

ID Number	Date Submitted	Who were the essential oils used on	What essential oils were used	How were they used	Were the essential oils diluted or used undiluted	What was the percentage of essential oil used	How many applications	Essential oil brand used	Was the oil over 6 mos old	What was the experience during	What was the experience immediately afterwards	What was the experience sometime later	Describe medical intervention, if any	What type of essential oil session did you receive	Dates of essential oil application(s)	Personal testimonial page	
1	2/28/2014	Female, age 57	Oregano, wild Mediterranean oregano	Orally in water	A mouth full of water, then undiluted drops squirted into mouth	5-10 drops	Three to four per day	Joy of the Mountain, organic, 70-80% carvacrol	no	Rash developed on palms of hands and a few places on arms	Within four weeks	It took many weeks for the rash to finally completely go away, maybe 2-3 months	Primary care Dr examined me and gave the diagnosis of medicine reaction	none	Early 2013, taken over 4 weeks	This oil as well as another brand was recommended to me by an author who has crohn's disease and has healed herself using essential oils and many other supplements and diet. She even gives it to her children. I see many aromatherapists suggest and use essential oils internally and it bothers me. Essential oils are not tested for this use by the AMA.	
2	9/29/2013	Female, age 34	Lemon EO, Peppermint EO	Oral ingestion	Undiluted	1-2 drops per 16 oz. bottle	1 or 2	Young Living	no	One of the things I was SO excited to try when I got my shiny new essential oils kit from Young Living was trying oils in my water. I'd been told all about the "health benefits" and was really looking for something to add to my water for flavor and variety. I first tried Lemon EO. Within SECONDS of taking my first sip of water, I had a horrid migraine headache, causing me to need to retreat to a dark room for several hours until it passed. I tried Peppermint EO the next day and had almost the exact experience.	After each incident, it took several hours for the migraine to subside.	no comment	no comment	no comment	January 2013 to July 2013		
3	3/1/2014	Female, age 34	Lemongrass	Oral ingestion	Completely undiluted	10 drops in a veggie cap, taken 1-2x per day	I think 3-4 days, not longer than a week	doTERRA	no	On the first day I felt more tired than usual, but it was tolerable. On the second or third day I started having episodes of extreme dizziness, so cut back to only one veggie cap per day of oil. A day or two later, I was driving home from my parent's house and had a SEVERE dizzy spell and believed that I was going to pass out behind the wheel. It was at that point that I stopped taking the oil.	After my worst episode, aside from being scared to death, I still felt "spacy" and disoriented for several hours.	no comment	No doctors needed	no comment	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, l'angerie, clementine, vanilla; other citrus EOs	Orally in water	Totally undiluted.	no comment		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, l'angerie, clementine, vanilla; Lemon EO, Wild Orange EO, Lime EO, Grapefruit EO, Peppermint EO, Spearmint EO, Tangerine EO	Oral ingestion	Oral ingestion	2 drops to 1 quart of water	Drunk throughout the day, usually over ice	doTERRA	no	Increased feelings of thirst, dehydration, and mouth irritation (reddening of gums, lips, tongue, and inside of mouth, but no pain)	no comment	This was something that came about gradually over time	No medical intervention	no comment	January 2013 to July 2013		
6	9/26/2013	Female, age 34	DigestZen essential oil blend - Ginger, peppermint, tarragon, fennel, caraway, coriander and anise	Oral ingestion	Totally undiluted	10 drops added to a veggie cap or taken in a "shot" with an ounce or two of water	More than a dozen, not sure exactly	doTERRA	no	I started using this oil to help with symptoms of Acid Reflux. At first, taking the oil seemed to help, but over time it stopped working and actually made the reflux symptoms MUCH worse. Upon taking the oil, I would have a cold, burning sensation in my stomach that would last for HOURS, and the incidents of severe reflux, sometimes with acid running up into my mouth or sinuses at night, became much more severe both in the number of incidents, the duration, and the steps needed to remedy the problem.	Usually within 12 to 24 hours of taking the oils, I would have severe diarrhea. I 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.	still occasionally use this oil blend for stomach upset or reflux, but I only use the oil topically or on VERY rare occasion in a veggie cap, heavily diluted	
