

ID Number	Submitted On	Who were the essential oils used on State age and gender if known	What essential oils were used list all individual and blends	How were they used oral ingestion topically bath diffusion etc	Were the essential oils diluted or used undiluted neat application then diluted	What was the percentage of essential oil used how many drops ounces etc if known	How many applications	Essential oil brand if known	Was the oil over 6 mos old	What was the experience during symptoms general feelings of discomfort adverse reactions	What was the experience immediately afterwards	What was the experience sometime later how much time days passed	Describe if any medical intervention blood tests other tests etc include name of hospital clinic Dr day of exam tests	What type of essential oil session did you receive massage nursing spa etc	Dates of essential oil applications if known	Personal Testimonial Page please use this space for additional details that you would like to share to make your experience more clear
1	01/11/2017 18:11:38	female age 17	100% Pure Peppermint	Bath		5-10 drops in Bath		NOW Essential Oils	No	Numbness and coolness all over the body, increased heart rate, shivering, drowsiness						
2	01/14/2017 0:34:56	Female, age 18-21 years old (used over long period of time)	Lavender, Melaleuca, Peppermint, Rosemary, Frankincense, On Guard blend, Thieves blend, Breathe blend, Balance blend, Elevation blend, In Tune blend, Roman Chamomile, Basil, Oregano, Lemon, Deep Blue blend, Valor blend, Joy blend, Peace and Calming blend, Ylang ylang, Jasmine, Helichrysum, Bergamot, Sweet orange, Clove	All of the above. All oils were used topically, most neat. Diffused most of them. Ingested many, especially lavender, lemon, and peppermint.	Mostly neat. Only diluted "hot" oils and blends like oregano.	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 ancouple years, I developed a severe rash on my arms that would not go away. The rash persisted for 6 months before I realized that it was caused by the oils. I stopped using all essential oils once I realized. Then rash slowly faded. I tried using lavender eo again later, and the rash immediately returned. I almost instantly get a rash if i am exposed to lavender oil or other oils with similar constituents.	None			I introduced my mother to essential oils, with the same unsafe application methods as I had been taught by MLM 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 oils. It has been over a year since her ER visit, and her body is still not back to normal. I have also noticed that if I enter a room with certain oils being diffused (like in a business), or if I am touched or hugged by someone who recently applied oils to themselves, I get a reaction. Even if I am not using the oils myself. I had tried very hard to educate myself about safety with oils, and to the best of my knowledge at the time, I was doing all the right things. It pains me that I not only ruined my own ability to use lavender scented anything (one of my favorite scents), but I am the one who directed my mother how to use oils, and she was hospitalized because of them.
3	01/21/2017 8:08:07	Female, age 42	Plant Therapy's Dermashield Blend - tea tree, lavender, lemon, cedarwood, myrrh, tagetes and oregano	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 hurting/feeling sick.	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 afterward I used to my hand to eat something, the oil got onto my food and then on my lips/in my mouth when I ate it. My mouth/lips starting burning. About an hour later my stomach started hurting and feeling sick. I felt sick for over 12 hours.
4	01/31/2017 1:08:42	Pregnant female age 27	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 possible factors but during each incident, even diluted, I experienced symptoms. The symptoms occurred within 5-15 minutes after application.
5	02/01/2017 11:00:53	female, age 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 weeks	DoTerra	No	Initially, no side effects.		Within 2 weeks, developed a sore throat. Over next four weeks developed reflux, uncomfortable ache in stomach and under breastbone, and diarrhea.	Underwent colonoscopy and endoscopy in January 2016 (approximately two months after stopping ingestion, side effects were continuing). Results indicated that the lining of my esophagus and stomach had been eaten away. Undergoing continuing appointments with a gastroenterologist to monitor and facing an upcoming endoscopy to determine if the lining is improving/repairing.	Tips from uplines through a Facebook group they maintained to 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 capsules for oral administration.	November to December 2015	I trusted the advice given by my upline as it was what was recommended by the company (and it was someone I had 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. Essential oils were marketed to me as a natural, safe alternative that would have miraculous effect on my issues. I feel like I was not only given harmful recommendations, but that I was also taken advantage of while in a very vulnerable state. Not only did oils not provide the implied miracles, they caused physical harm that had led to considerable medical expense and issues that I am still dealing with over a year later. I do still use oils, but only after seeking out reputable providers and finding sources for reliable information and safe usage practices. I also use them along side the traditional therapies that my condition requires.
6	02/01/2017 13:54:26	Female. (Age not given)	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	September 2016	I will only seek the advice of a certified aromatherapist.
7	02/01/2017 14:00:28	Female age 54	1. Cassia 2. Lime	Topical	Cassia, diluted Lime, undiluted	1-3 drops per use	1. Cassia, one time 2. Lime, twice a day for 2 or 3 days	Aura Cacia	Cassia, yes Lime, no	Cassia began to burn my skin immediately. I had added it to a facial toner and covered my whole face 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. Lime was slow to begin burning. Some hours passed, and it burned so slightly I wasn't sure it was bad. On the 2nd day it was more marked; on the 3rd day it was really unmistakably bad, and there were bruises.	Cassia: fierce burning and redness Lime: tingly upon the first application; hotter with successive applications on days 2 and 3	Cassia: all better after the oil cleansing Lime: the bruise or burn marks remained for several weeks	DIY	Cassia: approximately 2014 Lime: fall, 2016	I'm reading more before trying things now.	
