



# 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, Cryptocaria 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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