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	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	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	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	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	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	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	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,	Topically	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	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	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.	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	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	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.	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	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
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	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	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	tense and clary calm and an occasional drop of orange, frankincense or lemon on my neck.	supplements as recommended (except almost from the start reduced my dose of the Life Long Vitality pack because I	answer other than what I have already said. It was daily use of pretty much all applications (except aroma touch	doTERRA	the company in Utah- except for my first experience at my	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	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.		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	no comment	no comment	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
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	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	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
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	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
21	3/4/2014	Female , age 32	Thieves and Germ Fighter	Oral ingestion	Undiluted	1 drop	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			*Report deleted due to second hand information*													
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	When I realized my blood pressure was up & it might be due to the oil blend, I stopped taking it for a several weeks,	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	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	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	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	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	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 improvemement 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.	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
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	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	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	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	Topcially	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.	up showed very irritated ear canal. July 25 2012 Mercy Care Clinic, Dr. Coleman several follow ups and ear was never quite the same.	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 difussed	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 allergies. 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	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	none	none	Dec-13	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.	of water. I did this numerous times a day. I also would diffuse essential oils for 4 or more hours everyday. This	Numerous times a day!	Young Living	purchased the oils extensively and used them up	None known.	I felt good because I thought I was doing something good for my body.	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	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	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
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	purchased the deodorant from someone who made	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	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
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	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	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!	hands, then massage them into the feet of my clients as YL recommended this. Thank goodness I NEVER did the	Many	Young Living	no	I enjoyed doing the bodywork, but in 2003 I started getting a bit sniffly when using them, noth8ing crazy, but sniffly.	The sniffliness would recede and I didn't think much of it.	internet, but still uisng 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	many visits to the ER over several years and now I carry an Epi Pen	I was the bodywork practioner	1997-2000 2003 -2005	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
42	4/20/2014	Female, age 27	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 undiluted/neat.	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	total of ~6 applications Joy- Diffused twice Stress away- unsure-likely 4+Lemon- unsure- likely 3+ a day for 4	Young Living	No- brand new	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 (Latuda) which if that	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 neosporin 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.	remember the doctor's name). Flu nasal 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	I did this at home to myself	April 3-6th for Joy. A few days after for the Stress Away and Lemon.	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
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 reoccurence 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	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
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	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	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	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.	Injection of pain meds. Prescribed muscle relaxants, Toradol and Perocet (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	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	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	none	no comment	no comment	slim and sassy for weight loss and being overweight myself I thought here's an easy way to achieve success. Unfortunately, the side effects were too much to handle. I couldn't leave the house till the effects were over, I needed to stay near a bathroom for at least 3 hours once the problems started. Again, I should have known better, nothing in
49	5/24/2014	Female, age 43	Young Living: oregano, thyme, marjoram, peppermint, cypress, basil, wintergreen & 1 more.	Tipically	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.	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 eo was about a month	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	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
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

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 5 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
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.)	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	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
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	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,	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 belly 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
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. YouLinkedwasfedvertisers a	I did not really have any concerning experience afterwards.	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	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	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	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.	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.	minutes after I stopped the diffuser. The symptoms faded. My daugher 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	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
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	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:
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.	looked like small bug bites but within a week had spread out into huge wells 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	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	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	11/8/2014	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 welted but by 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	(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)	unknown	exposed twice to diffusion & experienced reactions both times	Young Living	unikown	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 applicatikn 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	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	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
72	12/6/2014	Female, age 36	ylang, palmarosa, cypress, and coriander; serum had boswellia carterii gum, santalum paniculatum wood, lavendula, lonicephorus myrrha, helichrysum italicum, and rose; moisturizer had juniper, jasmine, geranium, hippophe, and sea buckthorn. Also took Doterra lavender, lemon, and	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/lavpeppermint in veggie cap was 3 times	doTERRA	no	Puffiness, red, hives, bumps, itchiness	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	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 scabing	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	2S	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	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	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
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 Daniella 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	approx 2 hours after sx started they began to improve	none	Self and friend (a YL distributor) applied directly.	Late November 2014	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 aaditional 10 more
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.	Road). Diagnosed with internal chemical burns. Upon followup with my OB/GYN (Dr. Neil in Arlington, TX) at 30, 60 & 90 days after initial burn, scarring remained. Scar present for the following	Advice for yeast infection from Young Living representative.	Jul-07	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
80	1/9/2015	Male, age 55		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 feelinga tiny bit ill with chills) on guard on throat-immediate asthma of throat	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.	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.	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
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	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
83	1/27/2015	Female, age 63	Slique Oil	Oral in water	added to water	quitting (2 drops per morning in a glass of water, much below the recommended usage) Second time	First time approx 25-30 times, Second time approx 35 to 45 times	Young Living		began to use it as soon as I received my order.	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	Eased up gradually...see above	cholesterol registered as low and my bad cholesterol as high. My registered very high which is normally on the deficient side. I have NEVER had test results like these in my entire life. Hoping to	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 throat. 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 zolcft 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.