7	9/26/2013	Female, age 38	Balance Blend (spruce, rosewood, blue tansy, frankincense); Lavandula angustifolia, metaleuca allemafolia, On Guard Blend (cinnamon, clove, eucalyptus, orange, rosemary) Aromatouch blend (basil, grapefruit, cypress, marjoram, lavender, peppermint), Deep Blue blend (wintergreen, camphor, peppermint, blue tansy, german chamomile, helichrysum, osmanthus), peppermint, sweet orange	Topically	Fractionated coconut oil was applied to the back first but all oils were used undiluted, dropped on the back	4 drops for every essential oil	once	doTERRA	I don't know	I did feel relaxed during the massage, peppermint made me feel cold	Later that night I had a migraine headache then the next day I had another migraine	no comment	none	massage, Aromatouch Technique	Oct-12		
8	9/26/2013	Female, age 39	Slim & Sassy metabolic blend (grapefruit, lemon, peppermint, ginger, cinnamon) -doTerra Aroma Touch Massage Blend (basil, grapefruit, cypress, marjoram, peppermint, lavender 2 Balance Blend (spruce, rosewood, frankincense, blue tansy) Deep Blue Blend (Wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum and osmanthus) On Guard Blend (Wild orange, clove, cinnamon, eucalyptus, and rosemary) Lavender, Melaleuca, Peppermint, Wild Orange	Oral and topical	Oral ingested blend: approximately 3 drops in glass of water (possibly 16 ounces)	No measuring; approximately 3 drops of ingested blend in glass of water (possibly 16 ounces)	one	doTERRA	unknown	Oral: Burning lips and throat Topical: Back of neck and head (mostly in hair line) began burning during massage. Additional coconut oil was rubbed on the area but did not change level of discomfort.	Immediate onset of moderate migraine headache. Was instructed to apply another blend to head named Past Tense (wintergreen, lavender, peppermint, frankincense, clantro, marjoram, roman chamomile, basil, rosemary) Continued burning of lips and throat, numbness in lips Continued burning and irritated skin on back of head/neck	Headache continued for approximately four hours, prescription medication was of little help Lips remained burning for several hours, irritation continued for 24 hours.	Prescription medication for headache, Relpax, 40 mg x2	doTerra AromaTouch massage performed by a Registered Nurse (licensed and working at hospital in Indiana)	4-Sep-13		
9	9/26/2013	Female, age 39	http://www.aromatouchtechnique.com/reference/	Topically	Topical blend: Fractionated coconut oil applied to back before adding undiluted oils	small amount of Fractionated coconut oil applied to back before adding undiluted oils topically, possible undiluted oils on bottoms of feet	one	AromaTouch Massage	doTERRA	unknown	Oral: Burning lips and throat Topical: Back of neck and head (mostly in hair line) began burning during massage. Additional coconut oil was rubbed on the area but did not change level of discomfort.	Immediate onset of moderate migraine headache. Was instructed to apply another blend to head named Past Tense (wintergreen, lavender, peppermint, frankincense, clantro, marjoram, roman chamomile, basil, rosemary) Continued burning of lips and throat, num	Headache continued for approximately four hours, prescription medication was of little help Lips remained burning for several hours, irritation continued for 24 hours.	Prescription medication for headache, Relpax, 40 mg x2	doTerra AromaTouch massage performed by a Registered Nurse (licensed and working at hospital in Indiana)	September 4, 2013	no comment
