

Pregnant or Nursing?

Coloring indicates oils included in the Premium Starter Kit as a single or part of a blend, including Flex Oils.

Essential Oils Safe For Use

Copaiba *Copaifera langsdorfii*, *Copaifera officinalis*

Coriander *Coriandrum sativum*

Cypress *Cupressus sempervirens*

Fir Needle *Abies sachalinensis*, *Abies sibirica*, *Abies alba*

Frankincense *Boswellia frereana*, *Boswellia sacra*, *Boswellia carteri*, *Boswellia serrata*, *Boswellia neglecta*, *Boswellia rivaie*

Grapefruit *Citrus x paradisi*

Juniper berry *Juniperus communis*

Lavender *Lavandula angustifolia*

Spike Lavender *Lavandula latifolia*

Mandarin *Citrus reticulata*

Neroli *Citrus x aurantium*

Rosewood *Aniba rosaeodora*

Scots Pine *Pinus sylvestris*

Sweet Orange *Citrus sinensis*

Norway Spruce *Picea abies*

Tangerine *Citrus reticulata*

*Peppermint is said to be safe in the first two trimesters but should be used little to none in the 3rd trimester and while nursing as it may dry up milk supply.

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Seek Alternatives

* Can be used occasionally with caution at a low dilution (.25%) or light diffusion.

† Acceptable for use while breastfeeding.

Anise *Pimpinella anisum*

Anise Star *Illicium verum*

Araucaria *Neocallitropsis pancheri*

Artemisia *Artemisia vestita*

Atractylis *Atractylodes lancea*

* **Basil (Lemon)** *Ocimum x citriodorum*

Birch *Betula lenta*

Black Seed *Nigella sativa*

Buchu *Agathosma betulina* ct diosphenol, *Agathosma crenulata* ct pulegone

Calamint (lesser) *Calamintha nepeta*

Camphor *Cinnamomum camphora*

Carrot Seed *Daucus carota*

Cassia *Cinnamomum cassia*

Chaste Tree *Vitex ugnus castus*

Cinnamon Bark *Cinnamomum verum*

Cypress (blue) *Callitris intratopica*

Clove Bud/Leaf/Stem *Syzygium aromaticum*

Costus *Saussurea costus*

Dill Seed *Anethum graveolens*

Fennel (Bitter, Sweet) *Foeniculum vulgare*

Feverfew *Tanacetum parthenium*

* **Frankincense** *Boswellia papyrifera*

Genipi *Artemisia genipi*

Hibawood *Thujopsis dolobrata*

Ho Leaf *Cinnamomum camphora*

Hyssop *Hyssopus officinalis*

Indian Dill Seed *Anethus sowa*

Lanyuna *Artemisia afra*

Lavender (French/Spanish) *Lavandula stoechas*

* **Lemon Balm (Australian)** *Eucalyptus staigeriana*

* **Lemon Leaf** *Citrus x limon*

* † **Lemongrass** *Cymbopogon flexuosus*

* † **May Chang** *Litsea cubeba*

* **Melissa** *Melissa officinalis*

Mugwort *Artemisia vulgaris*, *Artemisia arborescens*

Myrrh *Commiphora myrrha*

Myrtle (aniseed) *Backhousia anisata*

* † **Honey Myrtle** *Melaleuca teretifolia*

* † **Lemon Myrtle** *Backhousia citriodora*

Nutmeg *Mysristica fragrans*

Oregano all species

Parsley Leaf or Seed *Petroselinum sativum*

Pennyroyal *Mentha pulegium*

Plectranthus *Plectranthus fruticosus*

* **Rosemary** *Rosmarinus officinalis*

Rue *Ruta graveolens*

Savin *Juniperus sabina*

Dalmatian Sage *Salvia officinalis*

Spanish Sage *Salvia lavandulaefolia*

Tansy *Tanacetum vulgare*

* † **Tea Tree (Lemon)** *Leptospermum petersonii*

Thuja *Thuja occidentalis*

* **Thyme (Lemon)** *Thymus x citriodorus*

* **Verbena (Lemon)** *Aloysia triphylla*

Western Red Cedar *Thuja plicata*

Wintergreen *Gaultheria procumbens*

Wormwood *Artemisia absinthium*

Yarrow *Achillea millefolium*, *Achillea nobilis*

Zeodary *Curcuma sedoaria*

All other essential oils not listed here should be used with caution and further investigation.