

Summary Report of Essential Oil Injuries

October 2015

The intent of this report:

The intent of this effort is to inform the public through case reports of adverse effects to essential oils, so that we can have a greater understanding of the effects on humans from their unsafe use.

What this Report Is:

This report is a summary of the experiences from individuals who were directly impacted, or had direct observation of the adverse effects upon an individual who used the essential oil/blend. Reports were completed by those individuals. The Summary Report (below) was designed to give the reader a combined view of the submitted reports. After reviewing this table, please click on the link to go to the Raw Data Collection reports themselves as there is additional information provided, such as number of applications and additional personal testimonies.

Research Approach:

"Pure phenomenological research seeks essentially to describe rather than explain, and to start from a perspective free from hypotheses or preconceptions (Husserl 1970)." This process was begun with no hypothesis or preconceptions and as the data grows, patterns are emerging. The first report was 34 reports. This one includes those 34 plus close to 50 more.

How information was gathered:

Information was entered into an anonymous report format, by the individual who experienced the event, or had direct observation of someone who used the oil/blend. All of the individuals were identified as valid persons, by e-mail address, full name/initials. All information was cut and pasted directly from the reports without any editing, into the raw data report, of which this is a summary.

Reports that were NOT included:

6 reports were not included in this report: three had used an essential oil, but reported no adverse effect; one that used several products that had a particular essential oil in it, two that were hearsay and had not witnessed the event.

Summary Statement:

- 1) Zero injuries, or adverse effects as a result of consultation by a Certified Aromatherapy Professional (200 hours), or Clinically Trained Aromatherapy Professional (400 hours +).
- 2) Ingesting essential oils by mouth while not under the care of a Qualified/Trained Aromatherapy Professional can/does result in adverse injury.
- 3) Using essential oils neat, topically, can result in sensitization/adverse effects.
- 4) Sales Representatives and other untrained personnel need better training in safe use of essential oils, so as to prevent injuries.
- 5) Consumers need better information on where to call to get assistance with adverse effects, (either from ingesting, topical, or environmental exposure) using the protocol as stated in this link, which includes calling Poison Control Center as they have an extensive database of essential oils and can assist Emergency personnel in treating and in substantiating etiology through consultation with a professional health service provider.

<http://aromatherapyunited.org/injury-reports/fda-complaint/>

| Number of Reports |
|-------------------|
| 133 |

| Sex of Injured Individuals |
|----------------------------|
| 121 Females 15 Males |

| Age Category | Number of individuals |
|-----------------------------------|-----------------------|
| Infants/Toddlers (ages 0-2 years) | 6 |
| Children (ages 3-12) | 10 |
| Adolescents (ages 12-18) | 1 |
| Adults (ages 18-59) | 107 |
| Elderly (60+) | 11 |

| Essential Oil Blends Used | | |
|--|---|---------------------|
| Blend Name | Number of individuals that reported usage | ID Numbers |
| Anti-Anxiety (Plant Therapy, the name of this blend has been changed to Stress Free Synergy) | 1 reported usage | 84 |
| Aromatouch Technique (dōTERRA) | 1 reported usage | 115 |
| Balance (dōTERRA) | 1 reported usage | 8 |
| Breathe (dōTERRA) | 4 reported usages | 17, 68, 90, 95 |
| Chill Pill (Aura Cacia) | 1 reported usage | 28 |
| Christmas Spirit (Young Living) | 1 reported usage | 69 |
| Citrus Bliss (dōTERRA) | 2 reported usages | 18, 107 |
| ClaryCalm | 1 reported usage | 85 |
| Deodorant (home crafted) | 1 reported usage | 37 |
| DigestZen (dōTERRA) | 5 reported usage | 6, 57, 91, 106, 116 |
| Deep Blue (dōTERRA) | 2 reported usages | 93, 109 |
| Deep Blue Rub (dōTERRA) | 1 reported usage | 124 |
| Germ Fighter (Plant Therapy) | 1 reported usage | 21 |

