| ID Number | Date Submitted | Who were the essential oils used on | What essential oils were used | How were they used | Were the essential oils diluted or used undiluted | What was the percentage of essential oil used | How many applications | Essential oil brand used | Was the oil over 6 mos old | What was the experience during | What was the experience immediately afterwards | What was the experience sometime later | Describe medical intervention, if any | What type of essential oil session did you receive | Dates of essential oil application(s) | Personal testimonial page |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 2/28/2014 | Female, age 57 | Oregano, wild Mediterranean oregano | Orally in water | A mouth full of water, then undiluted drops squirted into mouth | 5-10 drops | Three to four per day | Joy of the Mountain, organic, 70-80% carvacrol | no | Rash developed on palms of hands and a few places on arms | Within four weeks | It took many weeks for the rash to finally completely go away, maybe 2-3 months | Primary care Dr examined me and gave the diagnosis of medicine reaction | none. . | Early 2013, taken over 4 weeks | This oil as well as another brand was recommended to me by an author who has crohn\'s disease and has healed herself using essential oils and many other supplements and diet. She even gives it to her children. I see many aromatherapists suggest and use essential oils internally and it bothers me. Essential oils are not tested for this use by the AMA. |
| 2 | 9/29/2013 | Female, age 34 | Lemon EO, Peppermint EO | Oral ingestion | Undiluted | 1-2 drops per 16 oz. bottle | 1 or 2 | Young Living | no | One of the things I was SO excited to try when I got my shiny new essential oils kit from Young Living was trying oils in my water. I\'d been told all about the \"health benefits\" and was really looking for something to add to my water for flavor and variety.I first tried Lemon EO. Within SECONDS of taking my first sip of water, I had a horrid migraine headache, causing me to need to retreat to a dark room for several hours until it passed. I tried Peppermint EO the next day and had almost the exact experience. | After each incident, it took several hours for the migraine to subside. | no comment | no comment | no comment | January 2013 to July 2013 | |
| 3 | 3/1/2014 | Female, age 34 | Lemongrass | Oral ingestion | Completely undluted | 10 drops in a veggie cap, taken 1-2x per day | I think 3-4 days, not longer than a week | doTERRA | no | On the first day I felt more tired than usual, but it was tolerable. On the second or third day I started having episodes of extreme dizziness, so cut back to only one veggie cap per day of oil. A day or two later, I was driving home from my parent\'s house and had a SEVERE dizzy spell and believed that I was going to pass out behind the wheel. It was at that point that I stopped taking the oil. | After my worst episode, aside from being scared to death, I still felt \"spacy\" and disoriented for several hours. | no comment | No doctors needed | After inquiring from my upline\'s help group about essential oils that would aid in helping to maintain or reduce blood pressure | Over one week in February of 2013 | |
| 4 | 9/26/2013 | Female, age 63 | Slim & Sassy blend - grapefruit, lemon, peppermint, ginger, and cinnamon (bark); Citrus Bliss - wild orange, lemon, grapefruit, mandarin, bergamot, tangerine, clementine, vanilla; other citrus EOs | Orally in water | Totally undiluted. | no comment | Oils were drunk throughout the day in water, usually served over ice | doTERRA | no | Increased levels of thirst and dehydration followed by increasing signs of irritation in the mouth and throat until the pain became extreme and the tissues of the lips, gums,cheeks and tongue became bright red and VERY irritated and the pain became unbearable. | This was an ongoing, gradually worsening problem | no comment | Our naturopath, Dr. Linda Kantor, in Casper, Wyoming was the first person who mentioned that it was likely the oils that were causing the thirst, dehydration, irritation, and pain | no comment | January 2013 to July 2013 | |
| 5 | 9/26/2013 | Female, age 34 | Slim & Sassy blend - grapefruit, lemon, peppermint, ginger, and cinnamon (bark); Citrus Bliss - wild orange, lemon, grapefruit, mandarin, bergamot, tangerine, clementine, vanilla; Lemon EO, Wild Orange EO, Lime EO, Grapefruit EO, Peppermint EO, Spearmint EO, Tangerine EO | Oral ingestion | Oral ingestion | 2 drops to 1 quart of water | Drunk throughout the day, usually over ice | doTERRA | no | Increased feelings of thirst, dehydration, and mouth irritation (reddening of gums, lips, tongue, and inside of mouth, but no pain) | no comment | This was something that came about gradually over time | No medical intervention | no comment | January 2013 to July 2013 | |
| 6 | 9/26/2013 | Female, age 34 | DigestZen essential oil blend - Ginger, peppermint, tarragon, fennel, caraway, coriander and anise | Oral ingestion | Totally undiluted | 10 drops added to a veggie cap or taken in a \"shot\" with an ounce or two of water | More than a dozen, not sure exactly | doTERRA | no | I started using this oil to help with symptoms of Acid Reflux. At first, taking the oil seemed to help, but over time it stopped working and actually made the reflux symptoms MUCH worse. Upon taking the oil, I would have a cold, burning sensation in my stomach that would last for HOURS, and the incidents of severe reflux, sometimes with acid running up into my mouth or sinuses at night, became much more severe both in the number of incidents, the duration, and the steps needed to remedy the problem. | Usually within 12 to 24 hours of taking the oils, I would have severe diarrhea. It got to the point that I didn\'t want to leave the house for any reason because I never knew when my bowels would have an episode. | no comment | no comment | no comment | I continued using the oils in this way from February 2013 to July of 2013. | I still occasionally use this oil blend for stomach upset or reflux, but I only use the oil topically or on VERY rare occasion in a veggie cap, heavily diluted |
| 7 | 9/26/2013 | Female, age 38 | Balance Blend (spruce, rosewood, blue tansy, frankincense); Lavandula augustifolia, melaleuca alternofolia, On Guard Blend (cinnamon, clove, eucalyptus, orange, rosemary) Aromatouch blend (basil, grapefruit, cypress, marjoram, lavender, peppermint), Deep Blue blend (wintergreen, camphor, peppermint, blue tansy, german chamomile, helichrysum, osmanthus), peppermint, sweet orange | Topically | Fractionated coconut oil was applied to the back first but all oils were used undiluted, dropped on the back | 4 drops for every essential oil | once | doTERRA | I don\'t know | I did feel relaxed during the massage, peppermint made me feel cold | Later that night I had a migraine headache then the next day I had another migraine | no comment | none | massage, AromaTouch Technique | Oct-12 | |
| 8 | 9/26/2013 | Female, age 39 | Slim & Sassy metabolic blend (grapefruit, lemon, peppermint, ginger, cinnamon) -doTerra Aroma Touch Massage Blend (basil, grapefruit, cypress, marjoram, peppermint, lavender 2.Balance Blend (spruce, rosewood, frankincense, blue tansy) Deep Blue Blend (Wintergreeen, camphor, peppermint, blue tansy, German chmomile, helichrysum and osmanthus) On Guard Blend (Wild orange, clove, cinnamon, eualyptus, and rosemary) Lavender , Melaleuca, Peppermint, Wild Orange | Oral and topical | Oral ingested blend: approximately 3 drops in glass of water (possibly 16 ounces) | No measuring; approximately 3 drops of ingested blend in glass of water (possibly 16 ounces) | Orally: I drank a few sips, added more water, still could not drink it. Total of approximately 2 ounces consumed. | doTERRA | unknown | Oral: Burning lips and throat Topical: Back of neck and head (mostly in hair line) began burning during massage. Additional coconut oil was rubbed on the area but did not change level of discomfort. | Immediate onset of moderate migraine headache. Was instructed to apply another blend to head named Past Tense (wintergreen, lavender, peppermint, frankincense, cilantro, marjoram, roman chamomile, basil, rosemary) Continued burning of lips and throat, numbness in lips Continued burning and irritated skin on back of head/neck | Headache continued for approximately four hours, prescription medication was of little help.Lips remained burning for several hours, irritation continued for 24 hours. | Prescription medication for headache, Relpax, 40 mg x2 | doTerra AromaTouch massage performed by a Registered Nurse (licensed and working at hospital in Indiana) | 4-Sep-13 | |
| 9 | 9/26/2013 | Female, age 39 | http://www.aromatouchtechnique.com/reference/ | Topically | Topical blend: Fractionated coconut oil applied to back before adding undiluted oils | small amount of Fractionated coconut oil applied to back before adding undiluted oils topically, possible undiluted oils on bottoms of feet | one AromaTouch Massage | doTERRA | unknown | Oral: Burning lips and throat Topical: Back of neck and head (mostly in hair line) began burning during massage. Additional coconut oil was rubbed on the area but did not change level of discomfort. | Immediate onset of moderate migraine headache. Was instructed to apply another blend to head named Past Tense (wintergreen, lavender, peppermint, frankincense, cilantro, marjoram, roman chamomile, basil, rosemary) Continued burning of lips and throat, num | Headache continued for approximately four hours, prescription medication was of little help.Lips remained burning for several hours, irritation continued for 24 hours. | Prescription medication for headache, Relpax, 40 mg x2 | doTerra AromaTouch massage performed by a Registered Nurse (licensed and working at hospital in Indiana) | September 4-.2013 | no comment |
| 10 | 9/26/2013 | Female, age 5 | Purification, blend, Young Living | Topically | neat | 2 drops | one | Young Living | no | my daughter was coming down with a cold and had the start of a cough | Initially, everything was fine | Within a few hours, my daughter was suffering from an itchy rash that entirely covered her upper torso - from shoulder to shoulder and down to her abdomen | within three days, the itching went from intermittent to non-stop and I had to take her to our pediatrician. | no comment | roughly 9 months ago | This incident happened when I was new to Young Living and using essential oils. I used the oils neat at the advice of other YL users/distributors. Everyone told me the oils were pure enough to use neat, the suggestion of diluting oils is never mentioned, because, you know, these oils are \"just that pure\". I never knew that you cannot use a blend with lemongrass in it on a child, because everyone suggested it and others have done it. When I contacted people on the facebook support group about her reaction, I was told it was a Detox Reaction, mainly because my daughter has been routinely vaccinated from birth. To help the situation some suggested I use some oils to help with the rash and to continue the detox my 5 year old. I followed what I thought was learned advice and did as they suggested, because I was desperate for ANYTHING that would end her misery! One of the suggestions was to use Peppermint, neat, because it would stop the itching. It only made things worse. Within an hour or so of applying the peppermint, the itching became non-stop and unbearable and we had to take her to the Pediatrician that afternoon for medication. |
| 11 | 10/1/2013 | Female, age 60 | Lemon | Oral ingestion | | 1-2 drops per 8 oz of water 10 times per day | | doTERRA | unknown | | no reaction until after a few months of use | after approximately 6 months the tongue started to go numb, gums were extremely sensitive and sore, back of tongue was bleeding, taste buds seemed dead. | none taken | | approximately June through December 2012 | |
| 12 | 10/14/2013 | Female, age 44 | A blend from a MLM company of Wild Orange, Clove Bud, Cinnamon Bark, Eucalyptus leaf/stem, Rosemary leaf/stem Botanical names not listed on bottle | Topically | neat - I was directed to use it neat and also to ingest it. | 2-3 drops (as directed) | 2x a day (as directed) | doTERRA | No, I just purchased it. | | burning, red bumps and irritation. | about 1 hr passed before it felt better. | no response | I don\'t know? it is called On Guard Protective Blend from doTERRA. | September/October of 2013 | I am very concerned about using this blend neat and ingesting it. When I shared about by skin burning and the red bumps and that I dilute it, and all my oils now, I was told that I must have sensitive skin by the person who told me to ingest and use oils neat. I should have known better to trust this person; she is not trained at all in the craft of aromatherapy, she is just a MLM representative, and is merely preaching what she was taught. |
| 13 | 2/24/2014 | Female, age 43 | DoTerra Frankincense, Lavender, Peppermint, lemon, orange, en guard, deep blue, melaleuca, life long vitality pack supplements (allegedly containing a whole list of essential oils) Also used Breathe for stuffy nose and their Past Tense blend topically for headaches. Also tried their Clary Calm blend on abdomen for cramps. | Oral and topical | Some used undiluted- like past tense and clary calm and an occasional drop of orange, frankincense or lemon on my neck. Other times diluted with coconut oil on my face. And whenever I did aromatouch- undiluted except on my 7 year old and then I used coconut oil. | Don\'t know. I used the oils and supplements as recommended (except almost from the start reduced my dose of the Life Long Vitality pack because I could tell it was giving me too much energy) for approximately three weeks. | Again- not completely sure how to answer other than what I have already said. It was daily use of pretty much all applications (except aroma touch technique) for about 3 weeks. | doTERRA | No. Brand new from the company in Utah- except for my first experience at my upline\'s house three days after Christmas when I had a glass of slim and sassy drops in water. Don\'t know how old that was. | Well for the first week, I felt no better (still had headaches every day and allergies). During taking the aroma touch class and receiving and giving the technique, got a horrendous headache and had a bad bout of allergies (sneezing and runny nose) but this was typical for me so I figured it was either just a coincidence or \"detox\" which they claim can happen. Following that, I started feeling better. More energy- waking up very early (4 and 5 am) without headaches and brain fog and having energy. Started feeling a very fast heartbeat in the third week. Thought maybe I was just really thrilled to finally be waking up with no headaches and much less allergy symptoms. A couple of days before my big episode (which was on Jan 23, I got concerned for myself one night when I had been laying down for 2 hours but could not slow down my thoughts or my heart rate (100 bpm). I started having a lot of really creative and fast thoughts during the day that were coming so fast, I couldn\'t express most of them. This is highly unusual for me as a very articulate lawyer and writer. Anyway, I thought I was just excited and feeling good for the first time in two years and that was why my brain seemed to be so clear and busy but it quickly spiraled out of control. I tasted my first Essential Oil on December 28. By the morning of Jan 23, I was full on delusional. My husband found me at 5 in the morning in the tub, rocking back and forth and feeling like I was in labor (but I wasn\'t pregnant). I was refusing to get out, refusing to go to the hospital or say anything really to him except to beg him to pray for me. He finally along with my sister convinced me to get out of the tub. I got back in bed and hardly remember another thing until like 6 hours later when he took me to the ER. He told them he suspected the oils. They were mystified and had no experience with oils. They tested me for drugs and the test was positive for opiates. My racing thoughts, speech and delusions worsened significantly at the ER. Also, I was extremely parched, my resting heart rate was racing (120) and I started breaking out in boils and blisters. They released me the next morning with instructions to my husband to have me rest and avoid the oils. He took all the oils away and for the next two weeks, I experienced what I imagine addicts go through during withdrawal. Shakes, fevers, extreme thirst, neuropathy in hands and feet, chest pains, extreme muscle and joint weakness, depression and anxiety, more delusions and paranoia, feeling of dread and impending death, boils and rashes. | After another ER visit, many specialist and therapist visits and being off the oils for three- four weeks, I am finally regaining my equilibrium both physically and emotionally. | | I was first at Anne Arundel Medical Center on the 23 of Jan. They had no idea what was happening. They found the opiate in my urine. They gave me Ativan and zyorexa- and put me in a psyche observation room for the night. I was terrified. I went for a follow up urine test on the 27th- it was negative. I went to Baltimore Washington Medical Center ER on Jan 27, with chest pains and muscle weakness and all over boils and rashes. They gave me a shot of Benadryl and referred me to the midwife for hormone testing and for counseling for the grief I was expressing. Also they recommended natural practitioners who may know about oils. I saw a naturopath soon after who allegedly knew about oils but seemed to know very little when so saw her. My lawyers sent me to a Psychiatrist who didn\'t even look at any of the records, spoke to me and my family for 20 minutes and said I might be schizophrenic. More terror. I saw my midwives who reviewed a full ultrasound and said that was all normal. I finally found a Chinese doctor in town (George Yu, MD) who knows about natural healing and he has been treating me for three weeks to get the oils completely out of my system. I have also seen my GP and a counselor. This has been extremely traumatic. My headaches and allergies are back so that stinks. But at least my brain is working again! | no comment | no comment | I was taking half the dose of the life long vitality pack supplements, a couple drops of orange or lemon in water 2-3 times a day, a couple drops of frankincense in water in the evening, and bathing with a few drops of lavender and frankincense in my bath. Also used melaleuca, lavender and frankincense (usually mixed with coconut oil) on my face. Used deep blue on painful tailbone after a fall. used Past Tense topically for headaches and Clary Calm topically for cramps. Also, I put many of the oils at different times in my diffuser. Finally, I was sharing the oils a lot with friends and family so I did at least two Aroma Touch technique massages on my husband and daughter and then abbreviated Aroma Touch on hands of friends a half dozen times within the space of 3-5 days and that includes 8 different oils. Balance, lavender, en guard, melaleuca, aroma touch, ?, orange and peppermint. |
| 14 | 2/22/2014 | Female, age 35 | tea tree | Topically | not diluted, just dropped into water | 3 drops | happened twice - 1st time thought was a fluke, 2nd time it happened knew it wasn\'t | Auroma | not at the time | placed hand into water to \'swirl\' the oil - no reaction at the time | no reaction | next day woke up with blisters under finger nails on hand that had been placed in water to \'swirl\' | No medical sought | personal use at home | 6 years ago | Had used tea tree undiluted on toe nails in the past with no reaction. had used in foot bath pre mixed with other oils/carriers, not problems. Had an infected toe at the time, just wanted to give it a soak and added eo to warm water. 1st time it happened, thought it was just a fluke and didn\'t associate the oil to the blisters. 2nd time, realised it was due to tea tree (swirling hands in warm water to do dishes does not cause this reaction). Have not done it again. |
| 15 | 2/7/2014 | Female, age 51 | Peppermint Mentha piperita | Topically | undiluted neat | 1 drop per location | 1 on each temple 1 on back of neck | doTERRA | no | Burning, discomfort, burning in the eyes from the fumes. It was awful! | The same | It got less intense after I added coconut oil on top of the peppermint. | none | none. Was advised by a DT REP to apply peppermint oil neat to my temples and neck. | Jul-13 | no comment |
| 16 | 2/5/2014 | Female, age 45 | Birch, Frankincense & Lemon Balm | Topically | neat application, followed by some coconut oil | 2 of each | twice daily | no comment | no | non-itching, red rash down the inside of the arm (applied to the shoulder) | reaction started after 4 or 5 days of application | 3-4 days after dc lemon balm and applying extra coconut oil, rash faded | none | no comment | Nov 1-5, 2014 | |
| 17 | 1/30/2014 | Female, age 34 | Doterra \"breathe\" | Oral ingestion | Undiluted | 1 drop twice a day for three days | no comment | doTERRA | no | Bad taste. Coughing | none | Day three I stopped use due to tightening of throat. This has continued for over 3 weeks now. Tight throat, feeling like I have asthma. | Saw doctor (family doc) said we cant prove the swelling in my throat was from the oils but believes it is. | no comment | January 3-5 2014 | |
| 18 | 3/3/2014 | Female, age 47 | lemon, and many others internally, citrus bliss blend. | Oral and topical | mostly undiluted | unknown | unknown | doTERRA | no | red spreading irritated rash around the eyes and mouth | took a long time to go away | no comment | talked to a japanese fungus expert, who said the rash must have come from irritation of the adrenals | no comment | no comment | no comment |
| 19 | 3/4/2014 | Female, age 57 | peppermint, tarragon, fennel, caraway ,coriander,anise | Topically | Neat application | 2 gtts | single application | doTERRA | Less than 6 months in my possession | A feeling of fullness,nausea and now flatulence | Topical warmth after 5 minutes or so | It has just been an hour or so now. Audible tummy rumbling | n/a | n/a | 3/3/2014 | These may be normal symptoms for this blend but I find it uncomfortable. I stopped using it because of these symptoms. But this evening I thought I would go it a try again. If this is supposed to produce flatulence then it works.The nausea is not pleasant.I just read tarragon is supposed to reduce flatulence. When I first began using this I thought symptoms to be normal. tonight symptoms are more uncomfortable. I want to go to bed and sleep the symptoms off. Is this normal? |
| 20 | 3/4/2014 | Female, age 29 | Roman camomile (anthemis nobolis) | Topically | Not diluted - high concentration (bottle broke) | Undiluted. Unknown amount. Came from a 5 ml bottle (about 1/4spilled in the break) | One (?) smell was quite strong in the kitchen all day | doTERRA | no | none | Headache/tiredness | Violent vomiting all night and two days after when exposed to a small amount of the same oil again | None | None | 2/19/2014 | This could have been an allergic reaction or an overdose, but it is important for people to be careful. In my case the bottle broke in shipment, but hindsight is 20/20 and I would have cleaned it up and kept everything outside had I realized what would have happened. I wasn\'t sure the camomile was the cause, but two days later, I was exposed to it again when making a blend. I went into vomiting fits again. I have been avoiding the oil since (to detox) and have not had any problems. |
| 21 | 3/4/2014 | Female , age 32 | Thieves and Germ Fighter | Oral ingestion | Undiluted | 1 drop | For thieves, it took 3 days before the side effects kicked in. For germ fighter, it took 7 hours before I felt my lips swelling | Young Living & Plant Therapy | no | Burning sore-like feeling in my inner and outer lip, gum and tongue. Swollen lips. | Mouth ulcers, lip sensitivity | I couldn\'t take the pain after 2 days. So I went to the doctor to get antibiotics and meds to reduce inflamation. After about 5 days, my mouth was almost back to normal. | n/a | Mixed a drop with toothpaste. No ingesting. | 20 Feb 2014 and 1 March 2014 (stupid me thought that maybe it wasn\'t the oils, that is why I tried germ fighter the 2nd time!) | Prior to the whole mouth swelling thing, I had used thieves in the same manner about 2-3 times before without any side effect. |
| 22 | 3/4/2014 | Female, age 57 | Clove oil | Topically | not diluted | n/a | 3 (once at night over 3 days) | NYR | no | Tingling and redness | Redness and cracking | Open, bleeding sores within 2-3 days | n/a | n/a | unsure | My mother had heard that using clove oil neat could get rid of a cold sore on her mouth, so she was dabbing it on a night. She experienced tingling and redness, but was told that was normal since it was a \"hot\" oil. After the 3rd application, she woke up the next morning with her mouth covered in open, bleeding sores. She is now sensitized to clove oil and cannot use it. |
| 23 | 3/5/2014 | Female, age 29 | doTerra Lemon | Oral ingestion | Diluted in water | 3 drops in 12 oz water | 2-Jan | doTERRA | No | Nothing | Nothing | Couple hours later nausea and stomach pains. Felt lik stomach lining was being burned through | Nothing | no comment | no comment | no comment |
| 24 | 3/4/2014 | Female, age 53 | lemon | Orally in water | drops were put in water | about 5 drops in 5 ounces of water | 1 | Moutain Rose | no | almost an immediate reaction, I started to feel hot, itchy, felt like it was difficult to breath, hives started breaking out on my arms and legs | did not feel well for several hours afterwards, no long term effects | no long term effects | no medical intervention, I took 3 Benadryl | no comment | no comment | no comment |
| 25 | 3/5/2014 | Female, age 39 | doTERRA\'s Slim and Sassy metabolic blend. | Orally in water | N/A | 5 drops in about 20 ounces of water | Once or twice a day, for 2 or 3 days. When I realized my blood pressure was up & it might be due to the oil blend, I stopped taking it for a several weeks, then started taking it again. I did this cycle 3 times, each time resulting in elevated blood pressure. | doTERRA | No | Elevated blood pressure. From the normal range (about 120/72) to high (155/100). | It took about 24 hours for my blood pressure to go back to normal after the last dose | Normal blood pressure after 24 hours | I monitored & recorded my blood pressure & heartbeats per minute | I used other doTERRA oils to bring my blood pressure down, in addition to beetroot powder | June 2013, August 2013, November 2013. I don\'t have exact dates with me at the moment | I love doTERRA essential oils, they have been life changing for me & my family. Slim & Sassy is the only one that has a negative effect on me. I have several health issues, including metabolic syndrome, I was hoping this metabolic blend would help me. |
| 26 | 3/18/2014 | Female, age 61 | oregano oil Won with Nature | Topically | neat as per Youtube video | 3 drops per foot | over a period of 9 months | Won With Nature | yes one bottle lasts about 5 months | none that I related to the oils, but I have rapid heart beat, and dizziness I thought was caused by something else | no infections in the lungs and sinus as stated in the videos | burning in mouth and tongue after several months | Dr. Mikeworth of OSF Medical group prescribed Maalox-Diph-Lidocaine 2 ML by mouth 4 times daily for mouth throat discomfort. I did not relate the mouth burning to E.O. usage and did not realize that my liver was going out again. I have been treated for heart palps, and high blood pressure just this year. The palps are gone now after just 3 days of not taking the oil on my feet. My Doctor was going to put me on Trazdone for sleeplessness and I told him of my Hep-C condtion. I asked to be tested. I had my blood drawn on2/13/14 and it was sent to Mayo Clinic. The HVC RNA AB tested 5760000 | just Youtube videos | June- March 3, 2014 | the oil did stop all infections. And darned near stopped me too! |