8	02/01/2017 23:53:30	Female age 39	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 week period	doTerra	No	The first time I felt numbness in my tongue but just thought it odd. The second time 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 most possibly the Clove oil in the blend.	Yes. It got progressively worse each time. I believe the times my reaction was more severe the veggie cap either leaked before getting to my stomach or the doc wondered if I had built up a larger reaction from taking it multiple times.	No reaction after discontinuing use and receiving the epi pen shot. I now stay away from all doTerra oils due to their lack of education and safety and anything with Clove oil or clove spice.	No blood tests. Epi pen was administered due to lack of breathing with numb mouth/throat and closed throat. IMC ER in SLC Utah. Fall 2014.	None	Fall 2014	
9	02/06/2017 7:52:52	Female age 55.	Myrrh and Roman Chamolle	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 months approximately		Just a book I guess. I bought dough Terra from a friend I was 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	April 2016	I have photos if you need just email me
10	02/08/2017 13:23:07	Female, age 44	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.
11	02/08/2017 13:37:14	Female, age 44	A pre-mixed bath blend containing the following: sulfated castor oil, citrus aurantium dulcis peel oil, lavendula angustifolia herb oil, aniba roseaodora wood oil, citrus aurantium Amara leaftwig oil, citrus reticulata peel extract, cymbopogon martini oil, origanum majorana flower oil, cupressus sempervirens leaf/nut/stem oil, santalum album oil, anthemis nobilis flower oil, citrus aurantium amara flower oil, lippia citriodora leaf extract, limonene, linalool, geraniol, citral, benzyl benzoate. On packaging states 45% concentration.	Bath	Two capfuls (about 5ml each) in a large bath of water.	45% I think. See above		1 Puresential	No	Burning sensation	Burning sensation	Sensation soothed by application of nappy balm	None	None	8 February 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.

12	02/11/2017 18:37:35	Female age 44	LLV vitamins (contains clove, frank, thyme, cummin, wild orange, peppermint, ginger, caraway 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... amyris, patchouli, frank, lime, ylang ylang, Hawaiian sandalwood, Ronan chamomile)...lemon in water daily, frank SL daily.... Diffusing on guard protective blend (wild orange, clove, cinnamon bark, eucalyptus leaf, rosemary)...balance neat at first to feet daily (spruce, Ho wood, frank, blue tansy, blue chamomile)... Deep blue rub (wintergreen, camphor, peppermint, blue tansy, blue chamomile, helichrysum...AND the unlisted= ylang ylang) applied almost daily..... PastTense tension blend (wintergreen, lavender, peppermint, frank, cilantro, marjoram, Ronan chamomile, rosemary) TriEase seasonal support (lemon, lavender and peppermint)	Oral, ingested, topically and diffused	Neat at first with the PastTense, Balance to feet daily, Then started diluting blend properly...	Varies per oil and blend	Diffused daily (continuously at first), several dermal applications daily, and daily ingestion of the oils in the "supplements", lemon in my water, and frankincense sublingually daily	Doterra	No	Severe kidney pain, urinary retention, severe bladder pain	Some indigestion and diarrhea, burping up the EO flavors (throat burn)	About 4 months in is when the severe kidney and bladder pain started, 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!	Arkansas urology (can't remember exact date) Had several tests run... Plus MRI of kidney and bladder to rule out stones.... Diagnosed with urinary retention, and Interstitial cystitis at that point (no cure)...urinary frequency, urgency... Have NEVER had any issues with this prior to ingesting EOs!	Not applicable	Started in October 2016 ...and used as above about four to five months, before stopping all ingestion, and started properly diluting everything...(after I was already injured)	lavender, peppermint), the DDR 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 elevation, bergamot, frank, on guard, etc)... Although I DID start with the recommended NEAT application of balance and intune to my feet every am...did that for about 3 months before properly diluting them... Have since learned that ALL oils should be properly diluted (and each oil has its own max dermal dilution ratio...for example Lemongrass! It's max dermal ratio is 0.7%!! And people use this neat.?), they are NOT going to lose any therapeutic value when diluted, and dilution actually helps the EOs absorb into your skin better, and greatly reduce your chances of becoming sensitized... also learned that your feet are NOT the optimal place for EOs either, and to not overload your system, (or your children's!), you should diffuse about 30 min on, hour off... and so I can no longer recommend internal usage without first consulting with someone that's qualified, knows your medical history and meds you are on, etc...learned that the hard way, unfortunately! My bladder still hurts really bad ALL the time (IC, ..and urinary retention... which has no cure, and so I now have to take Rx meds for that :(....). The opposite of what I wanted...natural options.) I was taking those supplements above for chronic illness, chronic muscular pain issues... Hope that helps!!! Jennifer Gehr Rusk I STILL LOVE my EOs, still use them a lot, but a lil more sparingly! :) ***One last thing while on this topic... Something that does not sit right with me at all, is that the touch kit, (often marketed toward babies and toddlers), does NOT tell you the dilution ratio!!!!!!...*** In no way, am I going to use those on my toddler grandson! Just by smelling them, you can tell it's probably about a 25% solution..? Whatever the dilution, it's WAY too much for babies and toddlers, just not safe!!!!!! I make my own rollers for my grandson with 1-2 drops of EO per 10ml roller, which is the recommended dilution for that age (about 0.5-1.5% ratio), and that still works great!!!!...also, babies under 3-6 months, I wouldn't apply topically at all since their organs are still developing, thus making it harder on their ill bodies to metabolize and
13	02/16/2017 15:19:12	Female age 29	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.	This blend was recommended to me to help my Migraines. At first the oil helped and I found relief. After a month or 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.	