85	2/2/2015	Female, age 52	clary calm	Topically	undiluted. the blend was in a roller ball.	et	bottle on back of neck. next bottle I started using on chest bone. had a reaction of red itchy raised irritation,	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.	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 personally know one person who was using the oils and experiencing a severe rash on her chest and arms but thought it was not the oils but 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
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.	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.	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	None	It was a doTerra party.	January 20/15	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	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 neat 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
90	2/5/2015	Male, age 20 months, Male, age 3, Female, age 25	Frankincense 'Respiratory Blend', or 'Breathe' Lemon	Topically	Diluted	20 drops oregano 40 drops lemon 30 drops 'protective blend', or 'On	a week) 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	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)
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	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 3 drops Deep Blue	Every night for 2 weeks	doTERRA	No	Burning, burning anal pain	Burning, insomnia	Started having severe problems with digestion. Heartburn, indigestion, stomach pain, nausea.	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 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 later	No	Provided free samples by DoTerra Sales Rep	October 2014	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
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	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
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.	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,	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	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.	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	ruled out. EKG was performed to look for further epileptic activity; none was found.	(Hillcrest Hospital, Cleveland Ohio) where febrile seizure was	Nia	April 2014	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
101	2/13/2015	Female, age 38	Lemon Lavender 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	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
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 minor swelling under eyes 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	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
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	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
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	diluted. I only took about 2 gel capsules with about 2 drops of lavender in each one. I also used	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	a tiny bit of the roller bottle of lavender was good for anxiety, allergies, etc. and I just kept	Spark Naturals	No	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.	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	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
106	3/10/2015	Female, age 51	Doterra digestzen, peppermint and lemon.	Oral ingestion	oral and topically neat.	oral and topically neat.	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	no comment	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	Hawaiian Sandalwood essential oils and vanilla bean doTERRA Citrus Bliss Blend- Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot,	Topical and diffusion	Undiluted	bottoms of feet and 2 drops on the back of neck doTERRA Citrus Bliss Blend- 2 drops in	1 time	doTERRA	Not that I'm aware of.	None	None	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	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	I massaged the oils myself.	Wednesday, March 11, 2015 at 9:30PM (only 1 time application)	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
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	
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 ; have pics	the next day	this is the 4th day - it is getting worse going to physician tomorrow	will let you know after tomorrow	in home consultant	March 21st 2015	I was told that a little goes a long way but not that a lot could be harmful when i told her about reaction, she said it was my body getting out the toxins - she said my body was responding naturally
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 Sl

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
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	used with same type of nebulizer with no effects. sidenote: I used that nebulizer in my room with Lavender on third night since I was skeptical about the cause being
112	4/5/2015	Female, age 33	peppermint and wild 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.	presented; then washed hands. Within 12 hours individual took 2 generic Benedryl tablets and one generic clartitan by mouth and used topical steroid cream (cortisone, OTC) to reduce reaction	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	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
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.	Massage 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	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	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	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	Fmeal, 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, onset 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	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
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	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,	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 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	Doterra oils, frankincense was a gift at Christmas	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 oregano, told to expect stinging/burning/itching	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	been used also aggravated my Pitta dosha with increased heat and inflammation in body	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	parsley & cilantro to green juices used lip 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
126	6/25/2015	emale, age 5	Frankincense	Topically	Neat	2 drops	1	Young Living	No	Nothing, she was fine	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	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.	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	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
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.	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,	Healing circle at a local church	2010	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..