| 27 | 3/12/2014 | Female, age 45 | xEO MEGAÂ® ESSENTIAL OIL OMEGA COMPLEX from DoTerra: \"dÅTERRAâ€™s xEO Mega is a revolutionary formula blending CPTG Certified Pure Therapeutic GradeÂ® essential oils of clove, frankincense, thyme, cumin, orange, peppermint, ginger, caraway, and German chamomile, with natural plant-sourced essential fatty acids from flax, borage, cranberry, and pomegranate seed oils and marine lipids\" | Oral ingestion | no comment | no comment | 3 days - 6 capsules total | doTERRA | no comment | TERRIBLE heartburn that kept me up all night long, literally. Stomach discomfort, cramping, indigestion. | Began shortly after taking first dose | Lasted several days | no comment | no comment | no comment | no comment |
| 28 | 3/13/2014 | Female, age 40 | Sweet orange oil or possibly lemon oil. Aura Cacia Chill Pill blend (separate instance) | Topically | Diluted in water and 1/2 C Epsom salt. | 5 drops | two, separate days | Aura Cacia | no, brand new | Itching, stinging skin where the water touched, after 5 minutes of soaking in bath | Continued after washing and drying off, for 20-30 min | Nothing | None | no comment | February and March 2014 | I do not fault Aura Cacia at all. I suspect I might be topically sensitive to either the sweet orange or citrus oils in general. The first instance, I can\'t remember if it was orange or lemon oil that affected me. The second instance, I used the Chill Pill blend, not thinking about my reaction a week earlier. Chill Pill contains sweet orange, and the other oils in the blend are oils I have used with no adverse effects. |
| 29 | 3/26/2014 | Female, age 29 | oregano, melalueca, lavendar | Topically and diffused | diluted | diffused about 4-6 drops | One to two applications | doTERRA | NO | Topically I immediately reacted by having itching and sores and a bad burn/ rash on my skin. Diffused I starting having major migraine/ headache like syptoms for a few days and I don't ever normally have headaches. | Feeling a burning sensation and putting on fractionated coconut oil to take off the oil on my skin. I had a severe burn that started peeling for over a week and a scab started forming. | Almost two weeks passed before I saw some improvement on my skin but I know have a scar from where the burn was. | no comment | no comment | Sometime in Feb and March. Happened twice in different dates from different oil. | I first started using doTERRA in Feb. 2013 and then started using them regularly in Feb 2014. I only used the lavender for my daughter and then I started ingesting them after I had a really bad cold and allergies. I first started noticing a reaction to the oils when I would put them on my hands and little sores would start forming. I ignored it to being too sensitive. Then I put some melaleuca diluted with FCO in a syringe for a yeast infection and got a real bad rash that lasted for a few weeks. Again I ignored it to being too sensitive. After a few months not using the oils a friend invitied me to host a class to learn more about the oils and I thought that would be a good idea since I was still fairly new. After that I started seeing ways I can use the oils internally by diluting them in some water. I did that with allergies, sore throats, and colds. I didn't notice anything until I started getting lots of congestion and phlegm buildup. I attributed it to the cold but after I stopped using them for awhile the phlegm drainage became less and then stopped. I went to a friend's house and I got bad allergies from being around her cat so she diffused some oils and I got a headache immediately. I diluted frankincense in my house and also had bad headaches/ migraines for a week after I stopped diffusing. Now that I no longer diffuse the oils I don't get headaches anymore. My 1 year old daughter has only had a rash on her skin when I didn't dilute the oils on her chest for a cold. I now just use a roller bottle diluted with FCO on her feet. When I contacted the team who I hosted the class for and told my reactions to the oils I only was told that I was too sensitive and should heavily dilute when applying to skin and use them only on my feet and ingest with water. I didn't know we can report this and have more companies aware of the potential dangers and adverse reactions that these oils can have on individuals especially for those new to the oils. |

| ID Number | Date Submitted | Who were the essential oils used on | What essential oils were used | How were they used | Were the essential oils diluted or used undiluted | What was the percentage of essential oil used | How many applications | Essential oil brand used | Was the oil over 6 mos old | What was the experience during | What was the experience immediately afterwards | What was the experience sometime later | Describe medical intervention, if any | What type of essential oil session did you receive | Dates of essential oil application(s) | Personal testimonial page |
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| 30 | 3/28/2014 | Female, age 54 | A blend from YLEO called Joy that consisted of the following oils. Bergamot, Ylang Ylang, Rosewood, Lemon, Tangerine, Jasmine, Roman Chamomile, Palma Rosa, and Rose. | Topically | Neat | I was instructed to allow several drops to fall in the palm of my hand and then apply them over my heart area for sadness. | one | Young Living | no | within several minutes after applying the blend I experienced a burning itch. | About 15 - 30 min. or so later a round patch of blisters appeared over the area I had applied the oil | healed in about a week. This took place in 1996. | none | My then husband just sponsored into this MLM. I had never heard of essential oils before this time. We were visiting his parents in Lancaster Co. Pa, Amish country. He signed a lot of Amish people into the MLM. They were drinking the oils, putting one on after the other on their bodies neat. It was crazy the way they were using them. Seriously you could smell them coming a block away because of the different oils they put on their bodies. My then husband was doing the same. They were told.....they were 100% pure therapeutic oils and will not harm you. | Whenever I told the up-line rep what happened she said, she could not answer why that took place. She also stated that usually whenever there is a reaction from an oil the body is detoxing. | |
| 31 | 4/1/2014 | Female, age 54 | Oregano | Topically | diluted, but not enough | don't know | one | NOW foods | don't know | BURN!!! | I rinsed it off quickly and held a cold cloth to my cheek. I had a red welt there for a few days. | 2-3 day | nope | self | 4 or 5 years ago | I was using Oregano oil in a scalp oil. I made it too strong and it dripped down onto my cheek and burned it. OUCH! |
| 32 | 4/4/2014 | Female, age 57 | Red Thyme | Topically | undiluted | Several. She used it directly from the bottle and said "Oops the bottle got away from me!" | one | no comment | ? | Awful burning in the ear canal. Burned tissue | Felt awful and knew it was NOT good! | Scar tissue and pain for a few weeks and very hard to heal ear canal. | Went to Urgent Care after flying home...not comfortable. Follow up showed very irritated ear canal. July 25 2012 Mercy Care Clinic, Dr. Coleman several follow ups and ear was never quite the same. | Registered Nurse did this. She also runs a spa. I was sick with an ear infection and she said "m going to put oil in your ear. I assumed it to be sweet oil like mom did...no Red Thyme essential oils. | Jul-12 | I was totally shocked that she would do this. I was so sick i was delerious and it was too late to stop. Applied from the bottle and way too much went in. I would have never used neat essential oil in my ear canal. |
| 33 | 4/8/2014 | Age 70 | Lemongrass | Topically | undiluted | about 1/4 ounce poured on sheets and body | once in the night | doesn't matter it was pure Lemongrass | ? | Nausea, vomiting, headache | already explained | none | none | none | one night in 2007 | Put your glasses on before grabbing essential oils so that you don't make a mistake |
| 34 | 7/8/2012 | Male, age 17 | Orange oil | Topically and diffused | Neat | 3 drops on feet 8 difused | One time | Young Living | no | Immediate difficulty breathing red itchy eyes nose throat. Nose plugged. Cough. Very uncomfortable. | same | I gave 4 Benadryl and Zyrtec d. And had him shower. After 12 hours he was much better but nose still swollen closed for two more days | Just gave 4 Benadryl and one zyrtec d. | none | 15-Jun | This was recommended by a zyto reading as an oil that would bring 37 markers back into balance. I was told you could not be allergic to oils. So I wasn't concerned although my son has asthma and allerges. Very scary and more oilers need to be educate on the possibility of reactions |
| 35 | 1/4/2014 | Female, age 29 | Frankincense and purification | Topically | Undiluted then immediately followed with coconut oil | 1-2 drops each followed by about a tsp of coconut oil | 1-2 drops each followed by about a tsp of coconut oil | Young Living | No dates on bottles but I'd only ordered it a month prior | None | None til second day | applied 3 times one day without noticing anything, but by the next day the skin turned red, bubbled up and peeled...wasn't painful but looked awful. Was told I was "just detoxing". I'd applied it on one finger due to a small sore, but even the finger next to it developed the rash since the oils got there too | none | none | Dec-13 | honestly, after doing a lot of research I felt really betrayed. the people selling these oils just generally have no idea of scientifically what's going on. Although they tell you that they do and they have all the proof etc etc. when I went to my upline in the MLM oil company and some other ladies that sell it they laughed at me and told me that I was just detoxing and that there's no way to be allergic or have a bad reaction to the oil since they are natural. |
| 36 | 3/2/2014 | Female, age 24 | Lemon essential oil was used extensively, but many others were also used. | Oral and diffusion | The essential oils were diluted when applied topically only. Otherwise, they were used undiluted. | I would place 1 drop in a 8-12 oz. glass of water. I did this numerous times a day. I also would diffuse essential oils for 4 or more hours everyday. This typically would mean 20 drops diffused of pine or lavender essential oil everyday. | Numerous times a day! | Young Living | Not that I know. I purchased the oils extensively and used them up quickly. | None known. | I felt good because I thought I was doing something good for my body. | I started having what I felt was kidney and bladder pain in 2004, but no signs of an infection were present. I would have to urinate frequently, and my sleep was interrupted by needing to void a couple times every night. My physician thought it was due to bacterial vaginitis. The symptoms continued. I got pregnant at the end of 2005. I had frequent cramping/ contractions, and would leak urine. Nothing could be found wrong. This continued with my next 2 pregnancies, as well. I learned to manage my kidney and bladder pain for the next 6 years by taking frequent baths to deal with the pain. I learned to cope with the interrupted sleep. I would wear pads continuously, to absorb the urine leakage. | Finally, a new physician I had an appointment with at Sanford in Fargo, ND suggested I get checked for interstitial cystitis in April 2012. The in office test confirmed the condition, and I finally had an answer to my issues. | Personal use. | 2003-2005 | Interstitial cystitis symptoms are best described as this: imagine having an open wound on the palm of your hand, and pouring lemon juice on it. That pain would be excruciating! My bladder was damaged, and the nerves would send the pain signals up and down my back. I decided to avoid the prescription medication to try and treat it. Instead, I opted to change my diet to not include citrus, high vitamin C foods, and ascorbic acid (which is in almost everything). This included avoiding vitamins of all kinds that have vitamin C, as they would trigger bladder/kidney pain. My urine leakage ended, as did the kidney pain and and bladder pain. I also didn't have the frequent restroom trips. I got pregnant at the end of 2013. The pregnancy went smoothly. When I'm not careful with my diet, the pain and leakage does come back. Being careful with my diet is the key for me to live with this condition. |
| 37 | 4/8/2014 | Female, age 34 | DoTerra individual oils of Frankincense, Lime, and Lavender | Topically | They were ingredients in a natural deodorant. The other ingredients listed were coconut oil and beeswax | not sure | once to twice daily for 3 days | doTERRA | I am not sure, I purchased the deodorant from someone who made it | none | After using for 3 days, I developed hives, rash, itchiness in armpits. I took a break for a week. Symptoms cleared and then I tried using deodorant again. Within 3 days of using again I broke out in hives, rash, and itchiness | I discontinued use and the symptoms went away within 3 days | none | none | Apr-14 | I am an aromatherapy teacher and business member of the NAHA. I have been safely using oils from many different companies for over 16 years. I have never used DoTerra before I purchased the deodorant. I have been looking for a natural deodorant that works well for me. One of my aromatherapy students (who is also a doterra rep) makes natural deodorant with doTerra oils. I purchased some deodorant from her. I used it and experienced the adverse reaction. In my 16 years of using oils, I have never had an adverse reaction before. |
| 38 | 4/17/2014 | Female, age 43 | oregano | Topically | neat | was filling capsules with 3 drops of a mix of oils, oregano being one of them. | no comment | doTERRA | no | oil dripped on my fingers and hands as I was trying to fill the "flu bomb" capsules and BURNED. Broke out in sores, and it hurt. | same | took several days for the sores to go away. Was told I was "detoxing" and this was good. | none- just coconut oil and aloe gel to soothe the burning and sores | no comment | no comment | These oils are not "perfectly safe". Oregano is a HOT oil (as is clove) and not safe for adults or children to use or handle neat. These doterra and Young Living reps are giving "classes" all over my area, all the time, training people to ingest and use oils neat. I think this is unsafe and irresponsible. |
| 39 | 4/17/2014 | myself and my husband (38 y/o male, 43 y/o female) | doterra lemon, doterra tea tree, doterra oregano, doterra On Guard | Oral ingestion | undiluted | 3 drops each: doterra lemon, doterra tea tree, doterra oregano, doterra On Guard | 2 days, 3X/day | doTERRA | no | burned all the way down. Ate through capsule. | Burned for days | Burned for days + acid reflux. Was told we were detoxing and it was killing the flu virus. | none | no comment | no comment | "Flu Bomb" |
| 40 | 4/17/2014 | Female, age 3 | doterra On Guard blend | Topically | diluted | 20 drops in a 20ml bottle- the rest filled with fractionated coconut oil. | one | doTERRA | no | I was rubbing this on my 3y/o's feet at bedtime to stave off the flu as instructed by my upline. They said I could use it neat on her feet- that it was perfectly safe. I went ahead and diluted it, "just to be safe". After I rubbed it on her feet, she reached down to "help" and it go on her little hand. I think she didn't like it on her hands and as she was pulling her hand away she bumped her own stomach with the remnants of oil on her fingers and started screaming. Her little stomach was bright red in that spot and inflamed. | It went away after about half an hour. I rubbed plain (non fractionated) coconut oil over it until it went away. | no comment | just raw coconut oil to sooth it | no comment | no comment | DO NOT DO IT. It is not "perfectly safe". |
| 41 | 4/17/2014 | Female, age 57 | Young Living had several complex mixes (I will NEVER use so many at once again!) The blends were: Valor, Peace & Calming, Sacred Mountain, Gathering, and a number of their spiritual blends. | Topically and diffusion | UNDILUTED! YL said this was OK! | I would put one or two drops in my hands, then massage them into the feet of my clients as YL recommended this. Thank goodness I NEVER did the Raindrop Technique! EO overload! | Many | Young Living | no | I enjoyed doing the bodywork, but in 2003 I started getting a bit sniffly when using them, nothiing crazy, but sniffly. | The sniffliness would recede and I didn't think much of it. | In 2014, I started using EO again, but found good suppliers on the internet, but still using NEAT as YL educated people this is safe. And I find that years later I am now allergic to alot of substances and have even had anaphylaxis and carry an Epi Pen now I had an extreme reaction to Tea Tree Oil and really alot of other EO & even fragrances. I found Clinical Aromatherapists on the internet and started asking questions and found that EO are very volatile and can cause reactions and should NOT be used nebluted! AND one should protect oneself. When blending such as with a face mask & gloves! YL NEVER said anything about safe procedures. NEVER. | many visits to the ER over several years and now I carry an Epi Pen | I was the bodywork practitioner | 1997-2000 2003 -2005 | Began using YL EO blends in 1997 - 200 undiluted in my bodywork practice, as this is what they teach (at least I didn't ingest!..thought that was extreme!) Continued to use only YL blends undiluted as they taught this was safe to do from 2005-2008; getting small allergic reactions. In 2014, found all new EO suppliers, only using single EOs, used some neat as YL had taught this, found certified Clinical Aromatherapists on the internet,who helped me understand the safe use of EO, I can only use them sparingly now and in low dilutions (if at all) and have turned to hydrosols & flower essences, which are wonderful. But I now have ALOT of sensitivities and allergies to a wide range of fragrances and EO. |
| 42 | 4/20/2014 | Female, age 27 | Topical: Joy and Stress Away.Diffusion: Joy, I had also used peppermint, valor, pan away topically on by back and neck but diluted in coconut oil. I have had no reaction on my back. Lavender was used in a bath to help with the reaction I had. Thieves, purification, frankincense, and peace and calming were all used but did not seem to cause a reaction. | Oral ingestion | The ones that I believe caused a reaction were used undilutedneat. | Joy 2 drops on the chest twice a day for 3 days.Joy 5 drops diffused once a day over 2 days.Stress away on the neck and wrists a few times a day with a roller ball.Lemon 2 drops added to drinking water multiple times a day over 4 days. | Joy- Topical twice a day over 3 days for total of ~6 applications Joy- Diffused twice Stress away- unsure-likely 4+Lemon- unsure- likely 3+ a day for 4 days totaling ~12+ | Young Living | No- brand new | I received the oils on Thursday. On Sunday I woke up with a terrible rash all over my chest and neck. I felt ill like I had the flu. I was told by a friend I was "detoxing" and stopped using the Joy at that point. By Monday I was worse and felt like I had the flu- fever, chills, muscle aches, headache, nauseated, tired/ lethargic. I am on a medication that can cause these symptoms as well (Latudal) which if that was the cause would be life threatening and therefore went to urgent care. They tested me for the flu and I tested negative. The doctor said some viruses can cause skin rashes and to come back if it did not go away or became worse. He did not think it was the Latuda but told me to check in with the prescribing doctor who agreed with that conclusion. | The flu like symptoms continued for a few days but were improving daily. | It has been 2 weeks since this started. I took benadryl and used hydrocortisone on the rash on my chest and it is almost gone. There are only faint red dots. The rash on my neck is still quite bad. | Centura Urgent Care- Denver, CO- April 7th, 2014. (I don't remember the doctor's name). Flu natsal swab was negative. I told him about the oils and he said he had no idea about them or advice to recommend other than stop using them. At home I took benadryl and applied neosporin. I also took multiple baths with epsom salt and clay that seemed to help. | I did this at home to myself | April 3-6th for Joy. A few days after for the Stress Away and Lemon. | unknown | I was under the impression that EOs were completely safe to use and that my reaction was necessary and desirable in that it was getting rid of toxins in my body. I am ashamed to even admit to that because it was so stupid given I have a pretty strong medical knowledge/ background. I have continued to use oils that I do not think were the cause although I only use them heavily diluted (for example 10 drops each of 3 oils in 1 cup of coconut oil for back pain). I am most suspicious of Joy because that is the ONLY one I applied to my chest. I did apply Stress away to my neck and wrists after that. I am unsure exactly what caused the rash on my neck because it started at the same time as the one on my chest. I have stopped using those two completely. I did use lemon orally a few days following the outbreak of the rash until I read more on safety. It has been at least a week since I stopped taking any internally diluted or not. I have pictures that I took throughout the first day (I thought putting lavender on the rash would help but quickly realized that was dumb as well) and over the last two weeks that show the progress but I cannot attach them to this form. Please contact me if you would like them. I hope no one else has to experience what I did but given what I've learned about the marketing strategies over the last two weeks I am afraid this will continue. MLMs are saying this is a good thing, keep doing what you are doing, when I am scared hell I followed that advice that the ultimate outcome could have been much worse. |
| 43 | 4/20/2014 | Female, age 40 | Native American Nutritionals Immune Strength blend: Clove Bud, Cinnamon Bark, Lemon, Eucalyptus citriodora, Thyme, Orange, Oregano, Nutmeg, Rosemary, Mandarin, and Ginger Root | Topically | used undiluted | 3-5 drops | one | Native American Nutritionals | no | Burning sensation | Redness | Cleared up quickly, but have slight reoccurrence with further use of properly diluted blend | None | n/a | unknown | no comment |
| 44 | 4/20/2014 | Male, age 25 | spices (cassia, cinnamon), lemon, lemongrass, myrtle, juniper, and many others | Topically | Second hand contact from pure (undiluted) residue on my hands from blending | n/a | Not application, residual contact | The Perfumery | Yes, some | Skin reddening, burning, and irritation | irritation and burning, concern | fine | Genomic testing, personal DNA sequencing | n/a | many | My partner has never been around essential oils until he met me. As a blender I work with essential oils in their pure state and either apply small amounts to my skin (neat) for testing or have residual amounts on my skin from working with them. My partner, is a geneticist and has had his personal genome sequenced. He has an inherited allele that makes him prone to psoriasis though he does not display the symptoms (and never has). Hence he just has sensitive skin which may be related to the allele. Although it is not the case for all the blends I've worked with, many times he has had a dermal reaction from touching him after I have worked with the oils in a pure state (forgetting to wash my hands). I've made note of the oils (above) that cause this reaction but it is hard to tell which oils exactly since they are blends. Curiously enough diluted application (ex. back massage with diluted blend) does not cause a reaction. |
| 45 | 4/29/2014 | Female, age 46 | Thieves Oil - Young Living | Neti pot | Placed in the neti-pot solution | 1-2 drops per 8 oz of saline solution. | 3 | Young Living | No. Unless it had been sitting in their warehouse for that long. | burning | It burned for a while but my symptoms seemed to be cured. | All seemed fine for about 10 days. Then I noticed that my jaw hurt and my face was swollen. Sense of smell greatly diminished | Trip to the urgent care revealed that my sinuses were red, swollen and "angry" and the surrounding facial areas were swollen and the inflammation was also causing pain in my jaw. I was diagnosed with a sinus infection. Treated with shots of 2 different steroids and a 10 day course of antibiotics. 2 weeks later I was put on a stronger antibiotic and a short course of oral steroids, or oral dose pack. 3rd trip to dr revealed that the swelling was down and no apparent infection but my sinuses remain dry and burn sometimes and my sense of smell remains changed. Not completely gone, possibly improving. My next appointment will be with an ENT as this is still ongoing. | no comment | February, 2014 | I see this and many other recommendations almost daily on a Young Living Facebook page that I am still a member on. It does no good to issue warnings. |
| 46 | 5/4/2014 | Female, age 32 | Peppermint | Topically | Diluted | Between 1 and 2% | one | Young Living | no | Intense warmth, burning feeling, within hours muscles were extremely tight | Immediate heat/burning sensation where applied | Within hours I was bedridden because muscles in my neck (where oil was applied for tender muscles) completely seized up causing severe nerve pain into scalp. | Emergency room visit 4 days after application. Physical exam. Injection of pain meds. Prescribed muscle relaxants, Toradol and Percocet (April 27th, 2014). Treatment ongoing as of a May 4th, 2014. | None, self applied | no comment | Was told after applying the oils by a YL representative to keep using the oil (when I told her my experience). Another person told me it was detox or I was missing something in my diet. Did NOT reapply. |
| 47 | 5/12/2014 | Female, age 24 | Young Living, unsure of actual name as it was put in my water without my knowledge | Oral ingestion | diluted as it was put in water I guess | unknown | no comment-(but narrative describes it as one time) | Young Living | unknown | Just a bad taste in the water at first | After I started drinking the water for a while my stomach started feeling weird and I felt a little dizzy | I ingested it Saturday, it is now Monday, and my stomach keeps feeling more and more upset. I keep feeling like I have to throw up. I've barely eaten since ingesting the oil. | no comment | no comment | 5/10/2014 | I would not have ingested it had I known prior that someone had put it in my water in an attempt to "heal" me. I noticed the water someone gave me tasted odd and figured she put her oil in it. I shrugged it off as I had no other water around and figured I would just deal with it. Now my stomach is constantly upset since then and I have barely been able to eat. |
| 48 | 5/23/2014 | Female, age 52 | Slim and Sassy - doTerra | Oral ingestion | undiluted | 5 drops per capsule | 1 time/day | doTERRA | no | Within 1-3 hours of taking the veggie cap full of oil i started feeling gassy and uncomfortable, and ultimately had very loose stools for the next 3-5 hours. | see above | Usually felt fine the next day until I took another cap. I didn't realize it was the oil causing the issue at first, took me a while to figure out because I was determined to loose weight. I didn't take any capsules for a couple of days, then took one again, had the same symptoms and realized this was not for me. | none | no comment | no comment | I would not have ingested it had I known prior that someone had put it in my water in an attempt to "heal" me. I noticed the water someone gave me tasted odd and figured she put her oil in it. I shrugged it off as I had no other water around and figured I would just deal with it. Now my stomach is constantly upset since then and I have barely been able to eat. |
| 49 | 5/24/2014 | Female, age 43 | Young Living: oregano, thyme, marjoram, peppermint, cypress, basil, wintergreen & 1 more. | Topically | undiluted | 8 - 10 drops | Each oil was applied to each foot, and to my spine | Young Living | unknown | Extreme heat / burning during the treatment, especially when heat was applied. My nose / lungs were burning when the oils were applied closer to my face - on my back and up onto my neck. | Warm / tingling. I felt light-headed as I was working right after the treatment. | The next day my back has been extremely itchy / painful / burning. | None | Raindrop Therapy - at a salon, by a cosmetologist. Not an aromatherapist. | 5/23/2014 | no comment |