14	02/18/2017 13:34:22	Male age 1	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	he was scratching and pulling at his clothes and crying and holding his stomach. I did not 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.	the next morning I noticed red bumps on his skin. But because there 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 with warm soap and water. That took some discomfort out.	It took a week for all the bumps and redness to go down.		Jan 2015	i was following the directions given me by the person who signed me up for the oils. When I called to ask why this had 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.	
15	02/23/2017 0:35:12	Male age 5	Theives	Topically	Just straight out of the jar			Theives (unsure if brand)	New from store	Put the thieves 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.		
16	3/30/17 3:17	Female age 28	Doterra DDR prime	Oils in veggie capsules, ingested	Not diluted	8 drops	I took the veggie caps once a day at night for several days.	Doterra	No	I awoke in the middle of the night, on the last night I took the oils, feeling nauseous and with acid burning my throat (never had acid reflux before) and I could taste the oils.	The next morning I couldn't even drink water without acid burning my throat.	I couldn't eat or drink without acid burning my throat. It has been three years and I am on Dexamet 60 mg (only thing that helps) and occasionally Zantac and I still cannot eat anything acidic, or lay down after eating.	I've had an upper endoscopy, hydascan (to rule out gallbladder issues) and I am scheduled to have the link surgery next month in April (2017) to fix my damaged esophageal sphincter.	February 2, 2014 (it was Super Bowl night).	It has been a real nightmare and I was only 28 years old, 5'5, 114 pounds, no prior acid reflux. Even on high amounts of prescription PPI's it took over a year to for my symptoms to be some what managed. I'm hoping this newer Link procedure will improve my quality of life and fix my damaged esophageal valve. There should be warnings on essential oils labels and ingesting oils should not be encouraged by companies.	
17	4/1/17 9:28	Female age 58	Lemon oil	Ingested	Diluted	3 drops in 33 oz of high alkaline water, ph 8.4	Once daily	Young Living	Unsure	Na	Frequent urination and leg cramps	Still reviewing , just purchased on 3/31/17	Na	Last 2 days	Mr. James Tarbay who owns 4 winds international grocery in Pensacola, FL is up selling the essential oils to customers at check out, telling them about how remarkable they are for weight loss and well being. After reading online precautions, I'm now concerned about this practice and possible ill effects.	
18	4/5/17 21:59	Female age 47	Thieves, OnGuard, peppermint, eucalyptus, citrus fresh, stress away, valor, peace and calming, lemon, patchouli, orange, tangerine, lime, bergamot, lavender, Cedarwood, mister, frankincense, myrrh, Copaiba, helichrysum, blue spruce, so many more	Topically mostly, but diffused 4-6 hours a day	Undiluted (neat)	2-6 drops depending on size of diffuser. Typically 1-2 drops topically	Probably hundreds	Young Living	No	Toxic Neuropathy beginning on hands and feet where oils were placed topically. Neurological issues of unbalance, vertigo, extreme fatigue	Not usually but sometimes yes.	I believe it was the build up that caused the neurotoxicity		Self administered	I don't have a testimony at this time but I am a concerned customer who now thinks that Mr. Tarbay should not be telling people that the lemon oil is great for weight loss. He is a very nice man and a great spokesman, but he is selling the product without disclosing possible health risks. To my knowledge he doesn't have any medical or holistic certifications either. He is also selling the oils at roughly \$5.00 above regular cost.	
19	4/11/17 10:03	Male age 3 1/2 and Male age 8	Bee Happy: Coconut oil, Lemon, Sweet Orange, Grapefruit, Lime, Douglas Fir, Mandarin, Geranium, Lavender, Damiana, Vetiver, Vanilla, with fractionated coconut oil	Topically	Diluted by edens garden	Unsure		Edens Garden Bee happy roll 1 on	No	Blisters, rash, burning sensation	Rash, hives, redness	Throughout the night, blisters came and popped. The next morning, the skin is peeling.	None	None	4/10/17	
20	4/18/17 21:44	Female age 35	Pine	I used 3 drops of pine in a cup of epsom salt to make a "bath bomb" in the bath.	I thought I had diluted the pine EO in epsom salt.	3 drops to one cup.		1 Young Living	No	Intense feeling of burning. I stayed in the tub even though I was uncomfortable. I ended up with deep red chemical burns on the back of my thigh.	Pain! I felt like I had a bad sunburn, but my husband was aghast when he saw the welts and splotches.	3 days later and it's still quite painful and unseemly.	NA	4/14/17	I knew that oils needed to be diluted in the tub, but was told that epsom salt was enough. Now I'm left with horrible scarring and I'm definitely not relaxed.	