| | | |
|----------------------------------|-------------------|---|
| InTune (dōTERRA) | 1 reported usage | 133 |
| Joy (Young Living) | 3 reported usage | 30, 42, 98 |
| LavaDerm (Young Living) | 1 reported usage | 102 |
| Omega Complex (dōTERRA) | 1 reported usage | 27 |
| On Guard (dōTERRA) | 11 reported usage | 12, 39, 40, 65, 74, 76, 80, 86, 90, 91, 110 |
| PanAway (Young Living) | 1 reported usage | 78 |
| Past Tense (dōTERRA) | 3 reported usage | 13, 91, 132 |
| Peace and Calming (Young Living) | 2 reported usages | 63, 131 |
| Purification (Young Living) | 5 reported usage | 10, 35, 53, 54, 75 |
| R.C. (Young Living) | 1 reported usage | 87 |
| Serenity (dōTERRA) | 3 reported usages | 84, 107, 129 |
| Slim and Sassy (dōTERRA) | 6 reported usages | 4, 5 , 8, 25, 48, 110 |
| Slim & Sassy gelcaps (dōTERRA) | 1 reported usage | 116 |
| Slique (Young Living) | 1 reported usage | 83 |
| Stress Away (Young Living) | 1 reported usage | 75 |
| Thieves (Young Living) | 7 reported usages | 76, 45, 53, 69, 21, 96, 98 |
| Unidentified | 1 reported usage | 12 |
| Unknown | 1 reported usage | 47 |
| Various | 1 reported usage | 41 |
| Verage Face Product (dōTERRA) | 1 reported usage | 72 |
| Zendocrine capsules (dōTERRA) | 1 reported usage | 116 |

Single Essential Oils Used

| | |
|-----------------|---|
| 50 report usage | ID# 1, 3, 11, 13, 14, 15, 20, 22, 23, 24, 26, 31, 32, 33, 34, 35, 36, 38, 46, 50, 51, 52, 53, 55, 56, 60, 61, 66, 67, 79, 80, 82, 86, 87, 92, 94, 97, 103, 105, 108, 111, 113, 114, 117, 119, 121, 122, 123, 128, 129 |
|-----------------|---|

Combination of More Than One Oil Used

| | |
|-----------------|---|
| 31 report usage | ID# 2, 9, 13, 16, 19, 29, 44, 49, 59, 62, 64, 70, 71, 72, 73, 77, 81, 90, 93, 99, 100, 101, 106, 110, 112, 118, 120, 125, 127, 129, 132 |
|-----------------|---|

| Brand Names reported | | | | |
|------------------------------|----------------|---|---|--|
| Name of the Company | Total Reported | Pre-formulated Blends | Single Essential Oils | Combination Oils |
| Aura Cacia | 2 report | 1 reported (ID# 28) | | 1 reported (ID# 100) |
| dōTERRA | 69 reports | 34 reported (ID# 4, 5, 6, 7, 8, 12, 13, 17, 25, 27, 37, 39, 40, 48, 57, 65, 68, 72, 74, 76, 80, 84, 85, 86, 90, 95, 106, 107, 109, 110, 116, 123, 132, 133) | 20 reported (ID# 3, 11, 13, 14, 15, 20, 23, 24, 50, 51, 55, 60, 61, 66, 80, 95, 116, 119, 122, 130) | 21 reported (ID# 9, 13, 19, 29, 64, 62, 71, 72, 77, 90, 93, 99, 101, 106, 112, 115, 116, 120, 125, 129, 132) |
| Joy of the Mountains | 1 report | | 1 reported (ID# 1) | |
| Mountain Rose Herbs | 2 report | | 2 reported (ID# 24, 52) | |
| Native American Nutritionals | 1 report | 1 reported (ID# 43) | | |
| NOW | 4 reports | | 3 reported (ID# 31, 103, 111) | 1 reported (ID# 101) |
| NYR Organics | 1 report | | 1 reported (ID# 22) | |
| The perfumery | 1 report | | | 1 reported (ID# 62) |
| Plant Therapy | 1 report | 1 reported (ID# 84) | | |
| Rite Aid | 1 report | | 1 reported (ID# 89) | |
| Simplers Botanicals | 1 report | | 1 reported (ID# 87) | |
| Spark Naturals | 1 report | 1 reported (ID# 105) | | |
| Won with Nature | 1 report | | 1 reported (ID# 26) | |
| Young Living | 44 reports | 21 reported (ID# 27, 37, 39, 40, 48, 57, 65, 68, 69, 72, 74, 75, 76, 78, 80, 83, 88, 96, 98, 102, 131) | 16 reported (ID# 3, 20, 35, 46, 53, 79, 82, 94, 108, 110, 113, 114, 117, 125, 126, 128) | 6 reported (ID# 71, 72, 77, 70, 73, 118) |

| Diluted or Undiluted | |
|-----------------------------|--------------------|
| Undiluted/Neat | 77 reported usages |
| Diluted in Water | 26 reported usages |
| Diluted | 18 reported usages |
| Diluted after application | 6 reported usages |

| Route of Administration | |
|--------------------------------|--------------------|
| Oral Ingestion | 30 reported usages |
| Oral in capsule | 13 reported usages |
| Topical | 79 reported usages |
| Inhaled | 19 reported usages |