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	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 the company which sells the product. I should have done more careful independent research. These oils are very powerful, and should be used
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)	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	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 application (in a wading pool filled with hose water) and the
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.	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.	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	None, I did not seek medical intervention.	July 10, 2015	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	
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 whiteish/skin-tone blotches. Screaming and crying.	blot and re-slather until she was no longer in visa le distress (my mother taught 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	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	bottle onto her skin and rubbed in. She stood there with a gaping mouth as my daughter started	drops judging from my daughters red, blotchy skin on her arms, neck and chest.	1	Young Living	a new representative so I assume her stock	Within less than a minute or two, she was obviously in pain. Her skin turned bright red with whiteish/skin-tone blotches. Screaming and crying.	blot and re-slather until she was no longer in visa le distress (my mother taught 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	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	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
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.	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.	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, melaluca, onguard, aromatouch, deep blue, wild c	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	or not diluted properly (diluted on average of about 50%). Started diluting properly once more properly	unknown	Several over the course of the last 2 years or so	Multiple	No	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	-	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	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, ocassio	Daily for the Slim and Sassy protein powder and Terra Greens. Every other day for the ingested EO's.	doTERRA	no	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 reation, the reactions there after happened within a few hours	The rash lasted about 8 1/2 months overall	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	N/A	Facebook messages to DoTerra and my spine dating from January, 2015 to October 2015. I quit using the EO's in August 2015.	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
140	11/10/2015	Female, age 50	"breathe" blend with peppermint oit, 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 demonstation night	10/1/2015	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
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 drs assistant or nurse practioner at a dermatology office		I think around October 1st, 2	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 KB 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
142	11/22/2015	Female, age 30	Red Thyme	Topically	undiluted	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	Essential Oils & Aromatherapy by Valerie Worwood, and her recommended treatment for boils on page 25-26 included a hot compress with 1 drop of Red Thyme oil. At that point my Red Thyme oil was at least 5 or 6 years old and I did not know the shelf life. I am also sure that I used more than one drop in the compress because I thought it
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 eo 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'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
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.
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 afrerwards 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 resness. 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	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
150	12/30/2015	Female, age 30	Peppermint	Oral in water	Diluted	One drop per 8-10oz of water, multiple ti	Appx 1 drop per 8-10 oz 2-5 times a 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	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	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	
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 Pediatritian		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	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
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, ? 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 blisterd 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	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
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	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, Callitris intratropica† (Blue cypress) wood oil, Eucalyptus bicostata† leaf oil, Myrtus communis†	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	my neck based on FB ran by the up line who indicated where it worked best and had included graphics which 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
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	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
159	2/7/2016	Female, age 19	Eucalyptus	Topically	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	each capsule 1 drop essential oil, 10 drops coconut oil x 3, so 3 drops ingested.	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	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	2/9/2016	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
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	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.	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	Flushed my system with lots of water. Did not need to seek medical attention		January 22, 2016-January 24, 2016	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
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	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	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	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
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 severaly burned. Red, sore, stingy, hot.	Not yet, on my way to the doctor now	Used as a replacement for perfume	2/28/2016	

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 5 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
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 original burn is healing well, but the chemical burn it annoying	No visit to the doctor but polysporin purchased for burns and for an	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	a small amount of coconut oil to the skin prior to the ex. Lemongrass was diluted the same, even though i	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.	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	For both incidences, it took about a full week to finally heal completely.	N/A		2014	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
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				ECs 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
178	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	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	No medical attention	No session. Daily application of undiluted oils onto mole 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	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.	Few 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 injection 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		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
176	5/17/2016	Female, age 40	DT Eucalyptus	Topically	undiluted	50 drops over the course of one day	10	doTERRA	no	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 (30-40 beats per minute). While laying in bed, my bladder began emptying uncontrollably multiple times. I	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		9/1/2014	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
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.			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
178	6/1/2016	Female, 45	Young Living Thieves	Oral ingestion	Neat	1-3 drops on toothbrush	morning and night	Young Living	No	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, myckel eyes would become itchy and runny and so	Approximately 1 hour after brushing, myckel 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	
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	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	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
180	6/17/2016	Dogs	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	Topically	BOOK SAID THAT WAS WHAT SHOULD BE DONE IF THE FLEAS WERE SERIOUS.	DROPS OF EACH OIL ON THE DOGS LITTLE TREATMENT SPOTS. MY DOGS WERE ONLY 5 LBS OR LESS	One	CARRIED BY WHOLE FOODS IN AUSTIN IN THE EARLY 1980'S.	No, just purchased	"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.	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			ESSENTIAL OILS WERE CONSIDERED POISON. HOW CAN HEALTH FOOD STORES SELL POISON? I THOUGHT ABOUT THE BABIES, AND THE CHILDREN WHO MIGHT		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
181	6/29/2016	Female, age 49	Blend of: mentha piperita (peppermint), eucalyptus globulus (eucalytus), melaleuca calpputi (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 internally and then finally started to go away. not sure of the elapsed time.	I finally fell asleep and was fine the next day.	None - I know what had happened and didn't try to use the product again and will not be using undiluted oils ever again.			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 ec'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 sequance	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 immedate symptoms	approximately 4 hours after last massage	None, drank lots of water and rested until it passed			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
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			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 from the citrus oils	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	doctor not seen yet	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	total accident,, while measuring the oils out some got on my scale, I was not wearing gloves, without thinking	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	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
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	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	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.	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	N/A	N/A	August 9, 10, 11	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.