| 50 | 5/27/2014 | Female, age 30 | Doterra Oregano | Topically | undiluted | one drop | one | doTERRA | no | burning all over face skin, (applied topically under nose) | burning tingling feeling, redness | none | no comment | massage | may 7 2014 | no comment |
| 51 | 7/7/2014 | Female, age 61 | Lemon essential oil | Orally in water | undiluted | 2-3 in a 10 glass of water | for approximately 2 weeks | doTERRA | don't know | Nothing notable | Nothing notable | On the last day and the next to last day of using for 2 weeks I experienced pain and burning feeling in my chest, similar to extremely bad heartburn or GERD. | I did go to my PCP after about 8 days and he ordered a scope of my esophagus and stomach. I had another scope about 6 months previously for an unrelated issue that showed no damage. The scope ordered after ingesting the Lemon ev was about a month after and showed damage. My doctor old me it would be scarred permanently as I had burned my esophagus. The ingestion took place in August of 2013, the scope was in October of 2013. Lincoln County Medical Associates, Dr. William Katchaka | did this on my own on the advice of a DoTerra rep. | Aug-13 | I still occasionally have difficulty swallowing and pain after and during eating. The pain has lessened immensely but I continue to have difficulty swallowing or have the sensation of food being stuck. |
| 52 | 7/10/2014 | Female, age 24 | Oregano Essential oil | Oral ingestion | undiluted | less than 1 drop | one | Mountain Rose Herbs | no, brand new | Instant extreme lip, tongue, mouth skin irritation. burning sensation. pain. redness. gagging. | awful taste for hours after rinsing with water for a long period of time (20 minutes). severely damaged ego. feeling stupid. | The sensation was gone soon, luckily i did not ingest much if any. The feeling stupid still lingers on months later | Not a SAE, no medical assistance was needed | No idea what this means... it was self inflicted. home use. | May-14 | Pure essential oils should NEVER be ingested without the direct supervision of a QUALIFIED healthcare practitioner.... should have listened to your safety guidelines Mountain Rose Herbs! |
| 53 | 7/15/2014 | Female, age 25 | Lemon essential oil, thieves essential oil, and purification essential oil all by young living | Oral ingestion | These oils were used undiluted | Approximately between 25-35 drops over a matter of 5-6 hours. | Over 5-6 hours about 4 or 5 | Young Living | no | Gagging, nausea, dry heaving, heart racing, high blood pressure, dizziness, anxiety | Felt dizzy | It took weeks to fully recover. I felt sick for weeks. Days after I ingested the oils I was still nauseous | I went to my local ER and they placed an IV in me where they gave me saline. | I used them on myself. I had canker sores and was told by the aromatherapist that they are completely safe and fine to ingest. And that I can ingest as much as I wanted. | 2014 | I kept rubbing drops of essential oil on my canker sores in my mouth because the essential oil representative told me it was PERFECTLY SAFE to do. well I used anywhere between 25-35 drops of oil on my tongue and in my mouth. I had multiple canker sores. I ended up in the ER. Heart racing, panicking, gagging, dry heaving, extremely hot, fever, dizzy and sick and high blood pressure. I thought i was going to die. The woman i called who sells the oils said it wasn't the oils and swore up and dotwn i was fine and it wasn't the oils and they can't hurt and i can't overdose on them. She is going to end up killing someone. People need to know that THESE ARE NOT SAFE TO INGEST PLAINLY. |
| 54 | 7/23/2014 | Female, age 29 | Purification blend - Young Living | Diffusing | inhaled. 5 drops put into YL brand diffuser. | 5 drops | n/a | Young Living | unknown. purchased in March 2014 | immediate intense headache, irritability | no comment | headache went away around 30 minutes after I turned off the diffuser | n/a | n/a - used vaporizer at home | May-14 | I started to diffuse Purification blend to clear the air in my house. Almost immediately, I started feeling a strong headache come on, and I started feeling very irritable (probably from the headache). |
| 55 | 7/27/2014 | Female, age 24 | Peppermint | Oral and diffusion | undiluted | 2 drops | twice | doTERRA | unknown | eyes watering after inhalation and oral. very uncomfortable sensation, eventually resolved itself. | uncomfotable | no further effects noted | no intervention | doterra representative | Jun-14 | no comment |
| 56 | 8/7/2014 | Male, age 6 | Ginger - not sure if from fresh or dried | Topically | neat (by accident!) - picked up the wrong bottle instead of the diluted bottle. | probably five drops | once | unknown | yes | burned him...very red chest and obvious severe reaction. He was screaming. Terrible experience. | I realized immediately my carelessness and wiped his stomach with milk immediately. (All three kids had a stomach virus.) | I let it go and then diffused with ginger MUCH later in my room - he only came in my bedroom for a while to read his bedtime book. His entire face and chest where he DIDN'T have clothing - face and chest and arms....little raised bumps that were even and small....eyes were red and inflamed. Very profound. Then I cooked a LOT with ginger - in everything - and noticed that he seemed to have problems breathing when he was in the kitchen when I cooked with it. I finally made a connection. | I didn't take him to the doctor | I am not happy to say that I did it at home. | Fall 2009 | This was really a careless error on my part. Also, he was too young to use ginger on him anyway. I should have used something better for children. I am VERY cautious with children now that I have this experience. |
| 57 | 8/12/2014 | Female, age 59 | doTERRA - Digest Zen | Oral ingestion | undiluted | 1 soft gel | 1 dose per day for 4 days | doTERRA | unknown | Sores in my mouth, esophigus, stomach and intestinal tract. I couldn't eat or drink for 4 days and then had stomach pains for another 10 days. | Not sure what the question is asking. I didn't have any pain or sores until after the 2nd dose. By the 4th dose, I figured out that it was causing the pain and sores | The pain was less and less. It took 10 days before all of the pain was gone. | Didn't go to the doctor. | Friend selling doTERRA | End of July, 2014 | no comment |

| ID Number | Date Submitted | Who were the essential oils used on | What essential oils were used | How were they used | Were the essential oils diluted or used undiluted | What was the percentage of essential oil used | How many applications | Essential oil brand used | Was the oil over 6 mos old | What was the experience during | What was the experience immediately afterwards | What was the experience sometime later | Describe medical intervention, if any | What type of essential oil session did you receive | Dates of essential oil application(s) | Personal testimonial page |
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| 58 | 8/16/2014 | Female, age 32 | Citrus Fresh | Oral ingestion | diluted in water | 3-4 drops in 1 liter | once per day | Young Living | no | severe migraines couldn't get them to stop had to go to the ER, severe nausea, vomiting, delusions, confusion, brain fog, extreme fatigue, inability to concentrate or think clearly, lethargic, depression excessive sleeping, aching joints, stiffness, muscle cramps and spasms, urine test showed blood in it, blood tests showed elevated liver enzymes, high calcium levels in blood tests, abdominal bloating, discomfort, pain in stomach. Foot pain within 2 days of when I began to take the drops in water. Had lots of swelling and bruising. | no | 10 days after I began ingesting oils | ER visit, CT scan, neurologist appointment, primary doctor, blood tests, 2 urine tests. | n/a | July 25 - Aug 8, 2014 | out toxins and badly fat which was what I was hoping to get rid of. I had friends who it worked for them so I decided to do it. I began taking Citrus Fresh putting drops (3 or 4) in 1 liter of water on July 25, 2014. By the end of the day I began having foot pain and by the 2nd day, I couldn't hardly walk on my foot. Had been doing house remodeling/painting projects so I just blew it off and thought I strained it. A week later, Aug 1st, I went to the doctor when my foot still wasn't better and my legs were cramping up when I walked. They did an x-ray saw no broken bones, just swelling and bruising. 3 days later (day 10 of taking the drops) I got a serious migraine that wouldn't stop so I had to go to the ER. Severe nausea, vomiting, delusions, confusion, brain fog, extreme fatigue, inability to concentrate or think clearly, lethargic, depression, excessive sleeping, aching joints, stiffness, muscle cramps and spasms.Aug 8th went to my massage therapist to try to work out some of the toxins in my body and get some type of relief with a light massage. She suggested that the ingesting the oils could have made me so sick and have to do with the foot pain as well. (The only thing I had been doing different within the previous 2 weeks in my lifestyle and dieting was ingesting the oils.) She suggested stop ingesting the oils to see what would happen. I stopped taking them that day. Aug 11th, went to my primary doctor to do blood tests cause I was still experiencing all the symptoms of muscle weakness extreme fatigue, etc. and I knew something was wrong. Urine test showed blood in it, blood tests showed elevated liver enzymes, high calcium levels in blood tests, abdominal bloating, discomfort, pain in stomach, problems with eating and going to the bathroom. Visited neurologist 3 days later and repeated urine test as well. Urine test showed negative and no infection even though a few days before it showed I was having problems with a UTI and possibly a bladder/kidney infection. Both my primary and neuro doctor want me to repeat labs in a month because they are concerned with the several aspects on my blood tests when I've never had these kinds of problems before in the history of my blood tests before I was ingesting the oils. Today, a week after not ingesting the oils my body is slowing on its' way to getting back to normal. I feel more energy coming back. The stiffness and aches in my body are slowly going away. My foot pain is almost gone. I missed 2 weeks of work over this. When I had contacted two facebook support groups and my upline with these problems all the responses I got was that it was just detox symptoms and you have to stick with it cause it was getting rid of the bad stuff in my body. I was also told to do Juva |
| 59 | 8/17/2014 | Female, age 50 | Frankincense, Copaiba and Balsam Fir | Oral ingestion | They were ingested neat and undiluted. | 4 drops of each | one | Young Living | no | I used 4 drops of Frankincense, 4 drops of Copaiba, and 4 drops of Balsam Fir in my mouth. I suffer with chronic pain due to Fibromyalgia, Osteoarthritis, Peripheral Neuropathy, Cervical,Spinal Stenosis, and bulging discs in my cervical spine. YouLinsedwaxdwaxbwertsers a | I did not really have any concerning experience afterwards. | Within a few hours of ingesting the oils I began having racing heart, shortness of breath, pressure in my chest that radiated to my back, up my left jaw, and down my left arm. The symptoms continued and I eventually experienced cold sweats and nausea. The symptoms did not go away. | I went to Henry Ford Hospital Fairlane in Dearborn , Mi. They gave mean EKG, blood work and a CAT Scan. They determined I was having a heart attack and transported me to Henry Ford Hospital in Detroit, MI. I remained hospitalized for 3 days and underwent a Heart Catherization. | It was not a session | 3/6/2014 | Young Living advertises a Morphine Bomb to alleviate pain and the protocol was to use 4 drops each of the oils mentioned above. They advertised it could be used via inhalation, on skin or ingested. I trusted this combination would alieve my pain due to their claims. |
| 60 | 8/19/2014 | Female, age 66 | Frankincense | Topically | undiluted | A touch on my finger | 1 a day for 2 days | doTERRA | About 6 mos. or so | Red, swollen, blisters, pain, | No, took a couple days | It took 4 or 5 days for the swelling and blisters to subside. | none | Self applied for facial skin tightening | July, 2014 | The Frankincense seemed to tighten the skin but my skin on my eyes and lips swelled and blistered. Didn't resolve for until about 5 days later. Lips were very tender, eyes red and swollen. I may try again but will dilute well with EO. |
| 61 | 8/19/2014 | Female, age 37 | Oregano | Oral ingestion | undiluted | 3 drops | 3 trials - same results each time | doTERRA | no | Diarrhea | Repeated episodes within 30 min | Resolved after several hours | none | none | no comment | no comment |
| 62 | 8/22/2014 | Female, age 51 | Oregano and Melaleuca | Topically | Undiluted | total # of drops used was probably 15 | one | doTERRA | yes | Burning initially | burning | Within an hour severe flu-like symptoms, fever, shaking, aches all over the body, nausea | none | none | 8/20/2014 | I was attempting to treat severe Athlete's foot myself. In order to combat the severe flu symptoms, I've taken Ibuprofen. The affected footleg is inflamed, painful, and is exhibiting a rash from the ankle up to the mid shin. |
| 63 | 8/23/2014 | Female, age unknown | Peace and Calming by Young Living/ Tangerine, Ylang Ylang, Blue Tansy, Orange, Patchouli | Diffusion | 1 drop of Peace and Calming undiluted into the diffuser filled with purified water purchased in the premium kit offered by Young Living. | 100% pure | 1 dropped diffused for approximated 30 minutes | Young Living | recieved unopened on 8/22/14 and tried on first day. | My daughter had a stingy, prickly sensation around the nostrils(moderate). about 10 minutes later her friend began to feel a burning rashy feel on upper lip( noticeable but not uncomfortable). About 5 minutes later I began to feel the same burning itchy sensation on my upper lip as well( mild) . My daughter began to feel itchy and sweaty all over her body and also began to feel a bit asthmatic (moderate, noticeable, a bit uncomfortable). I then decided to stop the diffuser. | My symptom and my daughter's friend's symptom persisted for about 15 minutes after I stopped the diffuser. The symptoms faded. My daughter however continued to feel moderate prickly stingy sensations all over her body. | This just happened tonight and we will see. | none | none | 8/23/2014 | I'm not sure if my information will be useful but I found your page as I kept researching the reasons a to why we were all experiencing such reactions at the same time. My daughter has mild asthma and so when I read up on the essential oils in this particular blend I was convinced that my daughter would feel more relief rather than a reaction. I read that Blue Tansy is a good Anti-histamine so this doesn't make any sense to me. I am not Asthmatic nor is her friend and we experienced symptoms as well. So I am convinced that this bottle was compromised. 14CC1009 is the number for the bottle labled Peace and Calming. I know that when I received my shipment the contents felt hot and I worried about how that would affect the oils. |
| 64 | 8/24/2014 | Female, age 44 | doTERRA: clary sage and ylang ylang | Topically | NOT diluted | 100% essential oil | about 20 applications over a week's time | doTERRA | no | very itchy at first, broke out in red blotches badly and then blisters | itchy pain | the itchiness and pain subsided with itchiness lasting longer....redness lasting longest | no medical intervention, just treated with jojoba oil and slowly subsided over a month or so | none | june, 2014 | I used neat doTERRA essential oil topical therapy on myself on my wrists. I put two drops of clary sage and ylang ylang on my wrists several times a day for about 10 days when my wrist started itching badly. I think broke out in red blotches which turned into blisters which spread into an area of approximately 3 cm x 4 cm. I self treated the area with jojoba oil and stopped using essential oils on the area. It cleared up slowly over a month's time. Lesson learned: Always dilute your oils and never use neat oil application to the skin. |
| 65 | 9/14/2014 | Female, age unknown | On Guard by doterra | Oral and topical | both | 2 drops to dime size of coconut oil plus 2 capsules | for about 3 months about 3 times a week. | doTERRA | no | There was no immediate reaction. | Adverse reaction that came on slowly. My skin starting erupting in what looked like small bug bites but within a week had spread out into huge welts all over my hand, chest and neck and face. They were very itchy and just kept growing I went to walk in clinic and dermatologist who both said I was reacting to something but the oils never entered my mind. I assumed it was new cosmetics and body lotions. I started rubbing sterciol creams on they gave me and it started clearing up mostly but when it started appearing again over and over even when I got rid of almost all cosmetics and lotions I started trying to figure out what else it could be. I suddenly realized after taking a dose of oils this morning that maybe they were the problem so I got on google and found your site and now believe the oils are what is causing my anguish. The sores and itching is coming back really bad and I have been taking pretty big does of the oils due to flu season coming. As Im typing I realize I might have done something stupid in taking a dose of the On guard 2 capsules and oil of oregano on my tongue 2 drops and various other cold remedies because my ears are ringing and I feel not well. I took some charcoal capsules hoping that will absorb some of the oils. | About a month into taking the oils is when my skin started erupting into sores that itched and spread into a red raw rash | Walk in clinic exam and 2 dermatology visits where they both said I was reacting to something. | Doterra rep sold me the products from her store. | started approximately May or June of 2014 | Little sores appeared that itched and burned then quickly turned into a huge scattered group of rashes on my neck, hand, face and chest. I thought it was a bug bite when it first appeared but when it spread all over I went to derm Dr. who diagnosed reaction to something which I assumed was body lotion or cosmetics. Never thought about the oils till getting on here and reading the reports then it hit me. OILS! |
| 66 | 9/16/2014 | Female, age 36 | Oregano | Topically | neat | 1 drop | one | doTERRA | don't know | painful burning sensation | redness, painful burning sensation, after application dissipated, red-flaky patches developed on skin | burning lasted a few hours, red patches lasted about a day and a half (was relieved by applying coconut oil) | none | i was sent samples to try without any application instructions (ie, dilution recommendations, etc.) | unkown | I had requested EO suggestions to help relieve canker sores and acne and was sent a sample of Oregano and Melaleuca from a DoTerra rep. No instructions were given for application methods or dilution. I was in a great amount of pain after applying the Oregano NEAT to some acne spots. |
| 67 | 11/9/2014 | Female, age 47 | lemon | Oral ingestion | 1 drop in 16 oz of water | 1 drop in 16 oz of water | 2 - 16 oz glasses drank in 1 day | doTERRA | no | face turned red and flushed looking. forehead was itchy and had to avoid scratching it. started to look walled but try not scratching I avoided welts I believe. | began immediately and continued for about 16 hours - my face looked sun burned | 24 hours later my face is not red but my skin on face is rough and dry as if it was a dermitis. Also noted skin on hands and arms seem suddenly drier. | none at this time | n/a | 11/6/2014 | no comment |
| 68 | 11/17/2014 | Male, age 2 | lemon, peppermint, Doterra Breathe-Eucalyptus | Topically | neat | 10 to 20 | 1 app on chest, armpits, neck, behind ears | doTERRA | no | 2 febrile seizures. fever was only 99 and stopped breathing, foamed at the mouth | after 10min violent seizing, turned purple and stopped beathing | 45min | Oct 27, 2014 Enterprise medical center, blood test | no comment | no comment | Doterra & all companies need to start warning about the seizure effects with wintergreen, eucalyptus, fennel, etc! My son doesn't have epilepsy or any medical conditions. Once I removed his shirt and washed his skin at the hospital 45 min later he stopped seizing and returned to normal. |
| 69 | 11/18/2014 | Female, age 29 | Thieves oil, containing Clove (Syzygium aromaticum), lemon (Citrus limon), cinnamon (Cinnamomum verum), Eucalyptus radiata, and rosemary (Rosmarinus officinalis CT 1,8 cineol) Blend containing orange & cinnamon (possibly called "Christmas Spirit"), containing Orange (Citrus aurantium), cinnamon bark (Cinnamomum verum) and spruce (Picea mariana) | Diffusion | (diffused in the air) | uknown | exposed twice to diffusion & experienced reactions both times | Young Living | unkown | First time - scratchy throat.Second time - eyes stinging followed by a dry coughing fit that didn't end for 10-15 minutes until I was out of the room & drinking water | Lots of coughing - couldn't complete sentences | 10-15 minutes passed before coughing stopped | none | It was diffused in a room I walked into. | 11/11/14 and 11/18/14 | These oils were being diffused by a layperson in a room where lots of people were walking in & out, without anyone's consent or concern. I could not stay in the room for long without feeling irritation in my throat or eyes |
| 70 | 11/21/2014 | Female, age 62 | lemon and peppermint | Oral and topical | neat application and dripped onto my tongue | 2-3 drops several times a day | 7-Jun | Young Living | no | nausea, severe stomach pains. | stomach pains | pain continued | no medical intervention but I took anti acids due to the pain and reflux | none | July 1014 | I was told by a a Young Living sales rep to take lemon, peppermint and lavender orally for allergies. I started having bad stomach pains but continued to take the oils internally until one day a fiend who ordered the same oils and was also taking the same oils called to tell me she was having severe stomach pains. I stopped the internal oils and the pains stopped. |
| 71 | 12/4/2014 | Female, age 21 | Marjoram, Frankincense | Oral ingestion | undiluted | 6 drops of each, 12 drops total | Not sure--my guess is 2-4 times per day for two days | doTERRA | unknown | None (except unpleasant taste) | Severe heartburn, not to mention the 'morphine bomb' did nothing to address my severe chronic pain. | The heartburn stopped as soon as I stopped taking the oils | none | Advice from a friend who sells the oils | Mar-14 | I have late stage Lyme Disease. I was trying these oils after stopping my narcotics cold-turkey because of dangerous respiratory depression (because of longer term use requiring higher and higher doses). The pain was excruciating. This, of course, is the reason I was even on narcotics in the first place-- I was not a decision I made lightly as I do prefer safer alternatives (when they work!). Someone told me this combination of oils was said to be as good as morphine. I was desperate, after days of crying and screaming, and I figured it couldn't hurt to try. The oils did nothing to help my severe pain and added to my discomfort by causing awful burning sensations in my chest and throat. I don't know if this matters to anyone but I did eventually find relief with medical marijuana (THC and CBD orally). Tramadol made a dent too but it just wasn't strong enough. |
| 72 | 12/6/2014 | Female, age 36 | Doterra's Verage face line - cleanser had melaluca, basil, and wild orange; toner had ylang ylang, palmarosa, cypress, and coriander; serum had boswellia carterii gum, santalum pancolatum wood, lavendula, commiphora myrrha, helichrysum italicum, and rosa; moisturizer had juniper, jasmine, geranium, hippophe, and sea buckthorn. Also took Doterra lavender, lemon, and peppermint (3 drops each) internally in veggie cap. | Oral and topical | topically was in the product, I didn't dilute the facial products. Internally was neat. | no comment | Verage face line was one time. Lemon/lav/peppermint in veggie cap was 3 times | doTERRA | no | Puffiness, red, hives, bumps, itchiness | Not sure if it was lemon/lav/pepp or the face stuff. I used face line WEdnesday pm. Woke up Thursday morning with puffy face. It has gotten worse since then (it is now Saturday morning and I can barely see out of my right eye it is so swollen) | 3 days later and it is worse | Going today to urgent care | no comment | no comment | Wednesday December 3, 2014 | I would love to post pictures to show you how swollen and red I am. |
| 73 | 12/23/2014 | Female, age 31 | peppermint, clove | Diffusion | ? | ? | 6 hours a day, 3 days straight | Young Living | ? | face burning, blisters on nose and lips that lasted 4 weeks | face burning, blisters on nose and lips that lasted 4 weeks. Vomiting | 4 weeks, still some scabbing | none, A&D ointment applied all day everyday . Even after 4 weeks. | I work for YL and they diffuse this crap throughout the office everyday all day long | 11/24/2014 | |
| 74 | 12/26/2014 | Female, age 38 | OnGuard | Topically | carrier oil used: coconut oil | unsure | one | doTERRA | no | nausea, hyperactivity, heart palpitation, dizziness, delirium, confusion' | same | approx 2 hours after sx started they began to improve | none | none | 12/22/2014 | Please note that I had used OnGuard in the past, but never had I used it after ingesting my 100mg Sertraline tablet. After researching further I found out that Clove (which is an ingredient in OnGuard) can interact with SSRI-which Sertraline is. I will use OnGuard again just never within 2 -4 hours after taking the Sertraline. |
| 75 | 12/28/2014 | Female, age 64 | lavender, stress away, purification, clary sage, peppermint, lemon, progesterone plus | Oral and topical | neat | 3 drops each application | 25 | Young Living | no | no adverse experience | rash, itching, dryness, red | one month later, skin was still very red, dry, itchy | Dermatologist, I was given ointments to relieve inflammation | self-administration | January - July of 2014 | It took months to accumulate in my system, but once the rashes started, I could no longer use any oils without the rash coming back. I was told by Young Living Reps that I was detoxing and that I should use more oils. I was told to try different oils for the rash. I was told to take sulfur, I was told that it's impossible to be allergic to the oils. I was told that I must have a defective gene which is causing the rash. |
| 76 | 12/31/2014 | Male, age 13 | Thieves & on guard blend | Topically | One drop of EO blend to 1 tablespoon of carrier oil. | one drop | The reaction happened on the 4th & 5th application, a week apart | Young Living & doTERRA | no | Closing of throat and slowing of breathing | He came out of it the first time after about 30sec and the second reaction lasted longer, about a minute before he came out to breathing normally again. | Same experience except longer one week later. | no tests | no comment | Feb-14 | Thieves & on guard were used on separate occasions on my son at 13mo. The blend was very diluted (topical on his feet), he was 13mo, and I was informed it was 'safe'. His throat started closing on him and his breathing slowed to a very dangerous level. After further research I found out they both contained eucalyptus & Rosemary, both unsafe for kids under six. We had applied it & diffused it around him before his reaction, so it wasn't his first exposure to it. Very scary holding your child while they are helpless. |
| 77 | 1/1/2015 | Female, age 30 | Lemon and Grapefruit | Oral, topical, and diffusion | both | Lemon and grapefruit 20 ml | no comment | doTERRA | yes | Stomach problems, Dr's want to remove gallbladder,Chronic digestive upset | Dry mouth, sore throat | Almost ten months in stomach is now wrecked. | Dr Danella Perry, Olathe medical center,Ultra sound, Another scan of gallbladder function is happening on the 9th | no comment | no comment | I used lots and lots of oils. I limited my injection to mostly flavoring my waters. I was told it cleansed me, aided weight lose and was safe. I'm 30 years old and my gallbladder has never acted up. The pain is very isolated to that site. I'm afraid of damage done but grateful to learn how to use oils safely now. |