10	9/26/2013	Female, age 5	Purification, blend, Young Living	Topically	neat	2 drops	one	Young Living	no	my daughter was coming down with a cold and had the start of a cough	Initially, everything was fine	Within a few hours, my daughter was suffering from an itchy rash that entirely covered her upper torso - from shoulder to shoulder and down to her abdomen	within three days, the itching went from intermittent to non-stop and I had to take her to our pediatrician.	no comment	roughly 9 months ago	This incident happened when I was new to Young Living and using essential oils. I used the oils neat at the advice of other YL users/distributors. Everyone told me the oils were pure enough to use neat, the suggestion of diluting oils is never mentioned, because, you know, these oils are "just that pure". I never knew that you cannot use a blend with lemongrass in it on a child, because everyone suggested it and others have done it. When I contacted people on the facebook support group about her reaction, I was told it was a Detox Reaction, mainly because my daughter has been routinely vaccinated from birth. To help the situation some suggested I use some oils to help with the rash and to continue the detox my 5 year old. I followed what I thought was learned advice and did as they suggested, because I was desperate for ANYTHING that would end her misery! One of the suggestions was to use Peppermint, neat, because it would stop the itching. It only made things worse. Within an hour or so of applying the peppermint, the itching became non-stop and unbearable and we had to take her to the Pediatrician that afternoon for medication.	
11	10/1/2013	Female, age 60	Lemon	Oral ingestion		1-2 drops per 8 oz of water 10 times per day		doTERRA	unknown		no reaction until after a few months of use	after approximately 6 months the tongue started to go numb, gums were extremely sensitive and sore, back of tongue was bleeding, taste buds seemed dead.	none taken		approximately June through December 2012		
12	10/14/2013	Female, age 44	A blend from a MLM company of Wild Orange, Clove Bud, Cinnamon Bark, Eucalyptus leaf/stem, Rosemary leaf/stem Botanical names not listed on bottle	Topically	neat - I was directed to use it neat and also to ingest it.	2-3 drops (as directed)	2x a day (as directed)	doTERRA	No, I just purchased it.		burning, red bumps and irritation.	about 1 hr passed before it felt better.	no response	I don't know? it is called On Guard Protective Blend from doTERRA.	September/October of 2013	I am very concerned about using this blend neat and ingesting it. When I shared about by skin burning and the red bumps and that I dilute it, and all my oils now, I was told that I must have sensitive skin by the person who told me to ingest and use oils neat. I should have known better to trust this person; she is not trained at all in the craft of aromatherapy, she is just a MLM representative, and is merely preaching what she was taught.	

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13	2/24/2014	Female, age 43	DoTerra Frankincense, Lavender, Peppermint, lemon, orange, en guard, deep blue, melaleuca, life long vitality pack supplements (allegedly containing a whole list of essential oils) Also used Breathe for stuffy nose and their First Tense blend topically for headaches. Also tried their Clary Calm blend on abdomen for cramps.	Oral and topical	Some used undiluted- like past tense and clary calm and an occasional drop of orange, frankincense or lemon on my neck. Other times diluted with coconut oil on my face. And whenever I did aromataouch- undiluted except on my 7 year old and then I used coconut oil.	Don't know. I used the oils and supplements as recommended (except almost from the start reduced my dose of the Life Long Vitality pack because I could tell it was giving me too much energy) for approximately three weeks.	Again- not completely sure how to answer other than what I have already said. It was daily use of pretty much all (except aroma touch technique) for about 3 weeks.	doTERRA	No. Brand new from the company in Utah- except for my first experience at my upline's house three days after Christmas when I had a glass of slim and sassy drops in water. Don't know how old that was.	and allergies). During taking the aroma touch class and receiving and giving the technique, got a horrendous headache and had a bad bout of allergies (sneezing and runny nose) but this was typical for me so I figured it was either just a coincidence or 'detox' which they claim can happen. Following that, I started feeling better. More energy- waking up very early (4 and 5 am) without headaches and brain fog and having energy. Started feeling a very fast heartbeat in the third week. Thought maybe I was just really thrilled to finally be waking up with no headaches and much less allergy symptoms. A couple of days before my big episode (which was on Jan 23, I got concerned for myself one night when I had