21	4/28/17 23:55	Female age 45	citrus blend - do terra	oral ingestion. Used 3 drops with sparkling water. Only had 2 sips and effects felt straight away	undiluted (mixed with sparkling water - but still neat on top of bottle)	3 drops	2 sips	doterra (was at intro workshop	Believe new	throat felt warm, flared up. later my glands and whole throat felt very inflamed.	warm, irritated, inflamed.	reporting this today so far 3 hours ago and still feels inflamed.	No	doterra intro workshop	29/4/17	

22	5/1/17 4:43	Female age 49. Applied to self causing adverse reaction to 3 adults standing close by as well as 73 year old ventilator-dependent critical care patient in hospital bed she stood next to immediately after application	Doterra blend containing wintergreen and camphor	Topically	Undiluted	Roll on dispenser	One	Doterra	No	Eye irritation, tingling to lips and gums, burning sensation to nasal passages and throat experienced by the 3 adults in room. Panic sensation experienced by this RN	Gastric upset, sore throat, sinus drainage	Post-nasal drainage tasting strongly of wintergreen and camphor. Gastric upset lead up to reflux requiring medication to control with resulting loss of sleep. Occurred at 5 pm. These symptoms lasted through the evening and into the night	Over the counter acid reduced, Omneprazole, required to control reflux	Massaged into neck of MLM seller by herself while at her job as hospital tech	4/30/17	Doterra MLM seller touting the sore muscle soothing properties of her essential oil roll on applied the oil to the back of her neck when called to the bedside at her job as a hospital tech, adversely affecting the three workers already in the room as well as the critically ill elderly patient on a ventilator. The three workers experienced eye irritation, tingling to lips and burning sensation to throat.
23	5/2/17 0:04	Female age 22	Peppermint	Bath	Mixed in epsom salts	5 drops		1 NOW	No	Bath felt cold	Legs felt cold but were burning, rash developed	Felt better after 3 hours	None		January 2016	Took a bath with 1/2 c Epsom salts mixed with 5 drops of peppermint. As I entered the water my legs & chest felt cold. Once I got out of the water I noticed my legs start to burn and it didn't go away for 3 hours.
24	5/2/17 11:33	Female age 44	Wintergreen and two blends containing wintergreen. (Améo Muscle Mend & Améo Relaxing Touch)	Topically. I am a massage therapist. Now that I know I have become sensitized, inhalation of wintergreen makes me have symptoms.	Both low dilution and also neat.	5 drops muscle mend + 5 drops relaxing touch + 5 drops wintergreen into 8 oz coconut oil. Topical max for wintergreen is 2.4%, under that.	Full body massage for 5 clients per day for two years.	Améo	No	Pins and needles from head to toe, shortness of breath occasionally, heart palpitations occasionally. This lasted daily for more than 6 months. I didn't know why.	None. I used this daily for two years and only recently made the connection to Wintergreen.	Rash on my scalp, arm, leg even though application was done with my hands and arms. Pins and needle sensation from head to toe. Occasional shortness of breath at work. Mild heart palpitations occasionally.	None. I don't know where to begin. I'm concerned about taking aspirin now.	I am the massage therapist giving the sessions.	Every day for over two years.	This was not an error in dilution, I know that wintergreen is a toxic plant. My error was in repeated dosing and overuse. This is my fault that I didn't consider the safety more thoroughly. I'm sensitized now.
25	5/5/17 7:19	Female age 46	On guard, frankincense, lavender lemon, lime, digezten	Oral ingestion, topically	Diluted in water and some used neat on skin	1 drop each		6 Doterra	No don't think so?	Blisters/ulcers in mouth and vaginal. Very sore red throat. Misshaped tongue, spongy gums, burning sensation at back of throat, itchy feet when applied to soles of feet, extremely dry mouth, slight cough, very dry skin on face	No	Some the next day but mainly after 4-5 days	None	Purchased kit	24/04/17-29/04/17	Ingested on guard, frankincense and lemon (1drop each per day for 5 days) after which time I noticed continuous symptoms. Still suffering 6 days after stopping oils
26	5/5/17 22:48	Female age 47	Tea tree, German chamomile	Topically	Neat application at first followed by lotion application to dilute	1-2 drops	One	YL the first time and Natures Gift the second time.	Yes	First incidence was for chigger/bug bites. Over time developed a rash that progressed to hives spreading all the way up my arm. Went to doctor for prednisone. Second incidence was for an ear infection. I used a drop of each outside my ear. By that evening I had hives again spreading around my ear and the next day across my face.	Extreme itchiness and heat.	Relief after the prednisone and/Benadryl kicked in.	5 day pack of prednisone with the first occurrence at my primary care physicians office, Leesburg Sterling Family practice. Used Benedryl at home for the second occurrence.	Used at home.	March 2017 and again in April 2017. If you truly need exact dates, contact me. I don't have them on hand right now.	I didn't connect the two incidences until the second case of hives and realized that I must have sensitized myself to tea tree oil. I often use German chamomile in my massage practice without issues. I rarely use tea tree.