188	8/25/2016	Male, age 46	Clove, eucalyptus, peppermint	Topically	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 spitctches 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 one 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	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	undiluted	1-2 drops	One	Nature's Bounty		purchased the oil. No way of knowing how long it was on	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	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 dotr 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	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	No on day 3 and 4	Passed a few days later after using activated charcoal	Just exam with dr saini 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	was in the basement and I was hurting and didn't 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	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	Heart palpations, racing heart rate, dizzy spells Affter awhile it would go away	It would happen whenever I used the lotion with essential oils.	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			
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 19hrs	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 dazed	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	the gum line repeatedly, maybe 5 times. Applied in blended form directly to heck as temples, behind ears.	5	Young Living & doTERRA	Yes	Tingling, burning	Relief	Irritation, rash, itching, blistering, pain			10/23 and 10/24	headache and tooth pain. I applied an essential oil blend (Past Tense) to my neck and temples, knowing it would provide relief if that is have to be me 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
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	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	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 Female, age 6 Female, age 32	Immunity rub home made by young living rep it doesn't say what is in it. 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.		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				
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	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 did 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	6 times as there was 8 individual oils to be applied during the technique	DoTerra	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	Pure Grain Alcohol, Deionized Water, Eugenia Caryophyllus (Clove) Bud Oil, Citrus Limon (Lemon) Peel Oil, Cinnamomum Verum (Cinnamon) Bark Oil, Eucalyptus Radiatar1 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 washtoolth 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 nutritional 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 . 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) 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	
214	1/11/2017	A 17 year old female	100% Pure Peppermint	Bath		5-10 drops in Bath	1	NOW Essential Oils	No	Numbness and coolness all over the body, increased heart rate, shivering, drowsiness						
215	1/14/2017	Female, 18-21 years old (used over long period of time)	Melaleuca Peppermint Rosemary	All of the above. All oils were used topically, most neat. Diffused most of	Mostly neat. Only diluted "hot" oils an	Unknown	Hundreds	Both doTERRA and Young Living	No	Redness and burning when oregano was not diluted enough.		After frequent misuse (bad advice from MLM uplines) over aincouple years	None			companies. My mother experienced the same rash I did, only hers was full body, and she was eventually hospitalized for an anaphylactic reaction. She had to be on strong steroids for a long time. She underwent allergy testing with a doctor, and is now seeing a naturopathic doctor trying to undo the damage to her body that was done by misuse of
216	1/21/2017	Female, 42	Plant Therapy's Dermashield Blend - tea tree, lavender, lemon, cedarwood, myrrh, tagetes and	Accidental Oral Ingestions	Undiluted	1/4 drop	1	Plant Therapy	No	Burning on the lips, mouth, stomach pain and sick feeling for hours.	Burning on the lips, inside the mouth. An hour later my stomach started hurt	12 hours later still experiencing a sick stomach.	None	None	1/20/2017	I accidentally ingested this blend of oil. Some dropped onto the skin on my thumb. I used lotion to dilute it. Not long after