| 78 | 1/3/2015 | Female, age 34 | Young Living: Hyssop, Melrose, Oregano, Panaway | Topically | Undiluted. Straight from bottle. | 2-3 drops of each/4times a day. | 2.5 days at 4 times a day | Young Living | no | Extreme and increasing burning pain and red, angry skin around tubes. | Stated above | I had no idea until much later that showering with gentle soap would not be a very effective way to remove the oil which had also absorbed into the actual tubes' material as well, so I was burning around them for several days.My tubes smelt of the odors for an additional 10 more days, much to the chagrin of my family who reacted individually to my personal use of the oils. | none | Self and friend (a YL distributor) applied directly. | Late November 2014 | I was and am very open to essential oils, however I regret trusting my friend whose genuine good intentions and that of her friend who is more experienced with essential oils as a Young Living distributor without first doing my own research. I was repeatedly told that of was impossible to be allergic to YL oils because they are the only 100% pure therapeutic grade oil. Coincidentally my mother and sister experienced a severe allergic or allergic type reaction from just being in a small area when I had the oils on. I was over promised their ability to treat a staph and yeast infection at my tube sites and felt supersilious when suggesting the souls caused a reaction. Ido not feel comfortable at this point discerning which oil(s) caused the adverse reactions. |
| 79 | 1/5/2015 | Female, age 24 | Tea tree oil | Internally on a tampon | neat | 5 drops | 1 | Young Living | no | Initially felt a warming sensation, it was not uncomfortable. Went to bed as normal and woke early the following morning in severe pain (burning). | Did not immediately note any problems that differed from what the sales consultant had told me about. She had told me it would initially feel warm, but that was the oil working against the infection. | The following morning (6 hours) after initial application the pain was so intense I could not remove the oil-containing tampon myself. | Emergency room visit in Arlington, TX off (USMD on Matlock Road). Diagnosed with internal chemical burns. Upon followup with my OB/GYN (Dr Neill in Arlington, TX) at 30, 60 & 90 days after initial burn, scarring remained. Scar present for the following several years annual pelvic exam. I can still feel the scar tissue. | Advice for yeast infection from Young Living representative. | Jul-07 | I was suffering from a vaginal yeast infection following heavy antibiotics for a MRSA staph infection. Had already tried OTC medications and prescription medications without result. Was advised by a Young Living consultant to soak a tampon in tea tree oil, insert it before bed, wear it overnight and by the morning my yeast infection would be cleared up. Before bed that evening I put 5 drops of Young Living Tea Tree Oil on the tip of a tampon (I was worried about soaking the tampon as she instructed & using too much). I inserted the tampon and soon noticed a warm sensation. I called the representative as she told me it was normal and how I knew it was working. I went to bed and woke up about 6-7 hours later feeling like napalm had been poured into my vagina. I could not remove the tampon myself the pain was so bad. A neighbor drove me to the nearest hospital (It's called USMD now but I believe it was owned by a different company when this happened). They removed the tampon immediately and treated me for chemical burns with a prescription of burn jelly to continue using for the next 10 days and more antibiotics to prevent the burn from becoming infected. They also gave me instructions to followup with my regular OB. I saw my regular OB several days later, the burn still very raw. He scheduled me to come back after some time had passed to let the tissues heal before he did a more invasive exam. At the 30 days check the tissue had scabbed over & partially healed. The 60 day exam (the scabs were all gone but he noted I may have scars remaining and at the 90 day exam he told me scarring was present and would likely not completely heal. |
| 80 | 1/9/2015 | Male, age 55 | do terra lemon balm--on throat--hard to breath reaction--like trachael asthma--* * on guard--internally 2 drops in cup of water----same reaction---then next day again externally on throat -- same reaction.was able to use sides of throat with no reaction I also have a thyroid issue- Hashimotos-with euthyroid.I do believe the on guard prevented me from a flu bug coming on tho.im just not sure if im allergic to everything on my thyroid area or what | Oral and topical | neat, and in water | no comment | no comment | no comment | no comment | lemon balm was later-about 10 mins on guard-orally was about 10 mins(at first when i drank it i felt great-as i was feelings tiny bit ill with chills) on guard on throat-immediate asthma of throat | no comment | no comment | no comment | no comment | no comment | no comment |
| 81 | 1/14/2015 | Female, age 42 | Many...cypress, frankincense, copaiba balsam, blood orange, atlas cedarwood, black spruce, scotch pine, lime, vetiver, rosewood, and others. | Topically | Undiluted while blending. | no comment | This happened after 6 (or so) weeks of getting small droplets of undiluted oil on my skin daily. | Nature's Gift, Stillpoint Aromatics & Ananda Apothecary | Maybe 2 or 3 oils | I had no immediate reaction but the hives would pop up all day long and through the night. | Intense Itching and burning. | More itching and burning. The only times I got relief were for 2.5-day periods in that 6 week period when I went out of town. I initially thought it was because I was more relaxed while out of time....I have now concluded that it was because I had no oils with me when I traveled. | I was using OTC medications to control the symptoms: anti-histamines and cortisone cream | no comment | Intense period of product-making between the last week of november and the first week of January. | While making a variety of blends for customers over the holidays I was using several different oils. As I drop oils from one bottle into others, I often get little droplets of undiluted essential oils on my skin. I generally wash my hands when done making a blend. During the course of the holidays, I started to develop hives on both of my arms which I originally attributed to the stress of the season. After a night of heavy blending with the oils mentioned above, I woke up the following morning with both arms covered in itchy hives and it finally hit me that I had become sensitized to one or several of the oils I've been using so frequently. After this realization I have stopped using my oils and my arms are clearing up. |
| 82 | 1/20/2015 | Male, age 64 | Lavender | Topically | Neat application | A bunch. My wife said it was a new 5mL bottle, she used 20 drops and I just shook it into my hand and applied | One | Young Living | no | none | Within 10 minutes of application I became very itchy, bumps were starting to form on the areas I applied it and spread. I started to experience shortness of breath. | Within an half an hour of application I was at the hospital ER with shortness of breath. The bumps spread to other parts of my body (trunk, arms, legs and genitals.) | I was placed on a respirator for 3 days and given many medications. I was in the hospital for a total of 5 days. When I was discharged I received oral and topical cortisone prescriptions. | I applied it myself | Jun-14 | My wife was making soap and handed me the lavender to recap while we were talking. Before I recapped it I shook a bunch into my hand and put it on my arms, legs and my chest/stomach. I then went to the bathroom and by the time I was done I knew something was wrong. My skin where I applied it was red, hot and very itchy. I went to my wife and said something like 'we have a problem.' She turned and looked at me and said 'oh no.' She then started to throw coconut oil all over me while ripping off my shirt. The bumps were now red. I looked like a walking pustule.I then started to have trouble getting my breath. She told me to sit on the floor and take deep breaths. Didn't work and I felt like I was gagging. She then called 911 and I was taken to the local trauma center.I followed up with my personal physician (DO) within a week of discharge. The bumps were still there, I was still itchy and uncomfortable. More cortisone. It took about 2 months for all of the lesions to go away. By the way I was given a prescription for another skin problem (a fungal infection I got while traveling outside of the US) and within 3 hours of taking the prescription the lesions were back, exactly where they were from the lavender. It took another round of cortisone and two months to make those go away. In December 2014 I did a patch test of a different brand of lavender and had no reaction. It was applied diluted in jojoba lotion my wife prepared. I had no reaction and now use lotions she makes with lavender in it. |
| 83 | 1/27/2015 | Female, age 63 | Slique Oil | Oral in water | added to water | First time used approx 50 drops before quitting (2 drops per morning in a glass of water, much below the recommended usage) Second time used approx 70-80 drops | First time approx 25-30 times, Second time approx 35 to 45 times | Young Living | I assume not as I began to use it as soon as I received my order. | First time: started with an all over ill feeling after a few weeks. One night body felt like it was seizing up, muscles tight, painful. Next day did not take the Oil in the water, upon urination there was a huge mass of oil floating on top of the toilet water.Second time: burning sore throat, then burning in esophagus, then chest pains, a feeling of tightness around my upper arms, upper back pains much like gallstone attack pains. | First time: After expelling the oil, the muscles symptoms started to subside immediately. Second time: the symptoms basically reversed over a period of 2 to 4 weeks, the last symptoms to appear easing up first, the burning sore throat eased up in about a month, maybe longer. I still have a burning sensation when I drink hot liquids sometimes | Eased up gradually...see above | I had a panel of blood tests done during this time. My good cholesterol registered as low and my bad cholesterol as high. My VitB registered very high which is normally on the deficient side. I have NEVER had test results like these in my entire life. Hoping to have them retested soon.I had an ECG done which showed normal. | no comment | First time began ingesting in September 2014, not sure when,Second time began ingesting in October 2014 | When my doctor checked my throat he asked if I had had strep in awhile...so I am assuming that he saw inflammation there. Throat swab showed negative. At the time I had not thought of mentioning to him that I was ingesting this product as I had not connected the escalating symptoms to the product as of yet. |
| 84 | 1/31/2015 | Female, age 38 | Do Terra serenity /Plant therapy anti-anxiety | Diffused | yes | 2 drops | 1 | Plant Therapy & doTERRA | No | eliminating zoloft effect | relaxation | 3-4 hours tingling, lots of anxiety, tension on shoulders and back. | no comment | no comment | Jan 5th 2015 | I've attempted to use them several times, under different circumstances. Always same result. |

| ID Number | Date Submitted | Who were the essential oils used on | What essential oils were used | How were they used | Were the essential oils diluted or used undiluted | What was the percentage of essential oil used | How many applications | Essential oil brand used | Was the oil over 6 mos old | What was the experience during | What was the experience immediately afterwards | What was the experience sometime later | Describe medical intervention, if any | What type of essential oil session did you receive | Dates of essential oil application(s) | Personal testimonial page |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 85 | 2/2/2015 | Female, age 52 | clary calm | Topically | undiluted. the blend was in a roller ball. | et | repeated applications. used an entire bottle on back of neck. next bottle i started using on chest bone. had a reaction of red itchy raised irritation. moved to neck area using the same undiluted blend and the redness/irritation started there | doTERRA | no | red raised itchy hot to the touch | no, a couple days but oil was applied daily, repeatedly | unsure of the number of days that passed but the irritation lasted for over a month. | I did call the person I received the oils from to see if there was anything I should be doing and it was suggested I try using lavender to calm the irritation at first then after another contact they suggested I stop using oils and just use coconut oil to heal | no session. I received the first oil from someone selling it and they told me how to apply it. | May 2014 | I purchased the oils from a girl selling the oils thinking it would help with my hot flashes. She said to just roll the oils on my body. Never was anything mentioned about photosensitivity or repeated application. the first entire bottle was okay and no reactions I am pretty sure I applied the entire bottle on the back of my neck. The second bottle I purchased, I used on my breast bone so I could smell the oils more and that is when the reaction started. I continued to use the oils because I thought it was just a sensitive area. The first area healed in about a month as I was applying the oil on my neck at my collar bone. Then that area became irritated. It took a long time for this to heal up and to this day if I apply oils anywhere near my chest & head area I will get the same red, itchy, raised irritation in that area. 7 months have passed. But I have learned to dilute every oil that I use and am sharing that with others using the oil. |
| 86 | 2/2/2015 | Female, age 37 | On Guard - wild orange, clove, cinnamon, eucalyptus, and rosemary - from doTerra. | Diffusion | Diluted | I believe one drop to the full diffuser. | Hostess had it on for hours at a party | doTERRA | No | It started with lethargy. All of the sudden, I felt like I hit a brick wall and needed to sleep. I stepped out of the room for a while. I had some vertigo and a general sense of something just not being right. | The party started at 2 and I left at 5 so three hours later. The minute I stepped outside, the chest pain started and my head was pounding. The symptoms kept getting worse. My lungs felt like they were on fire and I was coughing a lot. | I got home around 7pm and immediately took a shower, washed my hair and put the clothes in washer too. It helped ease the symptoms but the chest pain and cough would flare up off and on. Around 10pm, the exhaustion took over and I slept soundly til 1am. After that, I was up off and on throughout the night. By morning, I felt almost all better. | None | | It was a doTerra party. | January 2015 | Feel free to email me if you have any questions. |
| 87 | 2/2/2015 | Female, age 3 | Tea tree oil | Topically | Neat | Three drops | One | Simplers botanicals | Yes | Skin peeled, burning sensation | Remained the same | It gradually subsided after a week | no comment | no comment | no comment | no comment |
| 88 | 2/2/2015 | Female, age 33 | R.C. blend by Young Living | Topically | Undiluted | Several drops | One | Young Living | No | Another person applied the undiluted oil to the back of my neck. Immediately, it started to itch. | The area broke out into an itchy, painful rash. Once the itch subsided, there were hives. | The rash was gone in a few hours. | N/A | no comment | no comment | i always dilute oils, so I was shocked when this person applied the oil neat on the back of my neck. She just said I had extremely sensitive skin. |
| 89 | 2/3/2015 | Male age, 4 | Tea tree oil. | Topically | Undiluted | ~10 drops | 1 | Rite Aid | no | After the oil was mixed into the bath (right near the child), the child instantly broke out in hives all over the body, including areas that were not in the water = general allergic reaction, with burning sensation. | The child was immediately taken out of the water, soaped up and rinsed. The reaction stopped right away. | None. | no comment | no comment | June 2014 | We were suffering a scabies outbreak… I helped treating it with tea tree oil bathe. Several baths (4 or 5) went without a itch. I normally mixed the tea tree oil first, then added the children and myself. This time, we were all in the bath first, then the tea tree oil was poured in next to my 4 years old son, and then stirred by hand. He immediately started screaming, then turned bright red (within a few seconds). We pulled him out and soaped up the oil and rinsed, and then he was fine. |
| 90 | 2/5/2015 | Male, age 20 months, Male, age 3, Female, age 25 | Eucalyptus<br>Frankincense<br>'Respiratory Blend', or 'Breathe'<br>Lemon<br>Oregano<br>'Protective Blend', or 'On Guard' | Topically | Diluted | 5 ml bottle<br>20 drops oregano<br>40 drops lemon<br>30 drops 'protective blend', or 'On Guard'<br>fill remaining space in bottle with fractionated coconut oil<br><br>5 ml bottle<br>40 drops 'respiratory blend', or 'Breathe'<br>25 drops eucalyptus<br>20 drops frankincense<br>fill remaining space in bottle with fractionated coconut oil | 5 on each child (once nightly for about a week)<br>2 on self (one blend on wrist, the other on my neck) | doTERRA | Unknown. I used the rep's personal stash of oils | A burning and itching sensation along with redness at the site on each individual | Site redness only, after additional coconut oil was added to the site to alleviate the burning sensation | None | None | Home remedy | August 2014 | These blends smell wonderful, and I'm sure they work really well, but the dilution rate is completely wrong. The blends are far too hot to use. |
| 91 | 2/6/2015 | Male, age 10 | Doterra blends: 1) past tense 2)on guard 3) digest zen | Topical and diffusion | diluted before use | no comment | 1 application | doTERRA | new oil blends | Nil | Nil | rashes / hives on navy parts of body | took dimetapp for allergies | no comment | no comment | I was introduced to EOs as my kids had a very bad infection. Kid 2 had fever for 2 weeks which lead to a bacterial infection. Was at my wits end and people around told me the benefits of EOs. I purchased the few blends and started using them in the way it was being taught (on guard blend for diffusing; past tense blend and digest zen blend for topical application )<br><br>Kid 1: start it in the late morning. By evening, hives broke out on his body<br><br>Kid 2: start it in the late morning. By middle of the night, hives broke out. Tried a second round, hives broke out within 24 hours. Rested for a week, tried it again, within 24 hours, whole body bad hives reaction.<br><br>All occasions, they were given dimetapp (an allergy medication for children ) and hives disappeared after 30mins.<br><br>Doctors confirmed it's allergic reactions |
| 92 | 2/6/2015 | Unknown | oregano oil, undiluted | Topically | undiluted | 100% | oh believe me, once was enough | no comment | No | immediate burning sensation, spreading to other areas of lip and mouth | had to wash lips and mouth with soap and water three times to get rid of the oils; mouth felt hot and burned, but there was thankfully no lasting symptoms; | for about an hour afterward, my lips were beating with my heart | none | no comment | no comment | i had a cold sore on the outside of my lip and I knew that oregano was a strong anti viral, so I thought I'd try it on my lip. The amount was tiny, less than a drop, barely a dab. The lip started burning and spread to the rest of my lips and started to spread in to my mouth but I stopped it by washing it multiple times with a mild soap and water, and then rubbing it with olive oil a few times and wiping it off. I was lucky. |
| 93 | 2/7/2015 | Female, age 61 | doTerra Peppermint and Deep Blue | Topically | Diluted with carrier oil | 3 drops Peppermint<br>3 drops Deep Blue | Every night for 2 weeks | doTERRA | No | Burning, burning anal pain | Burning, insomnia | Started having sever problems with digestion. Heartburn, indigestion, stomach pain, nausea. | None. I have Celiac disease so I started looking at everything I was eating. Then I started research side effects of essential oils and immediately stopped using them. Symptoms went finally after a week and a half after stopping. | None. | January 11, 2015 - January 25, 2015 | I was told these oils would help with sciatica pain. They did not. I think it is a placebo effect. I think these oils are dangerous and there will be more people harmed by them. They tell you they are safe for ingestion and daily use! These oils can be toxic! I predict more people will have problems with them! |
| 94 | 2/7/2015 | Female, age 38 | frankincense (young living) | Ingestion | They were evaporated to strengthen then ingested | See blog | no comment | Young Living | no | see blog | http://ajourneywithfrankincense.blogspot.com/?m=1 | http://ajourneywithfrankincense.blogspot.com/?m=1 | yes see blog<br>http://ajourneywithfrankincense.blogspot.com/?m=1 | no comment | no comment | no comment |
| 95 | 2/8/2015 | Female, age 40 | Lavender and Breathe | Topically | Neat | Approximately 3-5 drops of each of the two EOs | 3-4 applications in one 24-hour period | doTERRA | No | Racing heart beat and insomnia | Fatigue | No further effects noted latet | No | Provided free samples by DoTerra Sales Rep | October 2014 | I used a combination of Lavender and Breathe essential oils applied directly to chest and bottoms of feet because DoTerra Sales rep told me it could help with allergies. She also said that I could use as much and as frequently as I wanted to. I had applied the two essential oils to chest and bottoms of feet 3-4 x in one day. That night, I woke up with a racing heart beat and had insomnia the rest of the night. When I explained to the rep what happened she said she had never heard of this occurring and asked if I was anxious about something, which I said I was not. |
| 96 | 2/9/2015 | Female, age 56 | Just thieves | Topically | Undiluted | 3 to 4 drops | Just once | Young Living | No | Very very itchy I could hardly stand it | It got very red | It stayed that way for about 3 to 4 days and got very dry in my neck like I had burnt it I was glad it didn't leave a scar | None | I was just told to rub my throat with it from the outside because I had a sore throat. | Not know | I was told to use thieves for a sore throat. I put it on the outside of my throat and it took about 5 to10 minutes and wow I broke out in such a rash. My throat was so red from the out side and it was very very itchy I tried washing it off it did not work. I had to keep a cold cloth on it or I almost went crazy. When the itch went away it left a big red spot and it looked all dried out. I thought it was just a fluke so I have tried it once again and the same thing happened-i will never use it again |
| 97 | 2/11/2015 | Male, age 39 | Lemongrass | Topically | No | About 6 drops on a bandaid | One | no comment | Yes | Burning | The oil leaked through the bandaid he rubbed his neck with it and by morning he had a very bad burn. Has been raw for about 1 1/2 weeks now. Bandaid was on his finger for a wart. | no comment | no comment | no comment | no comment | We have had great results with essential oils. Even with warts on the feet. But lemongrass is to strong for soft skin. |
| 98 | 2/11/2015 | Female, age 22 | The oils that caused specific issues were two blends sold by Young Living: Thieves (clove, lemon, cinnamon, eucalyptus radiata, rosemary cineole) and Joy (bergamot, ylang ylang, geranium, lemon, coriander, tangerine, jasmine, roman chamomile, palmarosa, and rose). | Topically | They were used diluted to 2% with olive oil. | It was a 2% dilution. I would use 1 drop of the essential oil diluted in about a teaspoon of olive oil. | The reaction happened after 1 use of each. | Young Living | No. | I have severe allergies to peanut, tree nuts, and coconut. Both blends were supposed to be free of the only oil they use that I have an allergy to, which is sweet almond oil. I had no immediate reactions, the reactions began within five minutes of use. | Immediately afterwards I developed hives at the application site. | After roughly an hour I developed a low grade fever, nausea, and swelling of my mouth, throat and tongue, and the hives spread from the topical application site to cover most of my body. I had the hives for 5 days, the fever, nausea, and breathing issues for 36 hours. Thankfully, the oil was diluted enough that it did not cause anaphylaxis. | I didn't go in to my doctor, because consistent doses of Benadryl kept the breathing difficulties at bay. | It was a topical application given by myself. | I can't remember the exact dates, but it was in August of 2014. | no comment |
| 99 | 2/12/2015 | Female, age 36 | Frankincense and lavender | Diffusion | Undiluted | Three to four drops lavender and one to two drops frankincense in the appropriate amount of water per the instructions on the diffuser | Used 4-5 times over about a two week period, changing the water regularly | doTERRA | No | Itchy throat and ears, felt unwell. When I finally admitted it must be one of the oils and not a coincidence, I dumped the water. A little bit of water got on my arm which turned red and started itching. | After I stopped diffusing each time, I began feeling gradually better. The final time was the worst. When my arm started itching, I washed it with soap and water and it began to feel better. | Still mild itchy throat but much better | no comment | no comment | Most recent was today 2/12/15 with several diffuser uses over the last two weeks. | I think it was the frankincense that caused the problem. I diffused again with lavender and peppermint and did not have the same reaction. I will not use frankincense again. |
| 100 | 2/12/2015 | Female, age 2 | Eucalyptus, Rosemary, Lavender | Topically | They were diluted. | The chest rub was pre-made, the dilution was not disclosed. Two drops of each oil were given in a bath (diluted in a carrier oil) to help with cold symptoms for 2-3 days. | Baths daily for 2-3 days, chest rub once a day (bed time) for three days. | Aura Cacia | Unknown | Our daughter had a seizure in her sleep following our use of eucalyptus, rosemary, and lavender essential oils on her. | N/A | Her seizure was determined to not be febrile in nature. She had no further seizure activity after cessation of oil use. | She was transported via ambulance to the emergency room (Hillcrest Hospital, Cleveland Ohio) where febrile seizure was ruled out. EKG was performed to look for further epileptic activity; none was found. | N/a | April 2014 | In April of 2014, we used Rosemary, eucalyptus, and lavender oils to treat our toddler for typical seasonal cold symptoms for 2-3 days. On the last day, we could hear her making noise in her bed at night, and found her seizing when we went to check on her. We were transported to the emergency room, and her vitals while en route ruled out febrile seizure as the cause (she hadn't had a fever at all for the duration of her minor illness). EKG testing could find no other seizure activity and all blood work and urine cultures ruled out infection. All oil use was immediately ceased. She has since been exposed to lavender with zero adverse reaction. We believe that either rosemary or eucalyptus, or the combination of the two, contributed to our young daughter's seizure. |
| 101 | 2/13/2015 | Female, age 38 | Peppermint<br>Lemon<br>Lavender<br>Sweet Almond | Topically | used with sweet almond oil as a carrier oil | 5 drops each | several/more than 5 | doTERRA & NOW | No. | I developed a sebaceous cyst on the back of my neck within approx a week of applying the oils in that location. | The area became very tender and painful. | Within a about a weeks timeframe of applying the oils daily. | I visited my doctor in order to have the injury diagnosed. | N/A | summer of 2014 | It was recommended by a Doterra Wellness Advocate that I use this blend of essential oils to treat my seasonal allergies. I was not given specifics on the amounts of oil to use or how to apply the oil. After using the oils for approx a week I noticed a small bump forming on the back of my neck where I had been applying the oils. This bump grew larger and became painful. After a visit to my doctor about the bump it was determined to be a sebaceous cyst. It eventually went away when I discontinued using the essential oils. |