| Where Oil Was Applied | |
|--------------------------------|--------------------|
| Abdomen | 1 reported usage |
| Armpits | 2 reported usages |
| Back | 6 reported usages |
| Breast | 1 reported usage |
| Chest | 8 reported usages |
| Face | 6 reported usages |
| Feet | 14 reported usages |
| Finger | 3 reported usages |
| Hands | 5 reported usages |
| In mouth | 2 reported usages |
| Inhaled through nose and mouth | 18 reported usages |
| Inside Ears | 1 reported usage |
| Knees | 1 reported usage |
| Leg | 1 reported usage |
| Lip | 2 reported usages |
| Neck | 13 reported usages |
| Nose | 2 reported usage |
| Orally | 43 reported usages |
| Shoulder | 2 reported usages |

| | |
|----------------------|--------------------|
| Skin | 3 reported usages |
| Spine | 1 reported usage |
| Temples | 1 reported usage |
| Throat | 3 reported usage |
| Vagina | 1 reported usage |
| Whole body/foot bath | 4 reported usages |
| Wrist | 1 reported usage |
| Non Specific | 10 reported usages |

Oil over 6 months old

This question was answered but it would be difficult to know unless there was a distillation date on the product. People answered based on how long they had the essential oil/blend in their possession.

| | |
|------------|----|
| No | 91 |
| Yes | 8 |
| Unknown | 29 |
| No comment | 2 |

Description of Adverse Effect/Injury

These were the combined descriptions of effects
“During and Immediately Afterwards”

| Description | Total Number of Reports | ID Numbers |
|--|-------------------------|---|
| Application site was irritated/ inflamed | 11 | 18, 75, 57, 4, 5, 22, 27, 40, 85, 114, 130 |
| Boils/Blisters/ welts/sores | 7 | 57, 30, 31, 60, 87, 109, 114 |
| Burning sensation | 26 | 6, 39, 8, 15, 21, 32, 43, 44, 46, 52, 56, 62, 78, 79, 87, 90, 92, 93, 97, 102, 103, 114, 119, 120, 122, 131 |
| Cold sweats/chills | 1 | 80 |
| Coughing/gagging | 4 | 52, 34, 17, 69 |
| Cyst | 1 | 101 |
| Delusions/Cognitive dysfunction/ anxiety/irritability | 4 | 13, 58, 54, 74 |
| Diarrhea | 3 | 48, 6, 61 |

| | | |
|---|----|--|
| Difficulty breathing/shortness of breath | 6 | 76, 34, 63, 82, 68, 127 |
| Disoriented | 2 | 3, 58 |
| Dizzy/lightheaded | 5 | 74, 53, 49, 3, 86 |
| Face flushed/puffy | 2 | 67, 72 |
| Fever | 1 | 68 |
| Flatulence /gassy | 2 | 48, 58 |
| Foaming at mouth | 1 | 68 |
| General Malaise | 1 | 99 |
| GI upset | 11 | 20, 58, 6, 23, 39, 47, 48, 57, 70, 71, 77 |
| Itching | 19 | 30, 23, 24, 28, 29, 34, 37, 64, 67, 72, 75, 81, 85, 88, 96, 99, 105, 111, 112 |
| Migraine/Headache | 9 | 2, 7, 9, 13, 20, 33, 42, 54, 58 |
| Muscles tight/spasm/ache/ nerve pain | 1 | 58 |
| Nausea | 8 | 58, 74, 53, 23, 47, 70, 42, 33 |
| Rapid Heartbeat/elevated bp/ palpitations | 6 | 13, 74, 25, 53, 95, 127 |
| Rash-red bumps/hives | 25 | 37, 72, 81, 1, 12, 16, 18, 19, 63, 66, 82, 87, 88, 90, 91, 98, 109, 110, 111, 116, 118, 122, 125 |
| Relaxation | 1 | 84 |
| Seizure | 2 | 68,100 |
| Sneezing/sniffling/Runny Nose | 2 | 13, 41 |
| Swelling | 2 | 45, 102 |
| Thirst | 2 | 4, 5 |
| Tightening/scratchy/sore throat | 5 | 69, 77, 76, 80, 120 |
| Tingling and Redness | 4 | 49, 63, 64, 50 |
| Tired/Fatigue | 4 | 20, 42, 58, 86 |
| Vomiting | 5 | 58, 53, 33, 73, 110 |
| Watery/inflamed eyes | 3 | 55, 69, 120 |

