Planning on hosting or attending an

**Essential Oils Workshop?**

***KNOW WHAT THEY ARE***:

Essential oils are the potent, concentrated aromatic oils that can be extracted from some plants, commonly herbs and spices. These plant oils are used for their fragrance, flavor, health, and cleaning properties, typically in prepared products such as cosmetics, perfumes, baked goods, supplements, and cleaning products. Some essential oils (like lemon) are natural solvents and can be found as an ingredient in wood cleaners and paint strippers where they are used in place of turpentine.

And take these ***SAFE USE RULES*** with you:

1. Always dilute: Proper preparation for topical applications should include dilution in a carrier oil.
2. Never ingest. Essential oils are not binaca, candy, or superfoods. They are, as explicitly stated by the FDA, not dietary supplements. They are, at closest, an ingredient used in very small amounts sometimes found in these consumables - but should not be considered completely safe to consume on their own. Adding EOs to water is not proper dilution protocol. Generally speaking, you don’t eat essential oils.
3. Do not use with another medical condition: Essential oils are absorbed by the body. They can be passed from mother to child during pregnancy and nursing. Some EOs also have the ability to interfere with prescription medication. Consult with your doctor before beginning any new health regimen.
4. Be Aware: Pushy sales companies are using unsafe use instructions via workshops and the internet to sell more product and recruit new sales reps. If your workshop includes making you use essential oils, getting upset if you don’t, and trying to recruit you for product “discounts” or a sales rep position, the information they are presenting you is highly suspect.

*The FTC states: "...pressure to decide on-the-spot about trying an untested product or treatment is a sure sign of a fraud. Ask for more information and consult a knowledgeable doctor, pharmacist, or other health care professional." (from:* [*http://www.consumer.ftc.gov/articles/0167-miracle-health-claims#shadysellers*](http://www.consumer.ftc.gov/articles/0167-miracle-health-claims#shadysellers)*)*

It is always ok to refuse to apply or ingest essential oils -

Don’t let a cleverly crafted sales pitch convince you otherwise!

If you are being HIGHLY pressured into using EOs on the spot, especially undiluted or internally - LEAVE IMMEDIATELY!

***Be an informed consumer! Be safe. Be well.***

Brought to you for free by a concerned group of educated citizens and industry professionals advocating for people over profits.

To learn more visit us at essentialinfo.weebly.com, or find us on Facebook as “300 Strong Against Essential Oil Ingestion”