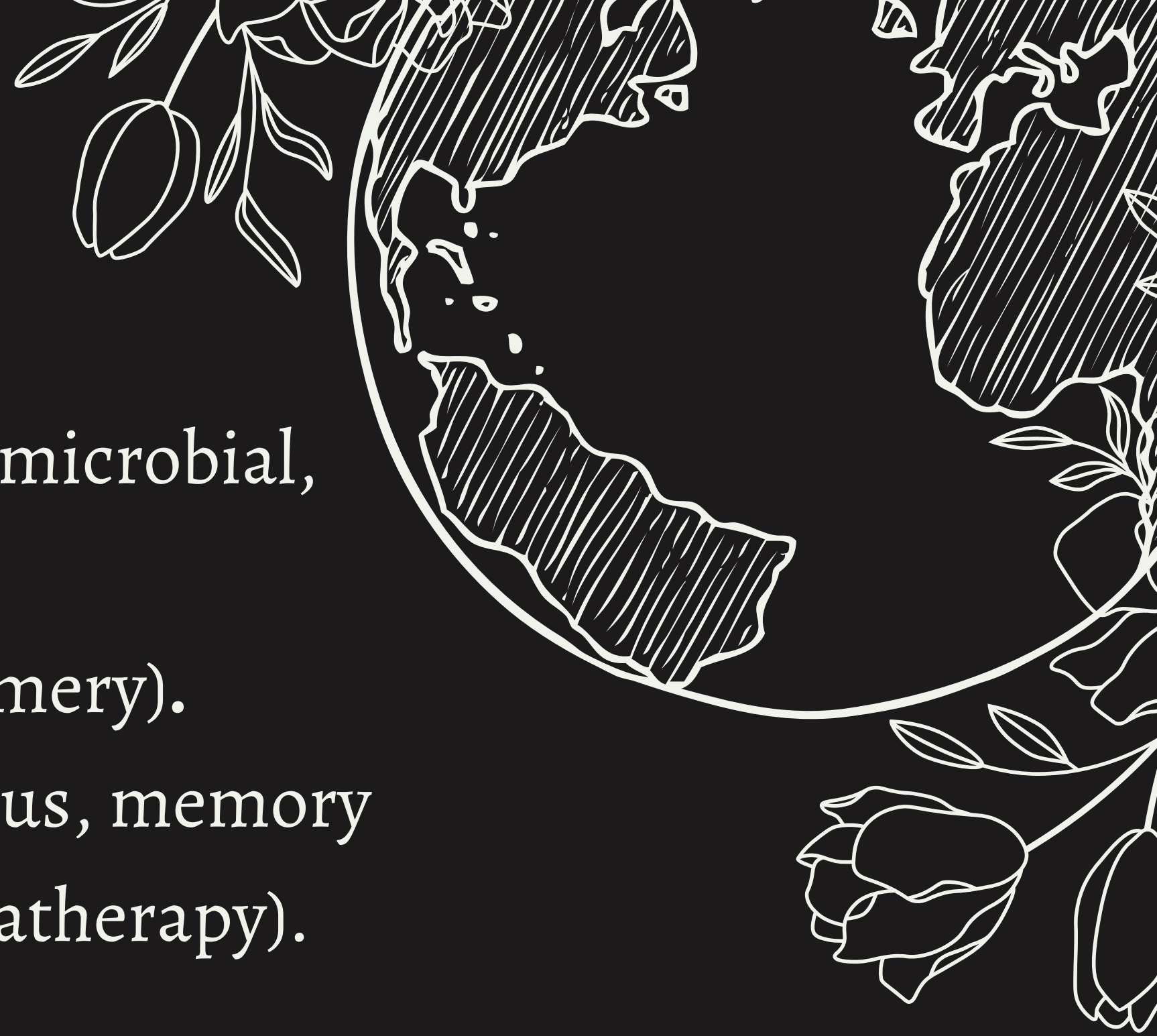
The Bigger Picture

Essential oils enhance:

- **Skin health** (anti-inflammatory, antimicrobial, regenerative properties).
- **Fragrance enjoyment** (natural perfumery).
- **Emotional wellbeing** (relaxation, focus, memory support - commonly known as Aromatherapy).

“Essential oils are the concentrated wisdom of plants, when used with respect, they offer both healing for the body and harmony for the spirit.”

Jytte Glintborg



Examples of Adulteration

It is a common practice to blend cheaper oils to meet the customer's target price or to make additional profits.

- **Bergamot oil** – Adulterated with lemon, rectified Ho, sweet orange, terpenes
- **Cedarwood Virginia** – With Chinese cedarwood
- **Cinnamon Bark** – With cinnamon leaf oil, cinnamic aldehyde
- **Cinnamon Leaf** – With clove leaf oil, eugenol, cinnamic aldehyde
- **Clove Bud** – With clove leaf oil, eugenol, eugenyl acetate, beta caryophyllene
- **Siberian Fir** – With Chinese fir
- **Geranium Bourbon** – With Chinese geranium
- **Lavender oil** – With lavandin, spike lavender, rectified Ho oil
- **Lemon oil** – With orange terpenes, lemon terpenes
- **Patchouli oil** – With gurjan balsam, vegetable oils, Hercolyn D, distillation residues
- **Petitgrain oil** – With citrus leaf oils, aldehydes, linalyl acetate, orange terpenes
- **Peppermint Piperita** – With cornmint (*Mentha arvensis*), L-menthol
- **Rosemary oil** – With eucalyptus globulus, white camphor oil



Examples of Adulteration

The addition of Cheap (Nature Identical) synthetics isolated from other oils:

- **Anise oil** – With technical grade anethole
- **Bergamot oil** – With linalool, linalyl acetate
- **Cassia oil** – With cinnamic aldehydes, coumarin
- **Cinnamon Bark** – With cinnamic aldehyde, eugenol
- **Cardamom oil** – With eucalyptol, terpinyl acetate, linalyl acetate
- **Cypress oil** – With alpha pinene, delta-3-carene, myrcene
- **Elemi oil** – With alpha phellandrene, limonene
- **Lavender oil** – With eucalyptus, camphor fractions, Spanish sage
- **Lemongrass oil** – With citral
- **Rosemary oil** – With camphor, eucalyptus, isobornyl acetate
- **Spearmint oil** – With L-carvone
- **Thyme oil** – With thymol, para cymene
- **Rose oil** – With phenyl ethyl alcohol, rhodinol, geranium oil
- **Wintergreen oil** – With methyl salicylate



ZURMA

BOTANICAL OIL STUDIO

100% Pure & Natural

Where authenticity meets excellence, one drop
at a time.