217	1/27/2017	A family of 15, 8males and 7 females ranging fror	All	Oral ingested, topical, diffused, vaginally, suppositories,	Some were and some were not	A couple of drops per mixing oil	Too many	Young Living	Some were	Awesome health, very little sickness and great intelligent children. Optimal awareness. Oh the list goes on. No antibiotics ever	Increased energy and better health	Even better health	None have not seen a Dr in years	All of the above	1999_present	
218	1/31/2017	27 pregnant female	Lavender	Topically	Diluted	4 drops of lavender dilutes with coconut oil in 10ml container	3	Young Living	Not sure. Just purchased directly from young living	Heart palpitations and shortness of breath	Drowsiness	3 hours later I was fine	No		1/27 1/28 1/29	Countless sources say lavender is fine for use while pregnant so I initially thought my symptoms were a result of other
219	2/1/2017	female, 36	OnGuard, Slim & Sassy, lemon, wild orange, detox protocol	oral ingestion	oral, "diluted" in water	3 drops per 8 oz of water	2-3 times a day for approximately 6 week	DoTerra	No	Initially, no side effects.		Within 2 weeks, developed a sore throat. Over next four weeks developed	Underwent colonoscopy and endoscopy in January 2016 (approxim	share information, as well as a separate group they ran solely for participating in the company's suggested 4 week detox program. Concerns about reflux led to suggestions of using	November to December 2015	known for several years who was dealing with severe health issues in her own family). I was dealing with severe mental health issues at the time and was not having any luck with traditional treatments.
220	2/1/2017	I used 10 drops f sweet orange essential oil in my	Sweet Orange	Bath	diluted in the bath water	10	1	Young Living	no	Blisters on my back and side from the oils penetrating my skin	pain and redness	took about 2 days to resolve	NONE	NONE	Sep-16	I will only seek the advice of a certified aromatherapist.

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
221	2/1/2017	Myself: age 54.	1. Cassia 2. Lime	Topical	Cassia, dilutedLime, undiluted	1-3 drops per use	1. Cassia, one time2. Lime, twice a day	fAura Cacia	Cassia, yesLime, no	[illegible] with it. The burning and redness were both immediate and rapidly progressing. I remembered that castor oil is a "drawing" agent. I started washing it all off with lots of castor oil, and was immediately saved.	Cassia: fierce burning and rednessLime: tingly upon the first application; ho	Cassia: all better after the oil cleansingLime: the bruise or burn marks rem		DIY	Cassia: approximately 2014Lime: fall, 2016	I'm reading more before trying things now.
222	2/1/2017	Myself, 39 year old female	doTerra OnGuard blend	Oral ingestion of the doTerra OnGuard blend. Put 3 drops of the blend then filled the remaining empty veggie cap with fractionated coconut oil and swallowed with water.	Yes, diluted.	2 drops	3 times on separate days within a two we	doTerra	No	[illegible] my tongue and lips went numb. The third time my throat closed and I required an epi pen shot. It was later determined by the ER doc that I had an allergic reaction to the oil - and imost possibly the Clove oil in the blend.	Yes. It got progressively worse each time. I believe the times my reaction w	No reaction after discontinuing use and receiving the epi pen shot. I now s	No blood tests. Epi pen was administered due to lack of breathing w	None	Fall 2014	
223	2/6/2017	They were used on Myself. 55 year old female.	Myrrh and Roman Chamolile	Topically	Undiluted.	Put finger over open oil n dabbed it behind my ears. One of each oils so they were mixed.	One.	Wyndmere.	No.	Hot feeling and turned red with welts at sight of application	The experience was gradual while I sat there starting within an hour	It happened within an hour of application. The effect lasted for two month	No medical intervention I just washed it off and watched her any c	given a book. I didn't have frankincense or myrrh or Roman chamomile so I saw these at a health food store and bought them	4/1/2016	I have photos if you need just email me
224	2/8/2017	Female, 44 years old	Young Living Purification	Topically	Undiluted	2	1	Young Living	No	None immediate	Strong burning sensation	Continuing discomfort and burning 10 days later.	None	It was an accidental spill as I was diluting the oil.	Around Jan 30th 2017	I was mixing Purification with a carrier to dilute for use in a bath when I dripped two drops onto my hand. I had no immediate sensation so did not rinse immediately.