27	5/17/17 19:23	Female age 30.	Frankincense Carteril	Bath	Mixed in bath with Epsom salts	About 5 drops of oil in 2 cups of Epsom salts		1 Plant Therapy	Not sure?	Burning skin and welts where the oil touched the skin	Same as above	It felt much better after getting out of the tub and using a carrier oil on the affected skin	None	None	Early 2017	
28	5/19/17 14:04	Male age 27	Orange, Angelica, lime, geranium	Ingested	Undiluted	2-3 drops in a 24 oz bottle of water	One	Young Living	Unknown	No discomfort	No discomfort	A half hour to an hour later, stomach upset and irritation				
29	5/23/17 7:44	Female age 63	Coconut oil, lavender	Topical application to lower face, chin, neck	Was itching / allergy??? So applied coconut oil which made it worse so applied lavender neat.	5-8 drops Lavender neat		2	Not dated	Face / neck reddened, from bottom up, gradually worsened with hive like condition, traveling up face for several hours.		Oil was applied during night and by noon I went to ER due to reaction. I had used coconut oil and lavender many many times before the outbreak.	Blood work, 3 shots/ antihistamine, oral prednisone. Dr. Hanneman, ER , Theda Clark, Neenah	Personal by self	5/6/17	Appears to be chemical burn from oil. Treated with Prednisone and cold water applications to heal skin. Skin was extremely red, blotchy, textured. Healed without scarring. Took 3 weeks. Know that the oil exasperated a food allergy condition or coconut allergy, making skin ultra sensitive to Lavender/ organic
30	5/24/17 0:42	Female age 40	Purify, Serenity, Melaleuca and frankincense, terreshield, immortelle	Diffused or as a patch test	Diluted	In diffuser one drop, topical one drop	Once	Doterra	Not to my knowledge, they had just arrived in the mail	While diffusing for under 10 minutes... congestion and tightening of throat. Same with topical use.	Congestion and coughing and a slight tightening of throat that lasted 2-3 days	Gradually Better over the course of 2-3 days. It should be noted that I diffused the purify and serenity a day apart and had diffused the melaleuca and frankincense so a day apart, so I didn't give my body a break from its first reaction.	None	Sales rep	May 2017	I had been using frankincense and melaleuca topically regularly and neat. The other oils were all completely new to me. I'm guessing Hawaiian sandalwood might be causing the reaction in serenity and immortelle. I'm not sure what is with the purify and terreshield but they have a few similar oils. I haven't been able to use melaleuca since so I'm guessing based on my research that I have caused s sensitivity to it. But I had to research because all the oil people in my comp were telling me that it's impossible to be allergic to them but there is no other description that can describe the strong reaction I've had. Also I suffer from allergies from seasonal to mold. Dust. And gluten.
31	5/28/17 12:00	Female age 55	De La Cruz "100%pure eucalyptus oil"	Bath	Dropped directly in bath water	100%, about 1 teaspoon in full bath tub		1 De la Cruz	yes, about 1 year. Glass bottle was stored in closed plastic container in bathroom	Extreme 2nd degree burns to backs of thighs where oil apparently adhered in bath		5th day. A course of prednisone. Many Benadryl yards of bandages and hundreds of dollars in doc visits not to mention missed work and social activities. Burn blisters that were fully developed all over backs of thighs in 12 hours	Dr Paula Vogel (dermatologist retired Army medical corps colonel) examined me the day after the burns emerged. Diagnosed as 2nd degree chemical burns after questions about my activities and exposure. She had not had another such case that was identified to essential oils	My own bath	5/18/17	I have used drops of eucalyptus oil in my bath in the past but I think it was highly diluted I did not realize the power Or think that the oil might cling to my skin after the bath with this result
32	5/29/17 0:45	Female age 33	Eucalyptus	Topically	Sorta diluted and mixed with alcohol	Two drops	One	Bulk Apothecary	No	Chemical burn at first unaware then burning stinging	Oozing cracked dry burned skin	So healing month no pain though	None	None		I put alcohol olive oil and eucalyptus on a cotton ball and suck it in my belly button over night woke up to a severe chemical burn itching and burning sensation for days
33	6/7/17 2:11	Female age 46	DoTerra PastTense	Topically	Undiluted	Rolled on about four or five strokes onto my neck and throat area	3-4 over 7 days	DoTerra	No	Red blotchy bumpy hot skin	Within a day of last application	No	Will be seeing doctor in the next day		5/24-6/2 2017	The bottle of oil I have does not have any warnings about sun exposure after the use of essential oils. I was in the sun after application. Four days later and the discomfort is still high
34	6/12/17 15:47	Female age 45	Peppermint	Oral ingestion	Undiluted	1 drop	Once	doTERRA	No	Upset stomach, Diarrhea	Upset stomach and diarrhea		None	None	April 2016	Added 1 drop of doTERRA Peppermint oil to my chocolate Slim Shake and within 60 minutes was experiencing upset stomach and diarrhea
35	6/17/17 17:19	Female age 50	Peppermint	Topically	Undiluted	I drop on temples and forehead and 4-5 on lower abdomen and 1-2 on upper abdomen.	One application	Young Living	Yes	Eyes burned after opening them. Had a rash all over my forehead and lower and upper abdomen. It was very itchy and lasted for weeks. Still have a red scar on lower abdomen a month later.	Burning eyes. Rash didn't happen until next day or so.				May of 2017	
36	6/20/17 11:57	Female age 30.	Peppermint	Topically, ingested, and inhaled	Undiluted	The first time I put a drop in my mouth. The second time I used it I put 2 or three drops spread oitnon my neck, temples, and sholders, then I inhaled the remainder of what was on my hands.	One application	Young Living	No	I felt high and/or drunk. Extreme anxiety and crying. Shaky, very dizzy, nauseous. I was throwing up all day. I had a hangover from it the next day also.	Yes, within a few minutes		No tests were done. I had to call out of work for the day. I just stayed home and rested until the symptoms passed.		6/18/2017	I used the product as recommended by the company. It was a scary experience and I will never use them again.