| 102 | 2/24/2015 | Female, age 42 | Lavaderm - skin spray | Topically | the Lavaderm comes already prepared in it's own bottle | no comment | a few sprays | Young Living | unknown | nearly immediate redness and hot feeling covering skin that had been sprayed<br>minor swelling under eyes<br>felt like a bad sunburn | After the redness went away, I felt fine. The area under my eyes took a little longer to feel back to normal. | It all went away in about 30 minutes. | no comment | no comment | November 2014 | I was sprayed a few times on my face and neck area. It was the prepared mixture Lavaderm by Young Living. We were indoors and I hadn't been exerting myself. We were in a room temperature retail store condition. Minutes later, where I was exposed to the spray, it turned angry red. The redness hurt especially under my eyes. It felt swollen as well. It was fairly painful - like a bad sunburn. Thankfully it dissipated in less than a half an hour, but it was scary. The person who applied it to me is a friend and she was visibly nervous about my reaction. She said it was a detox, but I knew that couldn't be right. I have been researching safe uses of essential oils since then. |
| 103 | 2/26/2015 | Female, age 40 | Oregano | Topically | Neat | About 4 drops | One | NOW Brand | No | Severe skin burning feeling, including redness and skin peeling off. | Pain, burned skin peeled away. | The skin is permanently scared after healing. I still have itching in the area and it's been 10 months. | None | None | May 2014 | I had a ringworm infection on my shin as well as a spot under one breast. I put undiluted oregano on the spot on my leg and didn't have a reaction. Thinking that it wasn't going to bother my skin, I put a few drops on a cotton ball and swiped it on the spot under my breast. I immediately had an extreme burning sensation which got worse very quickly. The skin turned bright red. I immediately washed the area off with soap and water but it was too late. I was severely burned. The skin peeled and fell off. That was 10 months ago. I have a scar and the skin in that spot still itches to this day. |
| 104 | 3/1/2015 | Unknown | Lemon | Oral ingestion | Diluted in water | no comment | no comment | Young living | no comment | no comment | no comment | no comment | no comment | no comment | no comment | I did not have a reaction to an oil, but I am using this page to inform your institute that a restaurant in Ellenville, NY puts young living lemon oil in all the water they serve their customers. It is only a matter of time until someone gets hurt. Thank you for your concern and outlet. The restaurant is called Aromathyme |
| 105 | 3/9/2015 | Female, age 50 | Lavender (lavandula angustifolia) | Oral, topical, and diffusion | The oils that I ingested were not diluted. I only took about 2 gel capsules with about 2 drops of lavender in each one. I also used lavender, lemon, and peppermint in a roller bottle and it was not diluted like it should have been. I also applied the lavender oil neat to my skin from time to time. | Orally, it was about 2 drops per capsule and I took that only twice. In the roller bottle, it was 15 drops of peppermint to a 10ml bottle of carrier oil. Other times I made a blend of lavender, lemon, and peppermint and used 5 drops of each. | Orally, only twice but topically, gosh, it is too hard to tell. The gal said that the roller bottle of lavender was good for anxiety, allergies, etc. and I just kept the bottle handy and used it a lot! | Spark Naturals | No | After I swallowed the first gel capsule, my throat felt very weird. But that went away. Then, the second time I did it, my cheeks and ears felt itchy. So, I know better than to do that again. I didn't start experiencing any rashes or itching on my hands until a few months ago. Now when I work with lavender essential oil, I have to be very careful not to get it on me. Otherwise, I start to itch. | Immediately afterwards was itchy. | After the gel capsule incident, I was fine after a few minutes. The itchy feeling went away. I did have to take some Benadryl after using some salve that I had made, that had lavender essential oil in it, because my hands were itching. | no comment | no comment | no comment | It was about a year ago this Spring, so the Spring of 2014 that I became really interested in essential oils. I had no knowledge of essential oils and thought that this group of gals (that blog about Spark Natural essential oils) knew what they were doing. WRONG! It was only after I started studying aromatherapy that I really took a hard look at some of the recipes that these gals share freely on their FB pages. One of their popular headache blends used 90 drops of various essential oil (that filled up half of my 10ml roller bottle) and the instruction said to "top off with fractionated coconut oil." I looked at that bottle and realized that no matter how I tried to work the numbers, the dilution rate was just waaaay off of the charts. I mean, if a 20% dilution for 10ml of carrier oil is 50 drops, good gosh, this blend was 90 drops for about 5ml of carier oil!! These women are going to kill someone someday with their crazyness. |
| 106 | 3/10/2015 | Female, age 51 | Doterra digestzen, peppermint and lemon. | Oral ingestion | oral and topically neat. | oral just a drop each, topically neat a drop each. | one application. | doTERRA | No | If I put 1 drop of lemon oil in a glass of water it would burn my lips | nothing the symptoms came on gradually, I always took them orally in a gelatin capsule | I think the symptoms happened after a week or so of ingesting them,, sinus headaches really bad, eczema, hives, mouth sores, sore throat | I saw my Dr about the sore throat and mouth sores and he put me on antibiotics | I got an account with Doterra and just bought the oils myself. I thought they were safe to ingest as the company said they were safe. | Around January, early January. | After a week of taking these oils orally I ended up with bad eczema, massive sinus headaches, hives, sore throat and mouth sores, I am furious that the company said it was safe to take these oils orally and when I told them what happened they offered no help or support whatsoever! |
| 107 | 3/18/2015 | Female, age 32 | ddTERRA Serenity Blend- Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, and Hawaiian Sandalwood essential oils and vanilla bean<br><br>ddTERRA Citrus Bliss Blend- Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine essential oils with a hint of vanilla | Topical and diffusion | Undiluted | ddTERRA Serenity Blend- 2 drops on bottoms of feet and 2 drops on the back of neck<br>ddTERRA Citrus Bliss Blend- 2 drops in palm of hands | 1 time | ddTERRA | Not that I'm aware of. | None | None | I placed the oils as mentioned above around 9:30pm on Wednesday 3/11/15. I started itching uncontrollably around 12am with hives everywhere. I woke up Thursday morning from an awful night of itching. I took an allergy pill to ease the itching, got home from work Thursday night, hives and itching developed and then my lip started to swell. By Friday morning I had swollen lips. A week later and I am still having a reaction with hives/itching. | On Friday morning 3/13/15, after waking with swollen lips, I went to "Patient First" urgent care for help. I was given a mild steroid to ease the pain. I began taking the steroid immediately. Saturday, 3/14/15, I woke up with hives/itching. The pain eased as I left my home. I returned home on Saturday at 5pm and the hives/itching began immediately. Sunday, 3/15/15, I was in more pain and went back to "Patient First" urgent care for help. The hives were terrible. The doctor prescribed me with a stronger steroid "Prednisone" and told me I could take Benadryl as well. Since, Sunday 3/15/15, I have been taking this steroid with a zyrtec in the morning and Benadryl at night to cope with the itching/hives. I saw an allergist on 3/17/15, they are unable to determine what oil in the blends is causing this reaction, as there aren't tests available for each specific oil. They will do blood work on 3/31/15 after I complete my steroids and take myself off of Benadryl. | I massaged the oils myself. | Wednesday, March 11, 2015 at 9:30PM (only 1 time application) | I have never had an allergic reaction to anything. I was interested in trying samples of a few essential oils from a friend. I feel as though the "Serenity Blend" is what's causing this reaction. Something in that oil, does not like my body. The reason I believe it's this particular oil is because once I placed the oil on my feet, I walked around my house distributing the oils throughout. I'm looking forward to finding answers about my allergic reaction. Until then, I will never use another essential oil. Thank you. |
| 108 | 3/30/2015 | Female, age 31 | Young living lemon | Topically | Diluted with jojoba | About 3ml jojoba to 3 drops of lemon....it was from a sample so it was hard to see how much lemon came out | 1 | Young living | I don't know...it was a sample given to me | Tight skin, itchy and slightly red in places | Fine | Overnight...woke up to the symptoms listed above | None | no comment | March 2015 | no comment |
| 109 | 3/30/2015 | Female, age 44 | Deep Blue | Topically | neat | about 5 drops | one | doTERRA | no brand new first use | severe rash and blisters<br>have pics | the next day | this is the 4th day - it is getting worse<br>going to physician tomorrow | will let you know after tomorrow | in home consultant | March 21st 2015 | I was not told to dilute<br>i was told that a little goes a long way but not that a lot could be harmful<br>when i told her about reaction, she said it was my body getting out the toxins - she said my body was responding naturally<br>i am a dental hygienist - i had a tired neck - hives, rash and blisters are not a natural response !<br>asked her if i could get my money back and she said that i would have to call the company myself |
| 110 | 3/30/2015 | Female, age 32 | Grapefruit, Lemon, and Slim and Sassy. ALSO OnGuard. | Oral and topical | neat recommendation | 1 drop | 3 x a day orally and topically | Young Living & doTERRA | no | throwing up and sick stomach. rash on feet, stomach and legs | rash and sick to stomach altho it was recommended to me to keep doing it so my body would become used to it | felt better after stopping the oils | none. self. | sales rep advice | February/March 2015 | i was advised by a Doterra rep to use Slim and Sassy, Grapefruit, and Lemon in my water up to 6 x a day for weight loss. I became very sick for the week I did this and developed rash over entire body. |
| 111 | 3/30/2015 | Male, age 19 | lavendula angustofolia | Diffusion | N/A | 6 drops | in 120 ml water over 6 hours | NOW | no | hives, raised, purple to black, itchy | mild flu like symptoms | within 4 hours significant recovery | before realizing what had caused the hives, Lavender EO and Grapeseed CO were applied as well as a dose of Benadryl. Both helped. No reaction to topical Lavender. | Diffused overnight in bedroom | July 2014 | Happened two nights in a row. Then I realized what was causing it. I switched out the Nebulizer. Other EO have been used with same type of nebulizer with no effects.<br><br>sidenote: I used that nebulizer in my room with Lavender on third night since I was skeptical about the cause being safe lavender and experienced a very itchy rash across about 30% of my body mostly on limbs and lower back. No one else in house affected. Lavender no longer diffused. |
| 112 | 4/5/2015 | Female, age 33 | peppermint and vitalge orange | Topically | Applied undiluted; coconut oil added afterwards | [two(?) drops of wild orange, one drop peppermint | one | doTERRA | unknown | Fine during application. | Started itching immediately after application | Washed hands several times. Took hours for itching to subside | no comment | none | March 2015 | The doTerra "consultant" instructed me to put undiluted essential oil directly on my hands. She added the coconut oil because I was holding my child in my lap, saying that you shouldn't put it on children undiluted. |
| 113 | 4/7/2015 | Female, age 45 | Young Living Oregano | Oral ingestion | Yes | 1 drop | Two. One per day for two days | Young Living | No | Within 30 minutes after my second day of using as directed (as a dietary supplement), my right leg cramped in an intense spasm for several minutes. | Above | Since use 9 months ago I have had several smaller similar cramps and nerve pain, once or twice a month. | Yesterday I saw my primary care doctor and was given a strong anti-inflammatory prescription. | no comment | June 2014 | Due to the timing and cause and effect I feel this oil caused my muscle cramps and possible nerve damage. If the pain returns or continues I will have to have more tests done. This has caused me to lose several days of activity, and has made walking and exercising impossible at times. |
| 114 | 4/9/2015 | Female, age 44 | Pine "neat" | Topically | Applied neat | 2 drops | One | Young Living | No | Raised welts, redness and swelling at the application site; burning sensation, itchiness | Immediately following application slight burning sensation felt | Raised welts, itching, redness and localized swelling remained for over 48 hours. | Individual rubbed carrier oil over the site once reaction was presented; then washed hands. Within 12 hours individual took 2 generic Benadryl tablets and one generic clarritan by mouth and used topical steroid cream (cortisone, OTC) to reduce reaction and inflammation. Repeat dosage taken the following night of oral antihistamines and topical steroid. By day 3 rash had diminished. Individual continued to take Generic Claritan for an additional week. | The individual was testing for sensitivity to pine oils as she is allergic to pine pollen, pine sap, pine mulch, real pine needles, etc. The application was done at a Young Living "distributor"'s private home. | March 2015 | I was part of the healthcare field for 14 years and understand the basics of pharmacology, toxicology, adverse reactions and anaphylactic reactions. When this distributor (and every person from YL) insisted that their oil contains no proteins and is the most pure and therefore you cannot have an allergy to it I had to question this unreasonable logic. I don't believe they understand the difference between a localized reaction (allergy) and a systemic reaction (anaphylaxis). Even after I had the reaction in her presence she shrugged it off as no big deal and encouraged me to try an oil blend containing pine and to dilute it in the future. I am horrified at the lack of training, knowledge and understanding of these "distributors". I felt that since she did not care to report it to her company that I needed to find an outlet to report. |

| ID Number | Date Submitted | Who were the essential oils used on | What essential oils were used | How were they used | Were the essential oils diluted or used undiluted | What was the percentage of essential oil used | How many applications | Essential oil brand used | Was the oil over 6 mos old | What was the experience during | What was the experience immediately afterwards | What was the experience sometime later | Describe medical intervention, if any | What type of essential oil session did you receive | Dates of essential oil application(s) | Personal testimonial page |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 115 | 4/12/2015 | Female, age 37 | The AromaTouch Series by DoTerra by my massage therapist. | Topically (Aromatouch) | Undiluted. | I don't know but they were dropped down my spine and then rubbed in. | One of each. She was following a printed guide by DoTerra | doTERRA | I have no idea. I believe she had just purchased them. | Nothing during. | Within about an hour or so I started to feel sick. Fatigued, flu-like. Headache, started to feel worse and worse. I drank a lot of water to try and flush it out. | I was very sick for 3 days. | None. | Message and she did it at the end | I don't remember. It was about 2 years ago. | no comment |
| 116 | 4/17/2015 | Female, age 29 | Slim and Sassy oil and gelcaps, Lavender, Frankincense, DigestZen, Zendocrine capsules | Oral, topical, and diffused | undiluted on skin and in water or capsules | varied | capsules as indicated per package, oral in water a few times a day. | doTERRA | not in my possession that long | severe rashes at application site, hands and random places when ingested. severe itching unrelieved by OTC meds. permanent sensitization | when used in water, the rashes and itching would almost immediately begin. | hours to a few days | blood tests, allergy tests - which proved allergen to resins which seemed to have been brought about by potency and amount of oils used. no prior allergy to same thing in an herbal or dry form. | none | Nov 2013- May 2014 | Having been informed that oils could be used neat, safely, as well as internally safely, I proceeded regardless of my knowledge that these products should never be used this way or only under proper supervision. I believe the potency affected my gut as I now have leaky gut symptoms and many food allergies accompanied by this sensitization that occurred. |
| 117 | 4/18/2015 | Female, age 53 | lavender | Topically | undiluted | none | many | Young Living | no | I was told by young living reps to use lavender neat on my nose for a stuffy nose. It was winter and did this frequently. I was also using lavender diluted as a face cream. About 3 months later I developed a very bad rash on my face which kept getting worse every time I would use the lavender. I now can now longer use anything with lavender in it. I had a soap that I was using that I figured out was causing the same issues. It's been almost 2 months since I stopped all lavender and finally my skin is completely clearing up. | Nothing immediate. Took a couple months for reaction to occur. | about 2 months later, sever rash on my face developed. | no comment | no comment | no comment | no comment |
| 118 | 4/20/2015 | Fineal, unknown age | Balsam Fir, Frankincense, Copaiba | Oral ingestion | in shot of nijna x red | 2 drops of each oil as recommended by rep | 1 | Young Living | No | Large Hives on legs | Itchy and large hives on legs | 3 days to go away | no | n/a | November 2014 | The reaction to the oils and large hives was scary. I should of done more research and consulted with a professional before ingesting. I since then have consulted with a certified aromatherapist who advised of the safety concerns of ingesting oils, etc. I never tried it again and have moved to inhalers that are customized to me. |
| 119 | 4/28/2015 | Female, age 39 | Bergamot | Topically | Undiluted | 2-3 drops | 1 | doTERRA | Not as far as I know, was with in a week of purchase. | Extreme burning, that developed a deep rash/burn (skin is flaking off now like a sunburn) | No, corset approx 12 hours later and continued for two days until burning stopped. | See above | Saw my family physician 48hrs after burning started. Was given a steroid cream hydrocortisone 2% | N/A | April 0015 | I wish I could upload a photo of the deep red burn I have been left with. I will never use an essential oil on my body again. Horrible first experience. I should have listened to my gut when no instructions came with the product, giant red flag and I ignored it! |
| 120 | 4/30/2015 | Female, age 45 | Do Terra peppermint and Do Terra wild orange | Topical and diffusion | Not diluted in hands. Diluted with water in diffuser | no comment | One | doTERRA | No idea | Burning eyes, nasal membranes, lips, throat. Feels like a chemical burn | Same as above | no comment | no comment | Do Terra sales presentation | April 2015 | no comment |
| 121 | 5/10/2015 | Male, age 40 | Oregano oil | Oral ingestion | Oil was undiluted taken in water | no comment | 30 drops daily for at least 6 months but was taking smaller doses daily prior that for about a year | unknown | Unknown age | New symptoms of generalized weakness,fatigue,decreased ability to concentrate on work, significant weight loss for several months prior speaking medical assistance. | no comment | no comment | Pt was treated for respiratory failure,intubated briefly on mechanical vent. Neurology dx pt with ALS which basically is determined by ruling out other causes of symptoms. | no comment | Year 2014-2015 | I am reporting this info obtained from a patient I worked with. The ICU doctor did call poison control but was informed that the dose was not enough to cause symptoms. I do not think the person affected was planning on reporting his reactions.he strongly felt that his symptoms of fatigue started after he had been taking the oils drops for half a year. The gentleman had lost about 30-40 lbs in the 3-4 months prior hospitalization. Since some chemicals are stored in body fat I wondered if the weight loss increased levels of the oregano oil toxins in the body |
| 122 | 5/14/2015 | Female, baby | Lemon | Topically | Diluted | One drop lemon to three drops coconut oil up to one drop lemon in 1 TBS coconut oil | 1-4 | doTERRA | Purchased date, no | Skin rash that took months to get rid of. | Nothing immediate (within 5 min) | Skin rash (hours, increased with more applications and time) | no comment | no comment | no comment | no comment |
| 123 | 5/16/2015 | Female, age 38 | Lemongrass | Topically | Undiluted | 3 drops | one | n/a | no | Burning/redness | 30 minutes later | 12 hours still burning | None | Home application | n/a | applied FCO |
| 124 | 5/31/2015 | Female, age 31 | Deep Blue Rub from Doterra | Topically | undiluted | Nickle size amount rubbed on each time | 6 | doTERRA | No. | Nothing noticed when I first put it on | After using every few hours for 1 day I noticed bumps popping up and redness where I had been putting Deep Blue Rub | I stopped use. Tried to use again a week later. Bumps still were there and it got worse. Rashes began to pop up all over body that looked like where it had started. Rash was symmetrical on each side of my body. Spread from my lower back to mid back to upper back to upper arms, then began starting up my neck and on inside of legs and back of legs. My asthma was worse during this time, but nothing my rescue inhaler couldn't handle. No hospital visits. | When it started up my neck I went to see my regular doctor. They gave me medicine to help stop it from spreading. It took 2-3 weeks for it all to go away. | n/a | approx March 28, 2015 | |
| 125 | 6/8/2015 | Female, age 57 | Doterra oregano & lavender<br>Young Living frankincense | Topically | neat | 1 drop twice a day | 1 week of oregano with lavender, then switched to frankincense for 2 weeks (much milder) | Young Living & doTERRA | recent purchase of Doterra oils, frankincense was a gift at Christmas | Basal cell carcinoma lesion on lower leg, diagnosed by punch biopsy<br>started with Oregano undiluted per advice of person selling Young Living, also checked on-line and found Young Living and DoTerra testimonials; also advised to "dilute" with a drop of lavender oil on top of the oreganoo, told to expect stinging/burning/itching<br>also saw on-line reports on Frankincense for same use<br>shifted to frankincense after about a week because tissue damage seemed too intense and Young Living person was on vacation & couldn't be reached. significant tissue damage at site - oozing serous drainage the morning after a bath that looked scab (1/4 - 1/2 inch across) and revealed a larger lesion than I could see before<br>purple/red discoloration around the site, then extension of the damage into the discolored area with more itching & rash; then peeling/exfoliation | then rash/itching spread to anyplace I had used lavender or frankincense on my body at remote sites became red and itching - I stopped using all oils at this point | then more generalized itching, especially arms & legs where no oils had been used<br>also aggravated my Pitta dosha with increased heat and inflammation in body | Complementary Medical interventions for allergic reaction: nettle tea multiple times daily; cooling raw diet to calm pitta excess; vitamin C, green juices; aloe vera gel topically once wound closed & on arms & legs; coconut oil for dry itching skin; | self application on advice of person selling Young Living | mid- to late May | also had concentrated odorous urine without infection despite drinking lots of water to clear system, also adding parsley & cilantro to green juices<br>used tip gloss in my car one day & next morning had swollen lips that exfoliated down to color of inside of mouth mucous membrane - had essential oils in it when I checked<br>consulted herbalist and Ayurvedic practitioner, online searches<br>haven't used oils in at least 10 days and still itching, excess heat & inflammation in body<br>gradual improvement with multiple interventions suggested by herbalist and Ayurvedic practitioner - bentonite clay topically over liver & abdomen, liquid chlorophyll, vitamin C increased to 3-4 gm daily, cranberry juice, pitta-pacifying diet |
| 126 | 6/25/2015 | emale, age 5 | Frankincense | Topically | Neat | 2 drops | 1 | Young Living | No | Nothing, she was fine | Less than 5 minutes latter she started itching. I stuck her in the bathtub and she started screaming. Intense burning pain, red blotchy spots appeared, and started to spread up her body. I applied petroleum jelly and she continued to scream. | By the next morning (about 10 hours later) she was fine, not even a little red. | Poison control phone call | no comment | 6/22/2015 | Less than 5 minutes latter she started itching. I stuck her in the bathtub and she started screaming. Intense burning pain, red blotchy spots appeared, and started to spread up her body. I applied petroleum jelly and she continued to scream. I finally called poison control, gave her Benedryl, Ibprofun, and put her back in the tub with Castille soap and wiped her off really good. |
| 127 | 7/7/2015 | A group of 30 people. Mainly women. Ages from 22-60 years old. | Orange essential oil and lemon essential oil (used together, but not pre-blended). | Diffusion | Diluted. An unknown amount of oils in water. | Unknown. | One. | unknown | Unknown. | Within 5 minutes of entering the room where the oils were being diffused, my heart started racing and it became more difficult to breathe until I was almost completely unable to breathe. I didn't know what to do, so I left the room and took 3 puffs of the albuterol inhaler I have and drank some water. That helped. | It took ten minutes for me to be able to feel like I was getting enough air. | It has been 6 hours and my breathing still isn't completely normal and my heart is still racing. | None yet. | Not applicable. It was a work training session, where none of the trainees had any idea there would be essential oils diffused. | 7/7/2015 | I was in a 4-hour training session with 30 other people in a work environment where we were not informed there would be diffusion of essential oils or what essential oils were being diffused. It only took 5 minutes for me to almost completely stop breathing. The diffuser was turned off when I requested the trainer do so, and we were informed 3 hours into the session what had been diffused. There should have been some warning ahead of time and the trainer should have asked about sensitivities/allergies, but they did not. |