225	2/8/2017	Female, 44	A pre-mixed bath blend containing the following: sulfated castor oil, citrus aurantium dulcis peel	Bath	Two captuls (about 5ml each) in a lar	45% I think. See above	1	Puressential	No	Burning sensation	Burning sensation	Sensation soothed by application of nappy balm	None	None	2/8/2017	Used bath oil according to packaging instructions. It is not entirely clear from the packaging what the 45% concentration refers to but the smell was very strong.
226	2/11/2017	Myself. 44y/o, female	and german chamomile)....the DDR Prime (frank, wild orange, lemongrass, thyme, summer savory, clove, and naiouli)....intune (focus blend) neat at first to feet daily... arnyris, patchouli, frank, lime, ylang ylang, Hawaiian sandewood, Ronin chamo(mile)....lemon in water daily.	Oral, ingested, topically and diffused	Balance to feet daily, Then started diluting blend properly...	Varies per oil and blend	several dermal applications daily, and daily ingestion of the oils in the "supplements", lemon in my water, and	Doterra	No	Severe kidney pain, urinary retention, severe bladder pain	Some indigestion and diarrhea, burping up the EO flavors (throat burn)	plus urinary retention, frequency, urgency, etc..... Had to have an MRI of my kidneys and bladder, because the pain was soooo severe we thought I had a kidney stone!	Had several tests run... Plus MRI of kidney and bladder to rule out stones.... Diagnosed with urinary retention, and Interstitial cystitis at that	Not applicable	four to five months, before stopping all ingestion, and started properly diluting everything..(after I was already injured)	Prime, and lemon in my water, frank sublingually.... Was taking these internally daily for about 4-5 months before my kidney and bladder problems surfaced.... I'd NEVER ever had kidney or bladder issues before :(Plus I was diffusing oils daily, on continuously, applying blends...heavily diluted, (mainly serenity, balance and
227	2/16/2017	Myself. Age: 29 Female	Frankincense, Marjoram & Lemongrass. 20 drops each in a 10 ml roller topped w/FCO.	Topically	Diluted with Fractionated Coconut Oil.	20 drops of each oil.	Several times a week.	DoTERRA	Not that I'm aware of.	Gradual itchiness where the oil was applied.	Very itchy where applied.	No. Immediately and lasted for an hour or so, or until I washed it off.	None.	None.		two of using it almost daily (on my forehead, temples and around my ear & jaw joint) it made my skin itch wherever I applied the oil. After researching I found that I was not diluting it enough, even though the original recipe was for 30 drops of each, Now that I have it diluted to the proper % I no longer have these adverse reactions.
228	2/18/2017	My son. Who was a year at the time.	digestzen blend (contains: ginger rhizome/root, peppermint plant, caraway seed, coriander seed, anise seed, tarragon plant, and fennel seed essential oils.)	They were applied topically	they were applied undiluted	Approximately 5-10 drops	Two applications approximately 4 hours apart	DoTerra	I had the bottle for about 3 months	[illegible] realize the issue was the oil. He was so gassy and uncomfortable so I thought that was the issue so i replied the oils. And since it was darker in his room I did not see anything to say he was reacting.	[illegible] weren't many i applied more oils. Within seconds his skin exploded in red bumps and red patches everywhere I had put oils. He immediately started crying and scratching and pulling at his clothes. i immediately washed him	It took a week for all the bumps and redness to go down.			1/1/2015	happened, i was told that the reaction was impossible. the oils are too pure and it must have been a reaction to something else. I said no it wasn't. then i was told it was likely detox then and not to worry. About a year later i tried a very diluted amount on him and he had the same reaction. Instantly rashed and was very uncomfortable.
229	2/23/2017	5yr old male	Thelves	Topically	Just straight out of the jar		1	Thelves (unsure if brand)	New from store	Put the thelves on my sons chest and back (as was recommended by health store.) Within a minute he was crying uncontrollably. Where the ointment had been applied the skin was bright red and hot to the touch. You could see the finger marks from where the stuff had been applied.	I put him in the shower immediately and washed him off. The pain went away significantly once the ointment was washed off but was still tender and bright red (finger marks still visible).	A few hours later the redness and whatnot still visible. Pain was gone. By morning the skin appeared normal.				This should absolutely never have been recommended. The health store told me it was an allergic reaction. I later found out that the cinnamon and cloves is what burned his skin...that it should never be used on children. They should have known that... I told them who the intended person was.