

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
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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
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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