| 128 | 7/14/2015 | Female, age 56 | Clove Essential Oil | Topically | Undiluted - I had assumed and trusted it was diluted until I found out later. | Many drops of undiluted oil were massaged into the bottom of my feet. | Several in a 15 minute period. | Young Living | Unknown | The clove oil was warming, but no discomfort or stinging. I should have known that it was a stimulant, I was just thinking "warm feet," at the time. | I went home at about 9pm and was awake the entire night, fully awake without jitters or nervousness. My heartbeat had increased ,however. I was alert the entire night and into the next evening without feeling tired. | The stimulated feeling wore off after about 24 hours. | No medical intervention, but I was concerned that the person who massaged did not ask if I was allergic to anything or had any health conditions (which I do not, but have concerns about someone who might have high blood pressure or a heart issue, for example.) | Healing circle at a local church | 2010 | I am an aromatherapist I, and have concerns when others feel qualified (without proper training) to use essential oils on someone who trusts them and the information they provide. There are no standards in the U.S. to provide guidelines for these folks or grade the type of essential oil, outside of a European derived product that must meet the European Union and Commission E standards.<br><br>I have had several encounters, after this one, with consultants from Young Living and Do-Terra where I have witnessed them telling potential customers that they can go off their antibiotics (one person had Cystic Fibrosis!) or substitute their oils for another medication. Every consultant I have met is a hard-sell and does not allow the person to ask empirical questions to make an educated decision to purchase.<br><br>It would be nice if we could create standards that support education and safety in order to deliver a win-win outcome for our clientele and the aromatherapist. |
| 129 | 7/18/2015 | Female, age 46 | vetiver and serenity | Topically | somewhat diluted | 50% or so | multiple | doTERRA | unknown | I developed a burning and itching rash that took weeks to clear up | It took several days of application for this reaction to occur. | It took several weeks to clear up. It was on the bottoms of my feet, behind my knees, and behind my neck. I had to use a treatment for poison ivy and oak to start clearing it up! | none | I purchased from a rep who recommended that I apply oil to these areas for stress management and better sleep. | January 2015 | My Doterra Rep. was new and not well informed. I did not do enough research on my own before trying these oils. I also ingested some lemon and lemongrass oils which caused a headache which lasted several days. Company said that ingesting their oils was safe. I have learned a lesson about trusting information from this company which sells the product. I should have done more careful independent research. These oils are very powerful, and should be used with care and respect! |
| 130 | 7/27/2015 | Male, age 2 | Oregano | Topically | undiluted | a few drops on 1/4 of a cotton ball, then bandaid placed over cotton ball | once | doTERRA | just purchased 2 months ago | He cried upon initial contact, but i assumed it was he was associated the bandaid with an injury | he was calm, napped for 2 hours (as usual) | after approximately 3-4 hours I removed the bandaid as it had become wet after swimming. the area was red and looked irritated. it was sensitive to the touch. now, approximately 36 hours later it is brownish in color and still sensitive to touch | none | none – this was done at home | 7.25.15 at approximately 1300 | my 2-year-old son had a wart on his shin. the oil specialist suggested putting oreganoo oil on the wart with a cotton ball and bandaid over it. my son cried when it was immediately applied to the area (which i assumed was only his associating a bandaid with "injury"). he napped as usual for 2 hours and woke up without paying any attention to the bandaid. he went swimming approximately 3 hours after applying the oil (swimming pool filled with hose water) and the bandaid/cotton ball came off. the area was red and appeared irritated. 2 days later, the area is brown and still appears sensitive to the touch. |
| 131 | 8/7/2015 | Female, age 9 months | Young Living Peace & Calming | Topically | Neat | Unknown | 3 | Young Living | Unknown | Burning sensation | Burning sensation, tingling | None | None | None | June 2014 | A sales rep recommended I use it on my 9 mo daughter's feet neat during a long flight. Obviously, my daughter can't say how it felt when I put it on her feet, but I've described what it felt like to me when I used my fingers to rub the oil onto her skin. I'm sure it felt similar to her. |
| 132 | 8/15/2015 | Female, age 59 | wild orange, lime, peppermint, Past Tense blend(wintergreen, lavender, peppermint, frankincense, cilantro,marjoram, roman chamomile,basil and rosemary) | Oral an water and topically | The ones that were used topically were undiluted. | One drop of each wild orange and lime, ingested. 2 drops of peppermint topically and inhaled, undiluted roll on rolled all over neck and shoulders. | Once of each. | doTERRA | unknown. | I recieved immediate relief of my headache and tension in my neck and shoulders. | A cooling effect on neck and shoulders, a slight itch on shoulders. | 24 hours later I had a very itchy bumpy, hot, red rash all over my neck, shoulders, face, ears, arms and hands that lasted for a week. After the worst every time I went in the sun it started all over again only in areas that were exposed to the sun. This severe sensitivity to the sun lasted about 3 weeks. | None, I did not seek medical intervention. | July 10, 2015 | The itch I experienced was severe, I couldn't even sleep at night. I tried benadryl cream with no effect and had to resort to an OTC cortisone cream, which I hated to use on my body! I believe that I experience 2 types of reactions, a skin reaction to the ones applied undiluted topically, and a photosensitive reaction to the citrus oils that I ingested. I have learned the hard way to never ingest essential oils, and to always dilute the ones I put on my skin. After a full 3 weeks, the photosensitivity had finally resolved. | |
| 133 | 8/23/2015 | Female, age 7 | a blend called In-Tune | Topically | They were in a blended bottle diluted | ? | 1 | doTERRA | no | The child ended up having a 2nd degree chemical burn on her back. | no reaction until later in the day - then red, pain, huge blister after 3 days, popped blister, and then pain from the dryness, cracked skin, and very hot & red | it took about 3 weeks for it to begin an appropriate healing | doctor prescribed a burn cream to be applied twice a day for 2 weeks, then dermatologist later prescribed a cream to treat the skin so it would heal with appropriate pigment | none | 1 application early June 2015 | The child was in a lot of pain form the burn. |
| 134 | 10/6/2015 | Female, age 40 | Ortho-Ease | Topically | Ortho-ease is a diluted massage oil | A few drops for massage on her back | 1 | Young Living | no | Within less than a minute or two, she was obviously in pain. Her skin turned bright red with whitish/skin-tone blotches. Screaming and crying. | As I said, I slathered her in plain coconut oil immediately, and continued to blot and re-slather until she was no longer in visa le distress (my mother laught me a thing or two many many years ago). Within 10 minutes of these repeating applications, her skin tone evened out and turned back to a more normal color- still kinda pink and irritated though. Her screaming subsided and she no longer appeared to be in pain. | I repeated coconut oil applications for 24 hours after ordeal. She bounced back just fine, no further issues. | None | massage, which was applied by a staff member in my clinic. | Approximately 2 years ago | |
| 135 | 10/12/2015 | Female, age 16 months | It was a citrus product, Sweet Orange sounds most familiar. I was not in the room when the Young Living representative slathered all over my child without asking me, and I promptly asked her to leave after the situation, so I did not confirm which exact essential oil she used. | Topically | Straight up neat. Right outta the bottle onto her skin and rubbed in. She stood there with a gaping mouth as my daughter started screaming. I was the one to dilute with plain oil after she informed me of her action, she had no idea what was happening or how to rectify it. | Unknown. It had to be at minimum 8-10 drops judging from my daughters red, blotchy skin on her arms, neck and chest. | 1 | Young Living | Unknown. She was a new representative so I assume her stock was recently purchased? | Within less than a minute or two, she was obviously in pain. Her skin turned bright red with whitish/skin-tone blotches. Screaming and crying. | As I said, I slathered her in plain coconut oil immediately, and continued to blot and re-slather until she was no longer in visa le distress (my mother laught me a thing or two many many years ago). Within 10 minutes of these repeating applications, her skin tone evened out and turned back to a more normal color- still kinda pink and irritated though. Her screaming subsided and she no longer appeared to be in pain. | I repeated coconut oil applications for 24 hours after ordeal. She bounced back just fine, no further issues. | None | Not necessarily a "session". A friend had recently become a Young Living Representitive. She brought her box of essential oils to a community dinner I was hosting. | summer of 2014 | First, thank you for this site. This compilation is priceless. I grew up with essential oils (35 years worth!) and my mind explodes when I hear certain company representatives say certain things about their practices. They regurgitate info that was spoon-fed to them without reason,worry or caution- and the root, the very bottom line of these damaging practices is money. With no true proper training, and a prospect of getting rich on the horizon, they practically tout themselves as "self"-educated doctors who can fix all that ails you... If I hadn't had the years of exposure I was blessed enough to be entersed in, my daughters ordeal could have landed us in the ER, Not ok. |
| 136 | 10/12/2015 | Female, age 32 | Lemon, cinnamon, thyme | Oral in water | "Diluted" in 8oz water | Unknown, It was a "cold remedy" given to me by a friend who sells "Young Living" | I drank "maybe" 1/3 of the water. Not sure how much was actually ingested since oil floats on water. | Young Living | unknown | I took several sips of the water and started to feel nauseous and dizzy. Kind of out of it and foggy. I was told this was my body "detoxing" and I should really try to drink the rest so the essential oils could do their thing. | After drinking 2 or 3 oz, I had a raging headache, hot and cold flashes, incredibly nauseous, foggy thinking, and dizzy to the point my husband had to stand in the shower with me for fear of passing out. These symptoms lasted for the rest of the day, at least 7 hours. | I was also getting over a cold so I did not return to normal for another week. I feel like my EO ingestion worked its way out after about 36 hours. The foggyness, headache and dizzy feeling were gone in that timeframe. | None. I don't go to the doctor unless I'm dying. So I guess that's a plus that I didn't have to go. ;) | A caring, well-meaning friend visit. No session. | January 2013 | I've grown up using EO's. I had never heard of "therapeutic grade" for ingestion until this ridiculous DoTerra/Yong Living period scheme came into the picture. |
| 137 | 10/12/2015 | Female, age 50 | Aromatouch massage oils (balance, lavender, melaleuca, orguard, aromatouch, deep blue, wild o | Topically | Undiluted | 4-5 drops each | One | doTERRA | unknown | Hives all over back | I felt fine and refreshed | 24 hours later developed rash all over my entire back. Red, itchy bumps from my neck to low back | N/A-used OTC allergy meds and Motrin | Aromatouch Massage | | |
| 138 | 10/21/2015 | Female, age 30 | Lavender & a few blends w/lavender in them. | Topical and diffusion | Undiluted when I first started using, or not diluted properly (diluted on average of about 50%). Started diluting properly once more properly educated. | unknown | Several over the course of the last 2 years or so | Multiple | No | When used topically or in the bath I get a rash that's itchy &/or painful. Once, when used (blended w/aloe & fco) to help a burn, caused the pain of the burn to double (at least), until I washed it off. After, I used a similar mix of aloe, fco & tea tree instead of lavender, relief was almost immediate. When diffused it's usually in a mix, it causes my throat to start hurting & my sinuses start bothering me. Any other blends w/similar oils but w/out the lavender & I'm fine, only have problems if lavender is in the blend. I can still apply topically to someone else if it's well diluted & in a blend without problem, if it's diluted alone, I can't or I break out & start itching. | - | Rashes & itching goes away with hydrocortisone after a couple days. Sore throat & sinus issues clear up in a day or two after stopping diffuser use. | None | None. Home use. | Topically & bath was periodically the last 2 years (took me a while to figure out what was up). Discovered the diffuser in the last 2 weeks or so (October 2015). | Even though I didn't use undiluted for very long before I realized I shouldn't, I fully believe that's why I've developed this sensitivity. I've never liked the smell of lavender, so I've wondered if that was an indication I shouldn't use it... But don't believe it would be like this if I hadn't ever used undiluted (or not properly diluted). |
| 139 | 11/5/2015 | Femal, age 57 | DoTerra - Slim and Sassy, DigestZen, Zendocrine, Also, was using the Slim and Sassy Slim Shake protein powder which has EO's in it and the Terra Greens which have EO's in it as well. I was also using many other DoTerra EO's diluted topically. Too many to name individually. (I strongly believe it was the oils taken orally that caused my reaction) | Oral ingestion | Always diluted | One drop of each used at a time, ocassi | Daily for the Slim and Sassy protein powder and Terra Greens. Every other day for the ingested EO's. | doTERRA | no | I began using the Slim and Sassy Shake mix with the EO's in January of 2015 and within a week, I noticed a tiny rash developing on my arms and wrists and across my chest. It burned, itched and was raised, warm and raw feeling. It bothered my sleep as the intense burning /itch woke me up. It was so bad I woke up itching and clawing my skin and was bleeding. | After the initial reaction, the reactions there after happened within a few hour | The rash lasted about 8 1/2 months overall | I had several Laser allergy treatments at my chiropractor office, over a period of 3 months. (Cram Chiropractic and Wellness Center) I had blood allergy testing at Healing Bridges Healing Center in August. They prescribed Betamethasone Steroid cream which is a life saver!! | N/A | Too many to list individually. I have emails and Facebook messages to DoTerra and my spine dating from January, 2015 to October 2015. I quit using the EO's in August 2015. | I would like to share the emails and Facebook messages and pictures if applicable. They show that I have continuously communicated to DoTerra about this allergic reaction/sensitization and they have not responded to me at all except to tell me I can send the products back and receive some money back. My "up line" had been as helpful as she can. They told me this is a real reaction but very rare. I have asked them repeatedly to make it known that ingesting the oils can cause a very severe allergic/sensitization reaction and people should be warned and actually have the right to be warned.<br>I never had food allergies before ingesting the oils but the main staple foods he as consuming at the time of ingestion of all the products listed above. I am not allergic to and have a severe reaction like I got from the EO's. Foods like black beans, green beans, almonds, peanut butter, dairy, and a few others. I can only eat eggs once or twice a week or I get the rash as well. Please feel free to email me for the emails, Facebook messages and photos of my rash. |
| 140 | 11/10/2015 | Female, age 50 | "breathe" blend with peppermint oil, and other oils | Topically | Undiluted, I think | unknown | 1 | doTERRA | Unknown | Slight nausea | Nothing really | 12-24 hours, then for several days after stopping use | Ointment after a week of red itchy, puss filled oozing clear blood cells | Breathe blend, at an essential oil demonstraton night | 10/1/2015 | It appeared after the second day of application, I applied it one more day or so and then stopped when the rash got worse. I know I have had a sensitivity to peppermint toothpaste, lavendar soaps, fresh white sage and nettles in the past year and a half, working on an organic farm. The rash started out looking like pimples, but as it became a whole bunch them on one area, it became obvious that it was the oil. So I stopped it. I am not sure what else is in that (besides Peppermint but it might have menthol and/or eucalyptus. I'm sure there were more than three ingredients. I had to apply an old prescription of ontment to the rash that was as stearoid; Fluoricinode .05%. That got rid of the rash. I was advised to put a drop in a carrier oil, like coconut oil. I haven't been brave enough to try that yet. |
| 141 | 11/18/2016 | Female, age 61 | YL frankincense, lavender, and a little argan oil | Topically | I used a little of argan oil as a dilution | 2 drops frankincense and 2 drops of lave | One | Young Living | 3 months old | extreme burning | Angry, red and extreme pain | month, same | saw a dns assistant or nurse practioner at a dermatology office | | I think around October 1st, 2 | I called my young living sponsor she said go to your physician, i asked for advise not any, i image said i'm putting coconut oil on it she said that was good. i then call the main number my IMG_1397.JPG sponsor said to call Young Living main phone number they gave same advise. i made an 33 K9 appt with my dermatology office couldn't get in with him he's booked up until next year but i a doctors assistant or nurse practitioner. she told me to use a steroid cream for 4 days and told me to use epioxram indefinitely in hopes that it wouldn't SCAR! SHE SAID IT STILL ay scar! may scar! |
| 142 | 11/22/2015 | Female, age 30 | Red Thyme | Topically | undiluted | Not sure how many drops. A washcloth was soaked in hot water to which red thyme had been added, and used as a hot compress on an underarm boil. | One | Aura Cacia | Yes | At first the hot water felt soothing, however, almost immediately the area began to sting and burn | Skin was raw red and inflammed in a raised welt | For over two weeks skin was raw, red and inflamed, far worse than the original boil | I went to urgent care (do not have original medical records) and received a cream to soothe the chemical burn from the undiluted Red Thyme application | Self-treatment | This took place approx. 2004 | I purchased from a rep who recommended that I apply oil to these areas for stress management and better sleep. |
| 143 | 11/23/2015 | Female, age 33 | doterra peppermint essential oil | Topically | Undiluted | 5-10 drops | One | doTERRA | no | Burning, itching, rapid heartbeat | Horrible. I felt anxiety and burning and scrubbed my hands several times without complete relief. | I was fine the next day | None | It was a class and the teacher, who ended up being a doterra rep, dumped it on my hands, even though I told her that I don't tolerate peppermint so well. | 11/17/2015 | |
| 144 | 12/2/2015 | Female, age 24 | lavender | Diffusion | Undiluted | N/A diffusion | Uncapped 4 hours | unknown | unknown | I got an extremely intense throbbing headache while exposed to the uncapped lavendar essential oil bottle for several hours. It started about 10 minutes after it was opened. I didn't realize the source until several hours later. | Once the bottle was capped and exposure ended, the headache ceased fairly quickly (about 5-10 minutes later). | Nothing observed long term | | | 11/11/2015 | I was very surprised that I experienced such a horrid throbbing headache from LAVENDAR of all essential oils, which I've heard is one that can CURE them, not CAUSE them! It is very rare for me to get headaches. I pretty much only get them if I have caught a viral/bacterial sickness of some sort. I was perfectly healthy at the time the essential oil headache occurred. I learned from this incident with my friend that uncapping a bottle of essential oil is NOT an okay method for aromatherapy and diffusing and can potentially cause harmful side effects. Another thing to note, is that I have never had any trouble with essential oils when they have been used in a proper diffuser. I do not have sensitive skin, or a sensitive nose. |
| 145 | 12/2/2015 | Female, unknown age | lime and cinnamon | Ingestion in food | undiluted | 24 drops of lime in cookies, unsure of amount on cinnamon in peanuts, I think it was 19 drops | n/a | unknown | no | felt nausea, and vomited real bad | No the next day | 24 hours | none | demonstration | 11/29/2015 | I need to know if this will have a long term affect on me. I'm still feeling a little under the weather, is there anything I can do naturally to cleanse these toxins out of my system. |
| 146 | 12/7/2015 | Fmeale, age 2 | Oregano in FCO | Topically | Diluted | 5 drops in 15 drops of FCO | One | doTERRA | No | Severe pain, she cried for hours | Continured burning | Several hours later she complained of continued burning | None after, but the oregano oil on the sinuses was actually recommended to me by my Family Nurse Pactitioner. I had no idea it could cause pain! She said it would be warming... | N/A | 2 years ago | I feel mislead by my NP. I am so upset that this happened to my daughter and I feel responsible. |

| ID Number | Date Submitted | Who were the essential oils used on | What essential oils were used | How were they used | Were the essential oils diluted or used undiluted | What was the percentage of essential oil used | How many applications | Essential oil brand used | Was the oil over 6 mos old | What was the experience during | What was the experience immediately afterwards | What was the experience sometime later | Describe medical intervention, if any | What type of essential oil session did you receive | Dates of essential oil application(s) | Personal testimonial page |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 147 | 12/10/2015 | Female, age 17 | Lots of different individual oils and blends including oregano | Topically (Raindrop) | Undiluted | Multiple drops of each oil | One raindrop session | Young Living | Unaware | Comfortable | Tired/headachy. | I became very very sick. I was throwing up, couldn't hold anything down, I've never been so sick. I felt myself dying, I had to go to the ER. | ER | Raindrop Therapy | 2014 | The person who was doing the raindrop therapy thought they wede doing a good thing. Instead she ended up hurting me very badly. The doctor I saw afterwards said it had broken down my immune system. I don't know how this therapy is taught so many places |
| 148 | 12/17/2015 | Female, age 47 | Tea tree | Topically | Mixed a couple drops with bentonite clay | | One, but left overnight | unknown | Yes | Nothing immediately | Looked like a burn, took 10 days to heal completely | After about a month, no scars or rexness. Complete recovery | | | | |
| 149 | 12/19/2015 | Female, age 26 | Lemongrass | Oral in water | Undiluted in water | 1 drop is 10oz water | One | Young Living | No | Contact dermatitis and first and second degree burns on lips | Itchiness was an immediate reaction | | Over the next two days my lips swelled and blistered. When the swelling went down, blisters were noted on the lips as well as a residual rash on the vermilion area. | | 10/26/2015 | I was given a book titled, "Quick Reference Guide for Using Essential Oils" by Connie and Alan Higley. Having issues with my bladder it suggests on page 96 Lemongrass be used internally with water. It stated,"1 drop of lemongrass, to 8oz juice or water". I went to bed after having my first glass of lemongrass and water and woke up with swollen itchy lips. The first week I did not seek professional help because I had thought I had a food allergy. I was advised by my nurse over the phone to take allergy medication and the swelling subsided that week. When seen by my doctor she confirmed it was a burn from the blisters and not a food allergy as I had thought. |
| 150 | 12/30/2015 | Female, age 30 | Peppermint | Oral in water | Diluted | One drop per 8-10oz of water, multiple | 1/day for a month | Young Living | No | Shortness or breath, wheezing, post nasal drip | Didn't notice immediate experience until I realized I started having breathing difficulty within days of starting to ingest the oil when otherwise perfectly healthy | I have not had peppermint oil in 4 days and the wheezing has dissipated however the breathing difficulty remains. The shortness of breath is not as intense, but still present. Seems to be improving very little and slowly by each day. | None | None | Received the peppermint oil the November 23 and began diluting in my drinking water consistently everyday or other day through the next month until realizing it was very likely I have had breathing and wheezing trouble ever since starting this routine. No history of breathing difficulty or wheezing problems prior. | |
| 151 | 1/14/2016 | Female, age 9 | Lavender | Topically | Neat then diluted | 2 drops | 1 | doTERRA | no | She got out of the bath and told me her back felt like it was on fire, she had a bright red rash along her spine, which I identified as a chemical burn. | I applied coconut oil to the burn and she felt relief at that moment | She woke up several times needing another application of coconut oil, 12 hours later the rash is still there, but not as bright or pronounced. She is still complaining of pain. | Visit to the Pediatrician | | 1/13/2016 | I purchased lavender oil from a friend who sells doterra. I attended a class she was teaching about essential oils where she states she uses lavender oil neat on her children and applies it directly to their skin or drops a few drops into their bath. |
| 152 | 1/28/2016 | Female, age 34 | Lemon, thieves | Orally and diffused | Undiluted | 3 drops lemon, 2 drops thieves in tea. 12 drops thieves in diffuser | Twice, three hours apart | Young Living | no | Asthma requiring treatment win rescue inhaler within a few hours. Extreme diarrhea within 36 to 48 hours of ingestion. | None | Several hours for asthma attack. 36-48 hours extreme diarrhea. | Yes | None | 1/26/2016 | I came down with a cold and horrible cough and was offered a care package from a friend who is a nurse practitioner who sells and uses young living brand. I was told to diffuse thieves, apply it un-diluted to my pressure points, and drink tea with 3 drops lemon and 2drops thieves. Initially I was fine, but developed an asthma flare up a few hours after diffusing. Then 36-48 hours later experienced the most terrible diarrhea. IMPORTANT: after reporting back the next day that the oils had aggravated my asthma I was told that if I diffused several other oil types each night for a period of time and give it a chance to work, it would improve my chronic and severe asthma. Do NOT follow the advice of a BRAINWASHED sales rep, regardless of their "medical knowledge". They are spreading harmful information. |
| 153 | 1/29/2016 | Male, age 2 | Tea tree | Topically | Undiluted | 2-3 drops | 1 per day | Melaleuca | Yes | Muscle tremors over entire body, 1 hour following application , lasted 1 minute or less | | | | | | |
| 154 | 1/30/2016 | Male, age 4 | Coconut carrier, tea tree, oregano | Topically | Diluted | 10-12 drops Oregano, 1 Tea tree, A few | Zero really, child held applicator, oil transferred to his blanket | doTERRA | unsure | He was fine then woke up with horrible blistered hands, dark reddish purple rash | The happened Wednesday, three days ago | Ped doc did testing to rule out hand/foot/mouth. Did strep test due to appearance of blistered throat. Negative strep test. I have photos I can share if you need photo evidence. Please contact me. | At home | | 1/27/2016 | I was not aware of the "hot" list of oils. A friend who is a Doterra rep dropped off her product at my door. My kiddo did not want it applied to him but was curious about how a roller ball applicator worked. Two touches to his palms caused significant problems. |