37	7/17/17 1:25	Female age 41	doTERRA Salubelle (Immortelle)	Topically on face	Diluted, it was in a roller ball with coconut oil and 10-20 drops of balance blend.	50/50 split of Salubelle and FCO	Morning and evening for 3 weeks	doTERRA	No	No symptoms	No symptoms		Impairment of vision - eyeball (not eyelid) was jumping and twitchy.		July 2017	At the beginning of 2017 I was using Bach Rescue Remedy Sleep Spray as a sleeping aid. After a few weeks of use I noticed my vision was impaired with my right eyeball (not eyelid) jumping and twitching and my vision was quite impaired. I saw an eye specialist but they could not see anything wrong with my eyes at all. I stopped use and vision went back to normal. At the beginning of July I started using doTERRA's Salubelle beauty blend on my face (cheeks and forehead) and have noticed the same vision impairment. I stopped use on Thursday of last week (now Mon) and Thurs/Fri of last week were terrible for my vision, I could barely see my computer screen and could not drive. The symptoms are abating now that I've stopped use and hopefully by the end of the week things will be back to normal. Very scary!

38	8/3/17 23:26	Female age 42	Panaway, Copaiba	Topically with a carrier oil of coconut, sunflower and sweet almond	Topically with a carrier oil of coconut, sunflower and sweet almond	5 drops Young Living Panaway, 5 drops Copaiba, 10ml filled with carrier oil	2	Young Living	No	Pain relief. Discomfort came later.	After a few hours, experienced rashes. Rashes and blisters continue to progress and swelling also rapidly progressed. Initial oral and topical steroids and antihistamines from the dermatologist had no effect. Rushed to the ER in danger of anaphylactic shock. Was treated with a shot of epi and confined for 4 days afterwards receiving treatment with IV steroids and oral antihistamines.	Discharged from the hospital and prescribed medication for one more week after, regardless whether swelling has subsided. Currently on the 3rd day of medication with some swelling still.	As described above.	None	7/26/17	
39	8/12/17 22:22	Female age 50	Digize	Oral	1 drop added to a glass of water	1 drop	1	Young Living	Unknown	Some burning of throat		Within 15 min felt intoxicated and sleepy . I would not have been comfortable driving or working			March 2017	I was taking it for indigestion. It made me feel as if I had had too much to drink too fast. I think it interacted with my medicines for anxiety and depression.
40	8/20/17 8:28	Female age 43	Doterra - immortelle and frankincense and sandalwood	Topically	Neat application then diluted	It comes in a bottle roll	Once a day	Doterra	No	I used it daily and it fare out the rashes and itchiness after one and a half month.	There was no symptom immediately.	It has a burn sensation, the face was swollen and itchy all the time. I am still suffering from it.	No intervention. Just waiting to let the rashes and itchiness pass	Just self care	Everyday since July and now is august.	It doesn't show the immediate rashes after first apply. Instead, after using it for a month and a half suddenly the symptom came and it is seriously bad
41	8/25/17 20:38	Female age 45	Orange, Angelica, lime, geranium	Topical	Undiluted	2 drops	5	No		Itch and rash. Plus Burning for citrus oils.	Itch. Red skin	1 month. Red itchy skin	Steroid jab and topical			Skin became very sensitive
42	9/17/17 17:50	Female age 30.	Frankincense, lavender, lemon	Oral ingestion	Frankincense - undiluted, Lavender - diluted, Lemon - diluted	Frankincense - 100%, Lavender - 1 drop in a tbs of coconut oil, Lemon - unknown, in cod liver oil				I had been using the frankincense without incident for six years, and that particular bottle for several months. I had used lavender orally before on occasion. I had ingested the lemon flavored cod liver oil mixed into a smoothie previously without incident.	Frankincense and lavender - Ananda Apothecary, Lemon - Carlson Labs	Possibly, but not by very much if so.			7/28/16 and 8/6/17, I think.	I, along with over a thousand women in a particular Facebook group, was encouraged for years by two doTerra representatives to drop frankincense and other oils under my tongue as a "natural" way to treat a chronic benign pituitary tumor members of the group all had. They themselves used this method and did not believe it could possibly harm anyone if done with doTerra oils. Following my reactions, I started to learn more about essential oil safety, and shared my reactions story and some places to learn more about safe usage on the Facebook group. Within minutes, my post was taken down, and I had been kicked out of the group, blocked, and blocked from contacting one of the admins. I reached out to the other admin, whom I believed to be more fair-minded, and told her what had happened, and asked her to let me back in the group to tell others my story because it was the ethical thing to do. She responded by telling me that no doubt the fact that I had not bought my oils from doTerra was to blame, and offered to sell me more oils from doTerra! She ignored every other point of safety I raised. I still encounter women who are in that group in other forums, and many talk about how they use oils under the tongue. I try to warn them whenever possible.