| Effects Sometime Later | | |
|---|-------------------------|--|
| Description | Total Number of Reports | ID Numbers |
| Anaphylaxis | 1 | 94 (The anaphylaxis was not from an acute exposure to an oil, but was thought to be from chronic excessive oral use of frankincense, sensitizing the system to other things) |
| Application site was irritated/ inflamed | 4 | 11, 26, 35, 85 |
| Bladder leaking | 1 | 36 |
| Boils/Blisters/ welts/sores | 6 | 59, 65, 87, 106, 109, 133 |
| Burning | 8 | 45, 83, 57, 87, 97, 103, 129, 131 |
| Cold sweats/chills | 1 | 59 |
| Cough | 1 | 86 |
| Difficulty breathing/shortness of breath | 3 | 59, 82, 98 |
| Difficulty concentrating | 1 | 121 |
| Fever | 2 | 62, 98 |
| Fatigue | 3 | 95, 115, 121 |
| Flatulence /gassy | 1 | 19 |
| General malaise/flu-like symptoms | 1 | 115 |
| GI Upset | 4 | 70, 77, 51, 93 |
| Heart Attack | 1 | 59 |
| Headache | 1 | 106 |
| Itchy | 17 | 57, 75, 10, 65, 14, 22, 60, 85, 99, 103, 105, 106, 107, 108, 126, 129, 132 |
| Insomnia | 3 | 93, 95, 128 |
| Migraine/Headache | 3 | 8, 86, 115 |
| Muscles tight/spasm/ache/ nerve pain | 3 | 62, 46, 113 |
| Nausea | 5 | 62, 59, 53, 93, 98 |
| Pain in chest | 2 | 83, 86 |
| Permanent scaring | 4 | 29, 32, 79, 51 |

| | | |
|---|----|---|
| Prescription Medication Stopped Working | 1 | 84 |
| Rapid Heartbeat/elevated bp | 1 | 59 |
| Rash-red bumps/hives | 14 | 82, 1, 42, 27, 10, 98, 106, 107, 109, 117, 122, 124, 125, 132 |
| Red/dry | 7 | 75, 64, 90, 96, 108 |
| Sensitivity to Sun | 1 | 132 |
| Scarring | 1 | 103 |
| Swelling | 3 | 45, 98, 107 |
| Tenderness where oil was applied | 1 | 101 |
| Tightening/scratchy/sore throat | 2 | 83, 17 |
| Tight Skin | 1 | 108 |
| Vomiting | 1 | 19 |
| Watery/inflamed eyes | 1 | 27 |
| Weakness | 1 | 121 |
| Weight Loss | 1 | 121 |

| Sought Medical Attention | | |
|---|-------------------------|---|
| Listed are the types of medical intervention, or medication. It is worthy to note that one individual may have sought medical treatment/opinions from more than one provider. | | |
| Health Care Intervention | Total Number of Reports | ID Numbers |
| Called Poison Control | 1 | 126 |
| Chinese Doctor | 1 | 10 |
| Dermatologist | 2 | 65, 75 |
| ENT | 1 | 45 |
| General Practitioner | 12 | 1, 10, 17, 26, 51, 58, 101, 106, 109, 119, 124, 133 |
| Japanese Fungus Expert | 1 | 18 |
| Medical Center/Urgent Care Center/ER | 21 | 13, 26, 32, 41, 42, 45, 46, 53, 58, 59, 65, 68, 72, 77, 79, 82, 83, 94, 100, 107, 121 |
| Naturopath (N.D.) | 4 | 4, 19, 36, 125 |
| Neurologist | 1 | 58 |

| | | |
|-------------------------|----|---|
| OB/GYN | 1 | 79 |
| OTC Medication | 13 | 24, 34, 70, 81, 91, 98, 102, 107, 111, 114, 126, 129, 132 |
| Pediatrician | 1 | 10 |
| Prescription Medication | 10 | 8, 9, 46, 82, 106, 107, 114, 119, 127, 133 |
| Psychiatrist | 1 | 10 |

Upon Whose Advice/aka What Type of Essential Oil Session Did You Receive

Most reports did not identify an individual; however this is what could be identified from the information provided in the report.

| Description of Session/ Person | Total Number of Reports | ID Number |
|-----------------------------------|----------------------------|---|
| Sales Representative | 38 | 3, 10, 12, 15, 30, 51, 55, 57, 65, 71, 78, 79, 53, 66, 73, 85, 86, 88, 91, 93, 95, 96, 101, 102, 105, 106, 109, 110, 112, 114, 116, 117, 118, 120, 128, 129, 130, 131 |
| Nurse | 3 | 8, 9, 32 |
| Aromatouch | 3 | 7, 8, 9 |
| RDT | 1 | 49 |
| Body Worker/Massage Therapist | 2 | 41, 50 |
| You Tube | 1 | 26 |