| 155 | 2/2/2016 | Female, age 34 | Acne Fighter from Plant Therapy and Eczema Helper from Plant Therapy, Peppermint, Eucalypt | Topically | Undiluted, or not diluted enough | about 2-3 drops | About 5 | Plant Therapy & Eden's Garden | No | Red, raised itchy rash on face, swelling | Over a couple of hours | took a few days to go away | None | | 12/1/2014 | When first starting the use of essential oils, I did not know the importance of dilution. I believe over time, I developed sensitivities to certain oils, like Peppermint, Tea Tree, Eucalyptus, and when I recieved my blends from Plant Therapy to help combat other issues I was having, I did not use them correctly and because of my error, broke out in a bad rash on my face. I have since learned that I sensitised myself to these oils and try to avoid using them topically now. If I do use them topically, they have to be heavily diluted (less than 1% dilution) to avoid a skin reaction. I do not blame the companies, I blame myself for lack of proper usage education. |
| 156 | 2/2/2016 | Female, age 42 | AromaBoost RTU | Topically | Diluted | Diluted from company | | AnimalEO | No | Irritation on wrist, where came in contact with skin | Welt formed then bled | Took a couple weeks for wound to heal | N/A | Applying to dog | 2/1/2014 | |
| 157 | 2/2/2016 | Female, age 45 | Roll-on Blend: Capryliccapric triglyceride, Eucalyptus staigeriana† leaf oil, Eucalyptus globulus† leaf oil, Laurus nobilis† oil, Rosa rubiginosa† (Rose hip) seed oil, Mentha piperita† (Peppermint) oil, Eucalyptus radiata† leaf oil, Copaifera officinalis† (Balsam copaiba) resin, Calitris intratropica*† (Blue cypress) wood oil, Eucalyptus bicostata† leaf oil, Myrtus communis† (Myrtle) oil | Topically | Yes, I think so | Unknown, proprietary blend | One | Young Living | No | Instant burning feeling, hot on my skin, very strong and making my nose run and eyes water. My husband next me said it was burning his nose. | Immediately I grabbed the FCO next to me to rub on my neck to dilute it more. | After a couple hours when the smell went away I get fine. | No trip to the doctor | | 1/30/2016 | I have never used EOs topically before, only diffused, and never this particular blend/roll-on. I placed on the back of my neck based on FB ran by the up line who indicated where it worked best and had included graphics sohich said the same. After reading the Laural nobilis isn't good I am angry the reps do not promote or ever disclaimer each post with particular warnings. I even saw a person comment on the thread she was pregnant and uses this roll-on all the time...Very mad. |
| 158 | 2/3/2016 | Female, age 61 | Eucalyptus Globulus, Laurel leaf, Peppermint, Menthol, Melaleuca, Lemon, Ravensara, cardamom | Topically | I don't see any carrier on their list of ingredients. It was a chest rub. | unknown | 2 | doTERRA | unknown | red, angry, itchy skin | red, very angry, extremely itchy skin | 5 days later- red welts, very angry, extremely itchy skin | None-tried home care | ? | January 30,31 | I bought this Breathe vapor stick because my husband gets ill once or twice a year. I got a chest cold, rubbed the vapor stick as directed and went to bed. I woke up and rubbed the vapor stick on my chest again. Within a short amount of time my chest felt hot and itchy. I developed welts that were extremely itchy. I tried a cortisone cream that I had from my doctor from when I had an allergic reaction to a antibiotic - it didn't work. I tried Tamanu oil - it didn't work. Today I'm trying some Aloe Vera - so far it hasn't worked. |
| 159 | 2/7/2016 | Female, age 19 | Eucalyptus | Topically | A few drops dabbed into hands, then swished around in bath to relieve extreme nasal congestion and head cold. | 4-5 drops | 1 | unknown | No | Burning sensation all over body once submerged into bathtub. | Negative, frightening, panicked, painful. | Painful, sensitive | N/A | N/A | 2014 | |
| 160 | 2/7/2016 | Female, age 37 | Oregano | Topical and oral | Undiluted on feet, diluted 10:1 in capsule with coconut oil | | first oral application, but had used a lot on feet over 2 day period. Unknown if dosage was too high or cumulative effect. | Young Living | No | Sudden shortness of breath, buzzing feeling, tingling and burning throughout body internally, cold hands and feet, flushed red skin, some red bumps, elevated heart rate. | Lasted for 2 1/2 hours, could feel it moving through system. Then passed. Some remaining itchiness and headache. | 12 hours-some remaining itchiness | Flushed with a lot of water | Self care for bladder infection. Not enough education about strength of this type of oil vs. the oregano oil sold in health food store. I still don't know the difference of strength or what an appropriate dosage would be. Lots of misleading information on the internet and per Young Living advocated literature. | 2/9/2016 | I think A LOT more education and warnings need to be given about proper use of essential oils. I do a lot of research and reading and I still totally made a mistake. I now believe I should only be using these oils under supervision of professional. Young Living does not portray this, nor do their sales reps. I don't know if my experience was dangerous, but I feel that I was close to anaphylactic shock. I don't know if I could tolerate any oils at this point, I don't have enough information. |
| 161 | 2/19/2016 | Female, age 29 | Valor, lavender, grapefruit, Lemon | Oral, topical, and diffusion | Both | 4-5 drops | 1 | Young Living | No | Sever headache, feeling ill, nausea | Horrible headache | Normal | None | | 11/1/2015 | My first try was on lava beads with valor, young living brand, and within 5-10 minutes I had a severely horrible headache! I took off the bracelet with beads and let the headache go away. A few days later I tried f |
| 162 | 2/24/2016 | Female, unknown age | Peppermint | Topically | undiluted | Apparantely too many, but just a few dro | one | unknown | no | Severe chills | yes | Passed after several hours | | | 2012 | I used to make bath salts with essential oil. One day I ran out of salts and decided to use the oil straight in the bath water - big mistake. Due to the severe chills I found myself standing under pure hot water to warm up, realizing the water was burning my skin. I quickly dried off as much water/peppermint oil as I could and dressed warmly for several hours. I don't even use bath salts any more. |
| 163 | 2/25/2016 | Female, age 31 | doterra On Guard blend | Oral ingestion | diluted in water | diluted 1 drop in 24 ounces water | one | doTERRA | no | Massive headache - unrelieved by the use of Tylenol, Aspirin or Ibuprofen. GI upset (nausea-like) | It took almost 16 hours for the headache to go completely away. GI upset lasted approximately 8 hours. | After 16 hours, the headache passed. I washed out my Tervis tumbler water bottle (that was used with the oil) with soap and water and refilled it without the oil a day later, and the headaches came back - not as severe, but still pretty debilitating to daily routine. I have yet to be able to use the water bottle again. No matter how long I allow it to soak, the smell always comes back, and if I fill with water and drink, the headache returns. The oils must has leached the plastic. Will have to throw water bottle away. | Flushed my system with lots of water. Did not need to seek medical attention | | January 22, 2016-January 24, 2016 | I continue to use EO, OnGuard through a diffuser, without issue/adverse effect. I have done extensive research since this time, and I understand now that no EO is never be orally ingested unless otherwise directed by an Aromatherapist. These companies are misleading in their claims. While their product is excellent, their thirst for flashy advertisement is damaging. I have also learned since this time that EOs are never to be applied neat, and this is a claim that most companies say are ok to do. Thank you for your willingness to gather and assess this kind of pertinent data. There is not enough research out about EO. I am a nurse, and if you came into my ER with an adverse effect from such a thing, I am sure the whole medical staff would have a difficult time addressing the issue. |
| 164 | 2/27/2016 | Female, age 32 | Sweet Orange | Internally in ear | undiluted | one drop | one | Aura Cacia | no | I put a drop in my right ear that had an infection brewing - per a suggestion from another nurse who app | I tried flushing with purified water, then eventually called 911 because the pain was so severe. They transported me to the hospital ER, where I had the worst experience of my life. Of course I had an ear infection, but that was not the problem. The problem was the severe chemical burn. They eventually flushed it out with saline, which helped a little for a little bit. I pretty much cried for two hours straight and they were about to send me home without treating me with any pain medications, and I (as a nurse I know better) begged for something. They finally gave me one Norco and sent me out the door, but I walked in the waiting room until my pain dropped from 10 to 7. My husband finally came, and he called for the nurse when it was clear that it wasn't helping enough, so she brought me back and they finally gave me a prescription for ear drops in addition to the worthless prescription for amoxicillin (they did not listen to me that it would/n't work). | Two days later my eardrum ruptured and I had to be put on stronger antibiotics and a different ear drop - I skipped the ER and just went to urgent care | As above | N/A | 6/1/2014 | I never saw that nurse again to tell her what hell I went through when I followed her suggestion. I also became very wary of any treatment suggested by people, no matter how sincere. I listen, but then I do my research before using any med or technique. Of course the doctors told me never to use essential oils on mucous membranes, and I'm not a dummy when it comes to medical things, but I really would like to find effective non-medication treatments for conditions, because I know the long-term effects of being on meds. I should have researched it more before jumping into trying it, but there's such a thing as living and learning. Believe me, I learned! |
| 165 | 2/29/2016 | Female, age 29 | Doterra citrus blend | Topically | Undiluted | 4-6 drops | One | doTERRA | No | N/A | N/A. | Skin feels like it has been severally burned. Red, sore, stingy, hot. | Not yet, on my way to the doctor now | Used as a replacement for perfume | 2/28/2016 | |
| 166 | 3/20/2016 | Female, age 50 | Lavender alternating YL and DT brands | Topically | Neat | 1 drop of oil on finger each time, rubbed on with finger | 1 of each oil 24 hours apart | Young Living & doTERRA | yes | it helped originally, but within 12 hours young living began to burn, tried doterra that night and it helped originally as well but within 10 minutes it began to burn as well | no | I am now on day 10 and its still burns and itches, and the orginal burn is healing well, but the chemical burn it annoying | No visit to the doctor but polysporin purchased for burns and for anti | didn't use an oil session | March 10 for Young living, March 11 for Doterra. today is March 20 | I used to believe highly in essential oils and young living in particular, but over the years I have developed issues with using them topically.. I have tried Doterra, this was my first time to try it on a burn.. no more essential oils for this girl. |
| 167 | 3/20/2016 | Female, age 43 | DT deep blue oil blend and lemongrass | Topically | Deep Blue was "diluted" by applying a small amount of coconut oil to the skin prior to the ec. Lemongrass was diluted the same, even though I was told it didn't need to be diluted. | 2-3 drops of each oil | 1 for each oil | doTERRA | No | The Deep Blue had a warming sensation. The Lemongrass seemed to be helping. | Shortly after applying the Deep Blue, a rash started to appear on my shoulder where it was applied. The itching was painful and the rash became very pronounced. I was advised to try Lemongrass the next time as it was thought that the Deep Blue may have stirred up a reaction based on my Lyme Disease. The exact same thing happened with the Lemongrass. I quickly developed a painful rash that covered my entire shoulder where it had been applied. | For both incidences, it took about a full week to finally heal completely. | N/A | | 2014 | When I first contacted my upline about my reaction, I was told it was a detox reaction due to my Lyme Disease. She was very surprised that I had a reaction even "diluting" it as most people apply it neat frequently with no reaction. She then suggested I try the Lemongrass and that there was no need to dilute it as it was safe to apply neat. I did dilute it some, but had the same reaction. Once again, I was told it was a detox reaction and I may need to dilute it more to be able to use those oils. I have not been willing to try using either oil again, even properly diluted as it took too long to get rid of the rash and I don't want to risk going through that again |
| 168 | 3/27/2016 | Male, age 7 | Lavender | Inhalation (on blanket) | undiluted | 3-Feb | One | | No | My son had an asthma attack was taken to the hospital. | Breathing trouble, coughing | | | | Sep-15 | |
| 169 | 4/22/2016 | Female, age 22 | Topically and diffusion. Lavender, Tea Tree, Balance, Elevation, Serenity, Cedarwood, Citrus Bliss, Wild Orange, and a few others | Topical and diffusion | Neat | | Multiple | doTERRA & Eden's Garden | No | Large Itchy rash | Uncomfortable rash | Still has rash after 6 weeks. Tried oils again after a few months heavily diluted with the same outcome | | | | Undiluted. My 22 year old daughter has become sensitized to EO's due undiluted use. I was originally introduced to EO's through a rep and was taught unsafe usage. Unfortunately I passed this information on to my daughter. When I started researching safe usage I passed that information on to my daughter but she did not change her practices. In a little less than 6 months of occasional usage she can no longer use any essential oils she has tried due to a very itchy rash that takes quite a long time to go away. She cannot even use them heavily diluted now |
| 170 | 5/5/2016 | Female, age 33 | Frankincense, oregano | Topically | undiluted | A fingertip dabs worth of frankincense or toothpick tips worth on a mole | Approximately 12-20 | Plant Therapy | No | No symptoms during application | Burning sensation that lasted about 5 minutes | I started a mole removal process with frankincense, at first. After about 4-5 days of no changes in the moles, I began to apply undiluted oregano oil to the moles, with a toothpick. Unfortunately, I did not protect the surrounding skin with a barrier. About 10 days into application the moles began to get inflamed and "crusty." I applied frankincense once a day and oregano oil once a day. About 12 days into application the skin around the moles started to turn red and application burned more. Then, a day later, the area surrounding the moles became rased, red, and itchy. I stopped applying the oils. The inflamed area around the moles is about the size of a quarter on one, a 50 cent piece on another, and larger around the biggest mole (2 moles close together) could be covered by a coaster/jar lid. The moles are secreting small amounts of fluid, as well as the skin immediately surrounding the mole. The area looks like a bad ant bite and itches like a huge mosquito bite. | No medical attention | No session. Daily application of undiluted oils onto moles for almost 2 weeks | Late April to the beginning of May 2016 | |
| 171 | 5/7/2016 | Female, age 46 | YL raindrop therapy | Topically (Raindrop) | Not sure, I do not think so | Not sure | 1 session | Young Living | No | Intense red rash over back and neck front and back | Intense itching, heat, and rash overnight | had to go to medical clinic next morning....itching was unbearable....got some steroids to calm situation down | | | About 6 years ago | moving forward with use of essential oils with caution |
| 172 | 5/8/2016 | Female, age 59 | Melaleuca oil | Oral ingestion | "diluted" in water | 3 drops | one sip of water | doTERRA | no | Abdominal cramps, nausea, watery diarrhea, malaise, heavy feeling in my chest and raspy breathing, headache. Just did not feel right. Felt like food poisoning, only with breathing issues | Diarrhea and stomach cramps and nausea, mouth watering. | Cold sweat in middle of night and insomnia. About 20 hours later. | No. Just stayed home. Can not afford to go to doctor | Self-treated | 5/7/2016 | I would not recommend ingesting melaleuka oil, ever. |
| 173 | 5/11/2016 | Male, age 11 | Eden's Garden Muscle Ease | Topically | Neat | Several drops, son applied to his arms a | 1 | Eden's Garden | no | Abdominal pain, nausea, vomiting, diarrhea | drowsy, cramping | None | 75mg Benadryl | None | 2/20/2016 | My son applied this loyal to his upper arms, chest. Within five minutes, he had burning in tingling to the area. He tried to wipe it off with a paper towel but it did not work. So he took a shower. As soon as he got out of the shower, he experienced Abdominal pain, nausea, vomiting, diarrhea and frequent urination. Have a total of 75 mg Benadryl and he felt better within a few hours. 4 total hrs of symptoms |
| 174 | 5/13/2016 | Female, age 54 | Frankincense doterra | Oral and topical | Neat | 1-2 drops | 1-2 a day | doTERRA | unknown | External redness and swelling. Internal pain. | Fine immediately afterwards. Reaction occurred after consistent and extended use. | About 4 months | Diagnosed with Trigemenal Neuralgia brought on by prolonged use of Frankinsense. Neurotoxicity. | Product sold to me by doterra rep who also instructed me in dosage and application | 4 month period | Excruciating pain |
| 175 | 5/14/2016 | Female, age 68 | Frankincense | Oral ingestion | Neat | 5 drops per capsule | 3 | | | None | None | Pain in liver and gallbladder area, with swelling and inflammation of liver, after a couple of days of daily injestion of one capsule. | In the course of normal blood tests done, I saw that my liver enzymes have gone way above the normal range | Self-administered | | When you are dealing with trying to heal cancer naturally, sometimes you get quite desperate to find something that will really work. I do a great deal of research into alternative healing methods, and somehow I became convinced by all the enthusiastic testimonials that this would be a good thing - in spite of knowing that there are definite risks of consuming essential oils internally. The pain in my liver after about 3 or 4 days of one capsule/5 drops a day convinced me that this was a bad idea. Fortunately after several weeks, liver pain subsided and liver enzymes came down. I feel fortunate that there was (probably) no permanent damage. There are many good alternative means to treat cancer that are effective and don't produce such serious side effects. I do have concern for others like me who are feeling desperate and willing to try anything, often without recourse to a good naturopath or aromatherapist who knows better. |
| 176 | 5/17/2016 | Female, age 40 | DT Eucalyptus | Topically | undiluted | 50 drops over the course of one day | 10 | doTERRA | no | I began to feel dizzy and nauseous immediately. By the end of the day, I was extremely drowsy and unable to walk straight. My husband said I acted drunk. Shortly after my last application of oil I went to bed. As the oil hit my bloodstream, I began to have extreme chest pain and a very slow heart rate (35-40 beats per minute). While laying in bed, my bladder began emptying uncontrollably multiple times. I also experienced muscle spasms and shortness of breath. | I was very sick and drowsy even hours later, and continued to lack mental focus. I was extremely weak and nauseous for many many days. | It took several weeks to recover from the fatigue and mental fog. I have never felt quite right since. | I did not go to the ER for testing | N/A | 9/1/2014 | I had recently undergone a dental procedure and was using a strong mouthwash from my dentist which also contained eugenol multiple times a day. I purchased a new bottle of eucalyptus and applied it undiluted to my neck, from the base of my skull to my shoulders, multiple times throughout the day in an attempt to alleviated the pain of a soft tissue tear in my neck. The first application caused some mild dizziness and nausea, but as the day went on my reactions became incrementally more extreme. I had never used that oil before, but had been using wintergreen and other oils for two years without too many negative reactions and nothing that severe. I honestly have never felt the same after that night, and still have headaches and dizziness and fatigue that I didn't have prior to the incident. My husband was concerned that I would actually die, but I refused to be taken to the hospital. I recently inhaled a small amount of eucalyptus oil when I opened a bottle with a blend, and became instantly dizzy and felt sick. |
| 177 | 5/19/2016 | Female, age 44 | Young Living brand: lavender, peppermint, lemon, Thieves, RC, etc. | Topical and oral | Neat and ocassionally diluted | 1-2 drops per application | Daily | Young Living | No | No initial symptoms, but severe rashes began within three months of use. | Severe rashes | Within three months of initial use my body began to break out in rashes that eventually led to severe eczema (bleeding) on my hands. | Oral Antibiotic to prevent infection from the bleeding and Clobetosol ointment to clear the eczema. | | | When I started using Young Living EOs 8-10 years ago, I was told to add a drop of lemon oil to my water daily and Thieves blend to syrup or honey to prevent illness. They also recommended Thieves toothpaste as a deodorant which was very effective; however within three months I started breaking out in painful rashes. I discontinued using the toothpaste as deodorant but continued taking the oils internally or directly on my skin, being told that my body was merely "detoxing". I truly wanted the oils to work for me since they seemed to work for everyone else, so I foolishly continued on for a few years experimenting with various options, oils, and blends to see if my body would still react. Sadly, it did, and I haven't been able to use EOs for years now except with a diffuser. My body chemistry does not allow EOs topically, even in products where it has been diluted, and I have since been better educated on EO safety and NEVER use it internally anymore. |
| 178 | 6/1/2016 | Female, 45 | Young Living Thieves | Oral ingestion | Neat | 1-3 drops on toothbrush | morning and night | Young Living | No | I thought that my hayfever was going haywire since My eyes would not stop itching. They were also very watery and so was my nose. But nothing showed on the analysis when the doctors tested for hayfever. I then started removing the oils I was using neat and nothing happend until I came to my brushing. Approximately 1 hour after brushing, mycket eyes would become itchy and runny and so would my nose. | Approximately 1 hour after brushing, mycket eyes would become itchy and runny and so would my nose. | 2 hour later, still the same symptoms. Despite using eyedrops and anti-histamine pills. The symptoms did not start to clear up until 24 hours after ingestion. | | | April and half of May | |

| ID Number | Date Submitted | Who were the essential oils used on | What essential oils were used | How were they used | Were the essential oils diluted or used undiluted | What was the percentage of essential oil used | How many applications | Essential oil brand used | Was the oil over 6 mos old | What was the experience during | What was the experience immediately afterwards | What was the experience sometime later | Describe medical intervention, if any | What type of essential oil session did you receive | Dates of essential oil application(s) | Personal testimonial page |
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| 179 | 6/13/2016 | Female, age 52 | She used almost every essential oil that Young Living made. She was a rep. | Oral, topical, and diffusion | Neat application, much of the time | She bought a roller applicator in order to apply them neat to her skin, and asked me to apply them that way when she was dying of pancreatic cancer. | Daily for at least a year | Young Living | none obvious most of the time | She died of pancreatic cancer 10 days after diagnosis and was otherwise healthy. I cannot say that the oils were the culprit for sure, but I suspect they may have been. | | | | | 2013-june 2015 | I am reporting her death because I'm interested in knowing if many other neat users or ingestors have died of a similar cancer in middle age. She had almost a cult-like allegiance to Young Living, and would never listen to me when I voiced my concerns that she was using them unsafely. She originally started using them for her husband, who had stage IV colon cancer. They believed that his ingestion of oils (I think frankincense), which he dropped into capsules daily, was keeping him alive (in addition to chemo). She unfortunately died 5 months before he did. I now raise their two children. If I can spare even one person this sad fate, I will do anything I can. She turned to essential oils to help her through a tragedy and Young Living was happy to oblige her with misinformation in order to make money. Is there any research into the cancerogenicity of ingested or neat essential oils? My email is ssaviderberg@gmail.com. |
| 180 | 6/17/2016 | Dogs | TWO HEALTHY POODLES DIED FROM ME PUTTING ON TWO OR THREE SPOTS OF PENNY ROYAL, EUCALYPTUS, AND CITRONELLA TO WARD OFF FLEAS. I EVEN WASHED THE DOGS OFF AFTER THEY SEEMED TO BE IN PAIN OR BURNING. THE DOGS DIED WITHIN 2 DAYS... THE BOOK FROM THE COMPANY HAD SAID THAT WAS THE THING TO DO IF THERE WERE SERIOUS FLEAS ON THE DOGS. I AM TERRIFIED OF THESE OILS AND SICK OF THE POTENTIAL FOR MISUSE. I WOULD LIKE TO KNOW HOW TO SAFELY DILUTE THEM. BUT THERE WERE NO WARNINGS ON SAFE DILUTION. THE DOGS BOWEL MOVEMENTS WERE PURE RED LIKE JELLO. THEY DIED HORRIBLE DEATHS AND I PUT THE LAST ONE TO SLEEP BECAUSE SHE WAS SUFFERING SO. | Topically | NO DILUTION. THE COMPANY BOOK SAID THAT WAS WHAT SHOULD BE DONE IF THE FLEAS WERE SERIOUS. | I TRIED TO ONLY PUT ONE OR TWO DROPS OF EACH OIL ON THE DOGS LITTLE TREATMENT SPOTS. MY DOGS WERE ONLY 5 LBS OR LESS EACH. | One | I FORGET BUT IT WAS CARRIED BY WHOLE FOODS IN AUSTIN IN THE EARLY 1990'S. | No, just purchased | DOGS HAD LOTS OF FLEAS. I DIDN'T TRUST REGULAR CHEMICALS, SO TREATED THEM WITH "NATURAL". DOGS SEEMED VERY UNCOMFORTABLE AFTER APPLICATION. BUT THEN THE FLEAS WERE MAKING THEM UNCOMFORTABLE ALSO, SO I ASSUMED THERE WAS A LITTLE DISCOMFORT CAUSED BY THE FLEAS BEING DISTURBED FROM THE OILS. | AFTER SOME TIME, I DECIDED THAT I SHOULD NOT HAVE PUT THIS STUFF ON THE DOGS AS THEY WERE EXTREMELY UNCOMFORTABLE. I DON'T KNOW IF I EVEN SLEPT THE NIGHT OR WASHED THEM WITH SHAMPOO WITHIN AN HOUR OR SO OF APPLICATION BECAUSE I GREW AFRAID THAT I HAD MADE A MISTAKE FROM TRUSTING THE FREAKING BOOK OF THE COMPANY. THE NEXT MORNING I TOOK THE DOGS OUTSIDE TO USE THE RESTROOM AND MY BLACK POODLE JUST FELL OVER ON HER SIDE. I KNEW SHE WAS IN TROUBLE AND TOOK HER TO THE VETS IMMEDIATELY HOPING THERE WAS AN ANTIDOTE. I LOVED HER SO MUCH, AND SHE DIED A HORRIBLE DEATH IN THAT VETS OFFICE. I SHOULD HAVE EUTHANIZED HER BUT I WAS HOPING THINGS WOULD TURN AROUND. PLUS, IT WAS SO FAST. MY YOUNGER POODLE LASTED A WHOLE NEXT DAY BEFORE SHE TOO WAS GONE, BUT I HAD HER PUT DOWN SO SHE WOULDN'T SUFFER LIKE MY PRECIOUS BLACKIE DID. BY THE WAY, MY CHEBKS WERE RED AS A BEET THAT FIRST MORNING AFTER I HAD MESSED WITH THE ESSENTIAL OILS. | | | THE VET SAID THAT AT LEAST ONE OR TWO OF THOSE ESSENTIAL OILS WERE CONSIDERED POISON. HOW CAN HEALTH FOOD STORES SELL POISON? I THOUGHT ABOUT THE BABIES, AND THE CHILDREN WHO MIGHT ACCIDENTALLY PLAY WITH THE POISONS. THE OILS GO THRU SKIN EASILY. I'M NOT SURE IF SO CALLED "CARRIER OILS" TO DILUTE THE ESSENTIAL OILS WOULD STOP SUCH POISONING AS OILS PENETRATE THE SKIN MUCH EASIER THAN WATER. THE OILS LINGER ...PUTTING MORE AND MORE OF ANY POTENTIAL POISON INTO THE SKIN, WHEREAS WATER DRIES AND IT'S OVER WITH. A TINY BIT OF OIL, SUCH AS A TEASPOON PER EVERY 16 OZ. CAN HELP TO "CARRY" THE ESSENTIAL OILS WITHOUT OVERWHELMING THE SKIN WITH OILS THAT CONTINUE TO SOAK INTO THE SKIN. | | "I WOULD LOVE TO SEE THE BOTTLES ALL BOXED AND IN A LOCKED GLASS DISPLAY THAT THE CLERK WOULD HAVE TO OPEN WITH A KEY. " THE COMPANY COULD PROVIDE SOMETHING TO GO ON THE GLASS DISPLAY THAT WOULD SAY SOMETHING ABOUT READING THE INSERTS AS ESSENTIAL OILS CAN CAUSE INJURIES, ILLNESS AND DEATH WHEN USED IMPROPERLY. *THE BOX WOULD HAVE A WARNING IN RED TO CAREFULLY READ THE PACKAGE INSERT. *THEY COULDN'T BE SOLD TO MINORS. *NO PURELY POISONOUS ONES COULD BE SOLD AT ALL SUCH AS PENNYROYAL. AM SURE THERE ARE OTHERS. *THEY WOULD COME WITH A PACKA |