43	9/19/17 7:50	Female age 34	Doterra Balance	Rubbed topically on hands, and then breathed in through nose	Neat	3-5 drops	4	Doterra	Unknown	Pleasant, no symptoms	Happy, clear feeling	Heavy menstrual bleeding, not typical at all, started within 24 hours (completely soaking a pad every two hours)	None yet	Friend who is a rep suggested this	9/15-9/18	I had heavy periods like this in the past (several years ago) but have cleaned up my diet, and now have had light/normal periods until using the oils. I ate clean this weekend too ... no changes I can think of, except the oils
44	9/25/17 17:01	Female age 30.	Doterra balance blend (has frankincense, ho wood, spruce, blue tansy, and blue chamomile in it)	Topically with fractionated coconut oil. From roller ball.	Diluted, it was in a roller ball with coconut oil and 10-20 drops of balance blend.	Not sure		Doterra	I don't think so	Euphoric feeling very happy for about an hour then got really sweaty and hot. Felt like my body was on fire. Felt like I was crawling out of my skin. Got super anxious couldn't calm down started dry heavy and having stomach cramping. Felt a sense of super heightenedness. Pupils dilated. And every thing looked an felt completely not right. Almost out of body experience. Felt like I was dieing like I was gonna crawl out of my own skin and felt like my body was on fire internally.	Twenty to thirty mins after applying topically felt happy euphoric. Then after about an hour or two things took a wrong turn.	Went to ER got benedryl. Feel fatigued and exhausted still fell a little wierd.	ER had benedryl.	None	9/26/12	Doterra rep said no such reactions have ever occurred and that there has never been an allergic reaction to oils that she knows of.
45	09/28/2017 12:45:09	Preganant female age 30	Rosemary oil	topically	undiluted	8 drops	1	NOW	Around 6 months old	warming sensation	Nothing notable for 6 hours	Spotting within 6 hours of application, followed by heavy bleeding and miscarriage the next day				
46	10/10/2017 13:43:26	Female, age 18	Not sure but smelled very earthy	Topically on forehead, behind ears, back of neck	Undiluted, applied directly to skin	At least 3-4 drops	1 on forehead, 1 behind each ear, 1 on back of neck	Doterra	Not sure	Because extremely naseous and irritated nose and throat	Puked multiple times and had to fully shower to clean skin and rid oil residue and smell	Took hours to feel better, effects felt almost immediately	Friend applied when I complained of a headache at work.	One time use in summer		
47	10/23/2017 11:29:44	Female, age 46.	Lavender, tea tree, frankincense, lemongrass, balance, clay sage, geranium, digest zen, on guard, lemon, peppermint, clove, zendocrine, myrrh. Supplements in the LifeLong Vitality pack.	Internal, topical, diffusion.	Initially neat, then diluted.	Lots.	Several times a day.	doTERRA	Shouldn't have been.	Rash covering entire body, unbearable burning and itching. Open, oozing skin on face. Body swelled up. Diarrhea, unable to keep food in my body, lost approx. 15lbs in less than 2 months.	The worst of it lasted approximately 8 months, however symptoms are still showing up 3 years later.	I have a compromised immune system due to this and all of the very strong steroids and anti-histamine medications I was taking. I still have spots on my body that have never gone away.	There are too many to include. Several blood tests, urine test, biopsy by dermatologist, visits to my family doctor, 2 allergy specialists, emergency twice. I would have to get a copy of my medical records as I can't remember them all.	I applied/used myself.	October 2014 was the first time.	There are many additional details, too much to write here. For the best explanation please view this youtube video I created to share my story and help raise awareness. https://www.youtube.com/watch?v=NQRwW9LbbZA Thank you! Stacy
48	10/25/2017 16:03:32	Female age 45	Lemon, Orange, Onguard, Peppermint Geranium, Frankensence. , Happy, Many more	Oral, Topically, Bath, Laundry, Cleaning, Diffusing	Some diluting and some straight	Idk	1 time	Doterra	No	Rash Diarrhea Gas	Now it is. Sun and food	I used them for 2 years	Biopsy Now			http://www.webmd.com/skin-problems-and-treatments/news/20170809/essential-oils-natural-doesnt-mean-risk-free
49	11/07/2017 17:02:43	Female age 58	Deep Blue: Ingredients are,wintergreen leaf,camphor bark,peppermint plant,blue tansy flower,blue camomile flower,helichrysumflower,and some thus flower essential oils	Topically	It was a premixed sample	Doesn't say	One application I just used a bit of what was in the sample package	Doterra deep blue	I don't know and didn't know to ask or look.	Coolness then like my skin was burning	Very tender and sensitive to touch	It got better by the next day with the redness all most gone	None	Just a rep trying her best to sell us her oils		A Doterra Rep. was very passionately doing her best to sell me on these products that would help with my "golfers elbow" she gave me a dab out of a tube to rub on my elbow and it felt really good. She gave me a few sample packs about a teaspoon in each one which I remembered I had a few days after she was here and used one of them and within minutes my arm turned red and felt like the area was burning. I washed off with water then rubbed some olive oil on and that helped take the remainder off, it left a red rash area on my arm and faded and felt better by the next day. I do have a picture of my arm but don't see here how to send it. This rep also Told us we could ingest all their products. Thankfully that raised a red flag and she was just to pushy. After some research I found a lady who teaches safe use and the basics of using essential oils and doesn't try to sell any but shows us what to look for before we buy any. She also sent me this link. I feel these reps should be made aware of all this and much more before they start pushing a company's product on us.
50	11/10/2017 9:00:05	Male age 24	Peppermint	Topically	Undiluted	Don't know, it was rubbed on the back of my neck by someone without my permission	One	Young living	Don't know	Extreme burning pain	Extreme burning pain, I ran to a shower to wash it off	After 1 hour it felt fine	None	None	None	Someone rubbed peppermint on the back of my neck because I was a little overheated. She said "this will help cool you down". It immediately started burning and I ran to a shower to wash it off. It still tingled for about an hour.

51	11/13/2017 20:41:51	Female age 45	Thieves	Oral ingestion and topically	Ingested undiluted. 1 drop daily for 4 days, applied topically to bottom of feet 1 drop undiluted or sprayed on after diluted with water.	1 drop undiluted 100% pure ingested, 10 drops added to 3 fluid ounces of water in spray bottle	Oral once daily, Bottoms of feet twice daily	Young living	No	Temporary burning sensation in mouth and throat. Lips burning, chapped and split. After a couple of days I developed a sore throat, cough, and severe heartburn.	Same as above	Still having symptoms. Discontinued oral dose 2-3 days ago.	Calling primary doctor or ent tomorrow morning.	Not sure	Nov 8 - Nov 11, 2017	This was my first experience with essential oils. I was given instructions by the place I purchased it from. Unfortunately, by the time I went to use it, I couldn't remember the instructions so I improvised. I should have know better and researched more. I was on a cruise to Honduras, Belize, and Cozumel and wanted a natural protection against parasites, fungal infections, bacterial infections, ect..... I figured more is better. I had no idea essential oils were so strong. I know I have esophagitis from my symptoms. I only hope I am better before my anniversary coming up so I can enjoy a nice dinner.
52	11/27/2017 14:02:40	Male age 10	Cold pressed lime, tangerine, wild orange	Topically in a roller bottle	They were diluted to 9%	9 drops in a 5 ml roller. 9 percent.	I'm not sure.	Doterra	I'm not sure.	Burning and redness at the application site.	Burning sensation	After diluting with coconut oil the burning went away but the red mark remained. 24 hours.	None	Home use.		
53	12/06/2017 15:22:02	Female age 43	Lavender, R.C., Awaken, Gathering.	Topically, diffusion, ingested	undiluted/heat	2-3 drops	5 or more	Young Living	no	Initial use of lavender gave me a headache. As the months progressed as I used the oils listed, I began breaking out in painful hives, rashes, itchiness, burning sensation and inflammation on my face and neck.	One morning I woke up and had to go to the ER because my entire face/neck was swollen- eyes swollen shut. Burning, itching and swelling was unbearable- like my face was on fire. Many other times experienced the same symptoms listed above. I was put on prednisone, numerous antihistamines, topical creams and sprays.	Still experience these symptoms any time I use an oil that contains Lavender. My neck has red burn looking marks that do not go away.	I had intense blood work done at LabCorp in Pompton Lakes, NJ- as RX'd by dermatologist. Spent the day in Chilton ER in Pompton Plains, NJ on August 21, 2017.	Personal application/diffusion- given the knowledge to do this by several Young Living reps.	April 2017- present	I was first introduced to Young Living by a friend/distributor in April 2017. I was told that I could diffuse, ingest and apply oils topically without dilution and there would be no adverse effects. I was able to use the oils with no reaction other than a headache for 4 months. Starting in August I began breaking out in severe hives, one time so bad that I ended up in the ER. When I questioned my Young Living rep, she insisted that my body was "detoxing" and it was ok to continue using the oils. I took her word for it, trusting she knew what she was talking about. As I continued to get the rashes I began researching aromatherapy and have found out that what Young Living reps allow or promote is against the safety guidelines of aromatherapy. I am embarrassed that I let it get this far but now I am happy that I took responsibility on my own to find out the truth.
54	12/13/2017 15:05:30	Female, age 46	tea tree, lavender, lemongrass, on guard, purify, frankincense, myrrh, digest zen, peppermint, balance, clove, lemon, grapefruit, orange, deep blue	All methods	initially undiluted, then diluted	Several over the course of several months	Used internally and topically several times/day.	doterra	Not to my knowledge	Hives eventually covering approx 80% of my body. Open oozing skin on my face. My body and limbs swelled up. Diarrhea, bloody stool. Headaches.	This went on for approximately 8 months at the worst of it.	After discovering it was the essential oils causing this I stopped using them internally and topically. At that time my symptoms began to dissipate, however they would continue to come back every so often. I then learned that this may be because I was still diffusing them.	I had seen several doctors, specialists and even a trip to the emergency. I had urine tests, blood tests, allergy tests and a biopsy. I was prescribed several very strong medications throughout this time period and still use a strong steroid cream from time to time.		I began using doterra in October of 2014.	I have copies of my medical reports from the last 3 years as well as additional information that I have documented. I also have a youtube video about most of my experience that you can view here: https://www.youtube.com/watch?v=NQRwW9LbbzA
55	12/16/2017 0:09:51	Female age 43	I've used every doterra oil for 7 years.	All	Yes	Unknown but lots of dusky exposure	Daily	Doterra	No	I am breaking out in hives head to toe often. Have developed multiple chemical sensitivity. Extreme fatigue. Confusion. Dizziness. Doctors thought I had Lyme disease to something but this week they said they think it's the essential oils!!! I'm especially allergic to wintergreen and eucalyptus, had adverse responses to both. Caused extreme dizziness, loss of bladder control, and slow heart rate and low blood pressure.	Listed above.	I've stopped all oils for a week and still feel all symptoms	Hormone panel shows hormone disruption. 11/28/17	I'm a sales rep for doterra	Every day for almost a decade	I am sick beyond sick. Have been tested for everything. This week my doctors looked for that first time at the essential oils I use and couldn't believe the aualitybdo exposure. They think all my health problems are toxicity from oils!!!