| 181 | 6/29/2016 | Female, age 49 | Blend of: mentha piperita (peppermint), eucalyptus globulus (eucalytus), melaleuca cajuputi (cajeput), rosmarinus officinalis (rosemary), lavandula angustifolia (lavender), vetiveria zizanioides (vetiver) | Topically | Undiluted | | Varied over three years | Saje | No | I used it on my head as directed and I experienced a terrible burning sensation that I had never felt before when using. I'm pretty sure it was the peppermint in the blend, but not positive. I have not used it since. | It kept me awake for a while and made my headache worse instead of getting rid of my headache as it usually did. the burning sensation built in intensity and then finally started to go away. not sure of the elapsed time. | | None - I knew what had happened and didn't try to use the product again and will not be using undiluted oils ever again. | | | I had always heard about sensitivities - but the product worked so well, that I ignored the warnings of others and continued use as directed by the company. So, when the intense burning sensation happened, I knew exactly what was going on and was a bit mad at myself for ignoring the warning. I was lucky that it went away and I haven't experienced any other adverse affects. I will be diluting all my eo's in the future. |
| 182 | 7/7/2016 | Female, unknown age | On guard Lavender Deep Blue Peppermint Wild Orange Balance Melaleuca Aromatouch Spearmint | Topical and diffusion | Carrier oil was applied to the body first, and then a few drops of essential oil. | Each oil 5 drops, in sequence | each oil 1 application. Lavender and balance 2 applications | doTERRA | Spearmint yes | did a total of 7 massages Fri, Sat, Sun Sun a.m. only Spearmint body massage at 7:30 am About noon on Sunday began experiencing severe dizziness, cold sweats, nausea. Room spinning. | No immediate symptoms | approximately 4 hours after last massage | None, drank lots of water and rested until it passed | | | Received certification course for DoTerra AromaTouch technique. Do not recall any information about adverse effects, cautions re how many to do, breaks needed between for hydration & nutrition etc. Might recommend that be added to the course - but maybe I missed it. I went into a situation where I was hired by a resort that had prebooked several clients back to back. I was told I was detoxing by my up line. I believe I was having a very bad reaction/possibly overdose symptoms. Better safety knowledge is needed. Still love the oils, but they need more respect. |
| 183 | 7/17/2016 | Female, age 58 | Eucalyptus/Peppermint | Diffusion | Diluted | 5% | N/A | | | Naseau Severe sinus pressure Tingling Dizziness For 3-5 hours after | Yes | 3-5 hours, feeling again the next day | N/A | | Yoga practice in heat | Very frustrating reaction |
| 184 | 7/18/2016 | Female, age 45 | orange, tangerine oil | Topically | diluted in hand lotion | 4 drops to 1/4 ounce hand lotion | everyday for 4 weeks | Young Living | No | Was not told the citrus oils could cause photo sensitivity, went to the beach with oils under my arm, mixed in lotion (as a deodorant) Felt no effect while I was there Was exposed to sunlight for 2 hours and have developed hyper pigmentation on my underarm skin | Was exposed to sunlight for 2 hours and have developed hyper pigmentation on my underarm skin from the citrus oils. | 10 days later the hyper pigmentation is still here. Do not know if it will be permanent damage | | home application after oil was bought from a Young Living Representative | June 1st-July 6th | I feel the Young Living Representative did not give me proper warning of the photo sensitivity to citrus oils. So grateful this is not my face and is under my arm. I do not think the MLM Representatives should be prescribing these oils and they re not trained or licensed. Very scary |
| 185 | 8/3/2016 | Female, age 51 | Peppermint, Rosemary | Topically | No they were not diluted this was a total accident,, while measuring the oils out some got on my scale, I was not wearing gloves, without thinking I wiped the oil off my skill with my right hand | Just a few drops each | just once | NOW | No | After about 15 minutes I felt my right hand starting to burn | I was not smart, when I felt my right hand burning, I turned on the cold water in the sink and started letting the water run over my hand, then made the mistake of rubbing my hands together under the water. | Within one week my hands started to crack and bleed,, this happened in 2014 | I went to 3 different dermatologists in two different states,, both of them informed me that this is something I will be suffering with for the rest of my life that there is nothing I can do about it,, | | 2/14/2014 | I was not careful, I should have been using gloves,, safety should always be thought of first, because of this mistep I have been suffering over 2 years. Please remember safety first, never put any kind of essential oils on your skin without diluting them. Never ever rub your hands together if you've only got an oil accidentally on one hand, all that will do is transfer it to both hands.. stay away from all commercial cleaners if this ever happens to you. Try to moisturize often. And always have a box of gloves in the drawer, don't believe everything you read about putting essential oils directly on your skin! Essential oils are extremely powerful and should be used with care. And always dilute with a carrier oil! With essential oils less is more! |
| 186 | 8/10/2016 | Female, age 40 | Young Living lemon | Oral ingestion | undiluted. Was putting 6 drops in a cap 3-4 times a week | 6 drops in a gel cap | 3-4 timesa week for 2-3 weeks | Young Living | No | Horrible stomach pain, gas, explosive diarrhea for four days so far and counting | | Started about 2-3 weeks after accumulated use | None | None | Late July early August 2016 | |
| 187 | 8/11/2016 | Female, age 33 | Young Living "Inner Defense" Total System Protection With Thieves Soft gels. | Oral ingestion | I think that the coconut oil in them is meant to be a carrier oil to dilute them, but that didn't help me. | Varying amounts of each ingredient, but the pill itself tasted strongly of cloves. | I took it about four times over three days before I realized what was causing the abdominal pain. | Young Living | No | Extreme stomach discomfort and pain. I could barely make it up the stairs to my apartment and once I got there had to take my pants off because of the pain. I thought I was going to vomit and have diarrhea, but I laid down, applied a heating pad, and controlled my breathing. The pain lasted several hours, and I was unable to return to work. I also had a mild headache and some aching in the side of my back and upper abdomen, near my ribs; these were like pinching pains. I'm not sure, but I also think that they contributed to how tired I felt. | I think I misunderstood the previous question. These symptoms occurred a couple hours after taking the pill. During they just tasted like something I shouldn't be eating, but I was tired of being sick and therefore desperate. | Over the three days, the first day was bad and I fell asleep at three in the afternoon and slept until the next morning. The second day was mild after getting all that sleep, and I thought the stomach discomfort was tolerable. The third day the pain was the worst and led me to look into adverse reactions to essential oils. | N/A | N/A | August 9, 10, 11 | I let my desperation to get better cloud my judgement. All natural doesn't necessarily mean safe or healthy. Snake venom is all natural, but I wouldn't want to go near it. In the back of my head, I was thinking, "oh I didn't know you could ingest essential oils. I thought you were only meant to inhale them or use them externally." I didn't listen to that little voice, and now I feel worse than before. My stomach is still hurting, several hours later, and I feel exhausted. Sometimes it's better to just eat whole foods and wait for your body to recover from a sickness the old fashioned way. God created us to be able to heal, not to eat what is basically poison. |
| 188 | 8/25/2016 | Male, age 46 | Clove, eucalyptus, peppermint | Topically | They were pre-mixed with the bath salts, no other oils are listed on the ingredients, only essential oils and salts. | unknown-used one cup of salt mix | One | unknown | | Pleasant | Nothing of note - went right to bed immediately after bath. | Woke up the next morning with itching and discovered red lesions covering entire body. Extremely angry raised red splotches all over. | Went to primary care doctor the following day and was prescribed Prednisone and Bendadryl. | | 8/23/2016 | |
| 189 | 8/26/2016 | Female, age 57 | used all the oils for arthritis and inflammation: wintergreen, basil, lemon, frankinsense, cypress melaleuca and others - mixed with coconut oil and rubbed on skin. | Oral and topical | topical diluted, oral not diluted | oil rub (guess) 30% | Twice on foot and knee and hands | doTERRA | no | i lost my sense of taste and smell when i was on day 2 of bronchitis. IT NEVER RETURNED. I got well after 2 weeks but the taste and smell did not return | I DO NOT KNOW if the oils are the problem - am here to ask - but dont see a question forum. COULD THE OILS BE THE PROBLEM? They were the only thing changed in my routine or environment at time of loss. | Now been 2 months, still no taste or smell | | | | |
| 190 | 8/27/2016 | Female, age 32 | Peppermint | Oral ingestion | undiluted | one drop | once | Young Living | no | Burning, never felt that before. Like I couldn't do anything. Took effort to hold the glass of milk from my husband and drink it. | Felt like heartburn, although that's why I tried it orally | 4 days, every day heartburn | | | | |
| 191 | 8/28/2016 | Female, age 36 | Peppermint | Oral ingestion | undiluted | 2 drops at noon-2 drops at night | from April to December 2015 (not everyday, but probably 80% of the days) | doTERRA | no | Hand shaking and starting to feel "mind away" starting in August 2015 Seizures and black outs... starting on December 2015 I started takin anti-seizures pills in January 2016 In July 2016, under the anti seizures medication, I received a spa massage with peppermint, my hand started shaking and had a leg cramp, in that moment | No | I don't know, I didn't keep the record, I just can recall I was taking the essential oil orally repeatedly | Hospitalization, blood tests, TAC, electroencephalogram All done in: Hospital San José, Monterrey, México on January 3rd 2016 | Business conference | April 2015-December 2015 | I want your help because I want to study the case with my neurologist to see if avoiding the peppermint, I can stop taking the medication, because it keeps me very tired |
| 192 | 9/5/2016 | Male, age 11 | Lemongrass | Topically | undiluted | | couple of times | unknown | no | used on a wart on his knee like some article said for a few days and the wart started to go away but then his knee had red soprano all around the area. And kept getting bigger for a few days before it got better | it didn't turn red right away it took a couple days | it took probably two weeks or more to go completely away | | | | it was a bad call from me but all the young living info I was reading said to use undiluted and I did not know It was a hot oil. Now I use very little and am very careful about what I use |
| 193 | 9/5/2016 | Female, age 52 | Jasmine | Topically | undiluted | | once | Young Living | no | Ear turned pink and hot to the touch mild inflammation Cheeks slightly flush not intense Started to progress to a headache/migraine. Only placed drops on wrist and rubbed in. took a few hours for reaction to occur. | No immediate reaction | took a few hours | none | none | 8/31/2016 | Individual was attempting to use an essential oil to aid sleep. She also has sensitivities to members of the allium, rose and lily families - exposure leads to migraines. Symptoms began at age 5, and throughout the years, her mother was able to determine these things caused her migraines. |
| 194 | 9/8/2016 | Female, age 29 | Peppermint | Topically | undilted | 1-2 drops | One | Nature's Bounty | I had recently purchased the oil. No way of knowing how long it was on the shelf, but they sell relatively fast. I think it would be safe to say no. | Burning, Extreme discomfort. Redness. | I washed the area with cool water and applied fresh aloe which provided a cooling sensation. | Hours passed before returning to normal | N/A | Home Remedy | 1/1/2016 | I had a runny nose. Someone told me peppermint oil helps them breathe better. I globbed the oil on my nose thinking it would open my nasal passages. Bad bad idea. |
| 195 | 9/15/2016 | Female, age 39 | Doterra ddr prime, on guard, oregano, lemon 1 drop each w carrier oil of coconut oil in a 00 gel cap orally | Oral ingestion | Diluted In coconut oil | 1 drop each 2x a day | 2x a day for 4 days | Young Living & doTERRA | no | Just thought I'd share my experience- thank god not severe. On the advice of a Lyme literate naturopathic doctor who I won't name, I was told to ingest a few MLM (won't name the company but they're very big right now) essential oils - 2 of their formulas, basil, thyme, lemon, and oregano - a drop of each in a cap mixed with carrier oil (coconut, olive-etc) twice a day. Anyhow on day 4 my gallbladder became so inflamed it hurt. I went to my newer find and LIMd and also contacted a certified aromatherapist/herbalist. All of them told me to discontinue ingesting the oils and that they are toxic. Today is day 4 since stopping them and I'm finally starting to feel better! That was scary! I've also fired my former find. She makes money off the MLM oils so I just don't trust her! I sell them too- but I'm only advising topical use/ diffusing them Sorry if I offend anyone using eo for ingestion- but I'm no longer for it. My situation could have been much worse had I not stopped. I also had to detox them out and take activated charcoal for several days! | No on day 3 and 4 | Passed a few days later after using activated charcoal | Just exam with dr siani in Newport Beach ca- she advised to not invest essential oils- topical use only | N/A | Sept 8-11 | |
| 196 | 9/15/2016 | Female, age 54 | Oregano Touch | Topically | Allegedly diluted since it was a touch | unknown | several | doTERRA | no | Itching, redness - looked like burns, then skin peeled some in those areas | No...it was used before with no problems. Stopped for awhile and started again which is when the reaction occurred | Not too long after the itch started | N/A | N/A | | |
| 197 | 9/18/2016 | Female, age 44 | Deep blue | Topically | diluted | doterra proprietary blend | One | doTERRA | puschased Feb 2016 | Painful burn to area of application on back. | Burning and pain, itching | 2 days, no redness but still tight and painful to touch. | No | No | 9/16/2016 | I am a certified aromatherapist and I know better. I was In severe pain due to a tweak in my back. My blend I make was in the basement and I was hurting and didnt want to get it. This was forgotten in a drawer, I was desperate and decided to use it as it was expensive, from a kit I bought before certification. I broke the seal and used it. Almost instant burn. Terrible pain. Lesson learned. I will never ever do something so stupid again. |
| 198 | 9/22/2016 | Female, age 38 | Frankincense, germ fighter, lots actually | Topical and diffusion | I don't remember. I used them a lot | I had used ec's for a while | | Plant Therapy | No | Heart palpations, left hand discomfort, dizzy spells, racing heart rate I used a diffuser sometimes once a day. Used diluted sometimes as fragrance on wrists. Used frankincense diluted on hands for sore hands. I used them frequently before the issue. I didn't have any problems. One day, I used shea butter and made a batch of lotion with the oils, I must have used too much. When mixing the lotion, I got dizzy and had palpations. I couldn't get the batch finished and get out of the kitchen quick enough. Later I would try to use the lotion and would get palpations and dizzy spells. It kept getting worse. I didn't realize it was the lotion. I finally put it together and stopped using the lotion. I can't even smell oils now. | Heart palpations, racing heart rate, dizzy spells After awhile it would go away | It would happen whenever I used the lotion with essential oils. | Yes, I first went to the ER, not knowing what was going on. My heart rate was up but they didn't see a reason for it. I was discharged. Later, about a week later, I kept having the issues. it was really worrying me. I went to my primary care. She ran several tests. She found pulmonary ventricular contractions but thankfully nothing else. I didn't go on meds since I prefer to use the natural approach. I wondered about the shea butter lotion with the EO'S in it. So, I stopped using them and all the symptoms went away. | | | |
| 199 | 9/22/2016 | Male, age 11 | Peppermint | Topically | undiluted | bathtub full of water about 20 drops of pe | 1 | Young Living | Yes | headache, my son started feeling chilled in a hot bath, dizziness | my son felt very ill until the next day with above symptoms | during and after for about 16hrs | None | | 10/20/2015 | i was given this advice by young living essential oil enthusiasts, I was told that it couldn't hurt, it was just natural plant oil- |
| 200 | 9/25/2016 | Female, age 42 | Lavender | Diffusion | | 3 drops | diffuser ran for about 4 hours during sleep | Young Living | No | I developed a headache after diffusing for a period of time, I ma not sure how long because I turned the diffuser on and went to sleep (first time using it) | I woke up with a headache, a bit dizzed | I still have a headache now, some 18 hours later. | None | Home use | 9/25/2016 | |
| 201 | 10/27/2016 | Female, age 36 | Wintergreen, past tense, orthosport | Oral and topical | used neat and in pre-blended form | 3 drops of wintergreen neat, applied to the gum line repeatedly, maybe 5 times. Applied in blended form directly to hack as temples, behind ears. | 5 | Young Living & doTERRA | Yes | Tingling, burning | Relief | Irritation, rash, itching, blistering, pain | | | 10/23 and 10/24 | I have "sensitive skin". I also have a lot of headaches. I found myself away from home and experiencing severe headache and tooth pain. I applied an essential oil blend (Past Tense) to my neck and temples, knowing it would provide relief it thats to have to be ire to wash the area thoroughly when i got home because I'd used another blend (ortho sport) for the same purpose months before and gotten a bad rash that itched and lasted for at least a week. On the way home, it was suggested I try wintergreen essential oil to the painful tooth. That night I applied wintergreen, neat, to the area. One drop rubbed on the funkiness and in the tooth I washed my neck and went bed. The next morning I went to work and put several droops of wintergreen on a cotton swab and left it on my mouth along the affected too the and gum line. I repeatedly applied wintergreen, neat, to this area over the course of about an hour an a half. It was abut then that I realized my gums and/inner cheek were feeling painful. I tossed the cotton swabs and wet about my business. Within another hour, the area felt much more painful than before the use of wintergreen. I looked in the mirror and found it to have blisters and redness. I was and still is (3 days later) very painful. The back of my neck and temples, everywhere I had applied the essential oil blend started to be itchy and rashy. I believe I have a chemical burn like situation in the inside of my mouth and a wintergreen allergy as well. After researching essential oil dangers, I can't believe how recklessly I applied them. |
| 202 | 11/22/2016 | Female, age 55 | Cypress and Peppermint, Lavender, Lemon trio | Orally and Topically | Undiled | Cypress 2-3 drops Trio 1-2 drops of each in water | 1 per day each method | unknown | No | None | None | Cypress - it caused constipation and abdominal pain to the point of throwing up. this was after a 2-3 day use. Peppermint, lavender and lemon - over a 3-month period did control the allergies. Into the 4th month, indigestion and burning issues and stomach pains. | None | At home | | |
| 203 | 12/1/2016 | Female, age 45 | Aqua marine Frank and vetiver. | Topically. | Diluted. | Unsure of the aqua marine Frank (it's in a roller ball) One drop of vetiver, table spoon of fco. | One | Aqua marine Frank is was a research oil. Vetiver is from doTERRA. | Yes | Itching, bumps | Yes | I slathered my neck with coconut oil and the itching went away. The bumps lasted for an hour. | | | 11/30/2016 | I put the oils on the back of my neck and within a minute my neck was itching and had broken out in bumps. I slathered coconut oil and the itching stopped. The bumps lasted for an hour after. |
| 204 | 12/1/2016 | Female, age 43 | Bergamot | Topically | Neat | 1-2 drops | 2-3 per 4-5 times a week for 2 weeks | DoTerra | No | None | None | After 2 weeks with usage stated above I noticed red itchy burning bumps on my arms on the areas exposed to sunlight. | None | N/A | Jun-16 | I loved the smell of Bergamot but did not read that it is one of the most sun-sensitive oils. It is clearly stated on DoTerra's website but I didn't pay attention. I know now and I'm very careful to check out all safe usages for each Oil by checking various websites and referencing books regarding Aromatherapy and Usage. |
| 205 | 12/1/2016 | Male, age 2<br>Female, age 6<br>Female, age 32 | Immunity rub home made by young living rep it doesn't say what is in it.<br>Orange oil young living | The rub was topical and the orange oil was ingested. | I don't know for the rub and the orang | I don't know for the rub but the orange oil was one drop. | 2 with the rub 2 weeks with the drink | young living | No | stomach pain with the drink an itchy hot rash with the rub. | | The first time was on my son who was 2. I was assured that young living's immunity rub was safe but my son(2) and daughter (6) both got a terrible rash all over. The second time was orange oil. I again was assured by young living that it was safe to ingest essential oils so I put one drop in 500 mls of water. After a couple of weeks of doing this I got severe stomach cramps and as soon as i stopped using it so did the cramps. I was 32. | | | | |
| 206 | 12/1/2016 | Female, age 44 | Peppermint | Topical | Diluted with coconut oil | I'm not sure of exact dilution. I used a teaspoon or 2 of coconut oil with 2 or 3 drops of peppermint oil | 1 application | DoTerra | No | There was a cool, tingly feeling | My shoulders felt hot & then I broke out in hives across both shoulders and the front of my chest | Within a couple of hours I was having trouble breathing, my chest & shoulders itched like crazy & went to urgent care | When I got to urgent care they gave me a steroid shot & then put me on a 7 day steroid pill routine. | It was home use | Jan-16 | I had been in a car accident and was in physical therapy for whiplash. My shoulders were really sore after a PT appointment. Based on an EO use book I had gotten when I ordered my DoTerra oils peppermint was an oil to use for muscle aches. I dot dilute it but it didn't help. I have used Peppermint since this incident with similar results so i don't use peppermint anymore. |
| 207 | 12/2/2016 | Female, age 26 | Basil | Topically | Undiluted | 1 drop | 1 | | No | Redness of skin | Redness | When carrier oil wad applied, the redness disappeared | No | Topical application | | |
| 208 | 12/2/2016 | Female, age 45 | Aromatouch Technique = DoTerra Balance, DoTerra Lavender, DoTerra Melaleuca, DoTerra OnGuard, DoTerra Aromatouch, DoTerra Deep Blue, DoTerra Wild Orange, DoTerra Peppermint | topically | undiluted | 3 or 4 drops of each oil | 8 times as there was 8 individual oils to be applied during the technique | DoTerra | I am unable to answer this question, as I do not know | Adverse reactions following application - burning, sensitivity, rash, redness, tenderness and itchiness | within a couple of hours | it took me nearly two weeks for the adverse reactions to subside | I used a hydrocortisone to lessen the itchiness and rash | Aromatouch Technique | Early 2016 | I find it amazing that despite all the information out there, that DoTerra is still running courses on the Aromatouch Technique and advocating the use of undiluted essential oils on the body by people who are clearly not qualified. I am sure that I am not the only one who has adverse reactions following this technique. |
| 209 | 12/3/2016 | Female, age 32 | Tea tree | Ingestion, topically, cleaning, diffusion | Diluted & undiluted | Unsure | 8 | Doterra | No | Red rash -- raised & itchy. Internal use -- colds/flu symptoms worsened. Topically -- applied to wounds & infection began/worsened | Overall feeling miserable | After a week, wounds began healing, illness began resolving. | None | N/A | Unknown | None |
| 210 | 12/4/2016 | Female, age 27 | Young Living Thieves Cleaning Wipes.<br>Pure Grain Alcohol, Deionized Water, Eugenia Caryophyllus (Clove) Bud Oil, Citrus Limon (Lemon) Peel Oil, Cinnamomum Verum (Cinnamon) Bark Oil, Eucalyptus Radiata† Leaf Oil, and Rosmarinus Officinalis (Rosemary) Leaf Oil, Soy Lecithin, and Polysorbate 80 | I used them for cleaning surfaces in my home, I touched them with my bare hands. | Neat | Unknown | 3 | Young Living | No | Immediately after using the wipes, I would thoroughly wash my hands. Within an hour my face felt like it was on fire. I thought it was strange, but didn't make the connection at first. After 3 separate uses, I realized it must be the wipes. Now just smelling Thieves essential oil has the same effect on me. | My face continued feeling very hot and flushed for hours afterwards. A cold washcloth helped ease the discomfort and by morning it was better. | Each time I used the wipes I would have the same reaction, I also have the same reaction now from just smelling Thieves oil. | None | Nia | Oct-16 | I never touched the wipes on my face, or my hands after using them. As I was concerned about having them on my hands and then touching my son, I would immediately wash my hands after cleaning with them. |
| 211 | 12/18/2016 | Male, age 55 | | | | | | | | | | | | | | I had a nutritionist that had me and just oils for five months . It almost killed me the liver damage kidney damage or checking to see what else I'm praying that none of it's permanent<br>I also have limes disease by ingesting the oils it made a mess of my body like I said I came within days of it killing me . |
| 212 | 12/20/2016 | Female, age 43 | Frankincense undiluted | In a bath | Undiluted | 20 drops + | 1 | Artnaturals | Yes | Burning sensation, followed by red rash that looks like a burn | Red rash, still burning | It just happened,, I came to your site for advice | | | 12/20/2016 | |
| 213 | 12/20/2016 | Male, 18 months (via breat milk)<br>Female, age 35 | Lemon & Zendocrine blend (Tangerine Peel, Rosemary Leaf, Geranium Plant, Juniper Berry, Cilantro) | Nursing mother ingested oils | 1 drop of lemon EO & 1 drop of Zendocrine blend were diluted in a glass of water. | 1 drop of lemon & 1 drop of Zendocrine blend | Once | Doterra | No | A couple hours after ingesting the oil the nursing mother breast fed her toddler & he immediately vomited after feeding. He also developed a fever. The mother also developed a fever and dizziness. | Initially the mother felt energetic however her toddler vomited immediately after breast feeding and rapidly developed a fever. | The toddler was nauseous and lethargic for most of the day. He also had a very pale pasty bowel movement the same day (very unusual). The mothers symptoms lasted only a few hours | | | 12/17/2016 | |