been laying down for 2 hours but could not slow down my thoughts or my heart rate (100 bpm). I started having a lot of really creative and fast thoughts during the day that were coming so fast, I couldn't express most of them. This is highly unusual for me as a very articulate lawyer and writer. Anyway, I thought I was just excited and feeling good for the first time in two years and that was why my brain seemed to be so clear and busy but it quickly spiraled out of control. I tasted my first Essential Oil on December 28. By the morning of Jan 23, I was full on delusional. My husband found me at 5 in the morning in the tub, rocking back and forth and feeling like I was in labor (but I wasn't pregnant). I was refusing to get out, refusing to go to the hospital or say anything really to him except to beg him to pray for me. He	After another ER visit, many specialist and therapist visits and being off the oils for three- four weeks, I am finally regaining my equilibrium both physically and emotionally.		I was first at Anne Arundel Medical Center on the 23 of Jan. They had no idea what was happening. They found the opiate in my urine. They gave me Ativan and zyxorexa- and put me in a psyche observation room for the night. I was terrified. I went for a follow up urine test on the 27th- it was negative. I went to Baltimore Washington Medical Center ER on Jan 27, with chest pains and muscle weakness and all over boils and rashes. They gave me a shot of Benadryl and referred me to the midwife for hormone testing and for counseling for the grief I was expressing. Also they recommended natural practitioners who may know about oils. I saw a naturopath soon after who allegedly knew about oils but seemed to know very little when so saw her. My lawyers sent me to a Psychiatrist who didn't even look at any of the records, spoke to me and my family for 20 minutes and said I might be schizophrenic. More terror. I saw my midwives who reviewed a full ultrasound and said that was all normal. I finally found a Chinese doctor in town (George Yu, MD) who knows about natural healing and he has been treating me for three weeks to get the oils completely out of my system. I have also seen my GP and a counselor. This has been extremely traumatic. My headaches and allergies are back so that stinks. But at least my brain is working again!	no comment	no comment	I was taking half the dose of the life long vitality pack supplements, a couple drops of orange or lemon in water 2-3 times a day, a couple drops of frankincense in water in the evening, and bathing with a few drops of lavender and frankincense in my bath. Also used melaleuca, lavender and frankincense (usually mixed with coconut oil) on my face. Used deep blue on painful lathrone after a fall. used First Tense topically for headaches and Clary Calm topically for cramps. Also, I put many of the oils at different times in my diffuser. Finally, I was sharing the oils a lot with friends and family so I did at least two Aroma Touch technique massages on my husband and daughter and then abbreviated Aroma Touch on hands of friends a half dozen times within the space of 3-5 days and that includes 8 different oils. Balance, lavender, en guard, melaleuca, aroma touch, 7, orange and peppermint.	
14	2/22/2014	Female, age 35	tea tree	Topically	not diluted, just dropped into water	3 drops	happened twice - 1st time thought was a fluke. 2nd time it happened knew it wasn't	Auroma	not at the time	placed hand into water to 'swirl' the oil - no reaction at the time	no reaction	next day woke up with blisters under finger nails on hand that had been placed in water to 'swirl'	No medical sought	personal use at home	6 years ago	Had used tea tree undiluted on toe nails in the past with no reaction. had used in foot bath pre mixed with other oils/carriers, not problems. Had an infected toe at the time, just wanted to give it a soak and added so 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	Wanted 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.	no comment	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 gts	single application	doTERRA	Less than 6 months in my possession	A feeling of fullness, nausea and now flatulence	Topical warmth after 5 minutes or so	It has just been an hour or so now. Audible tummy rumbling	n/a	n/a	3/3/2014	These may be normal symptoms for this blend but I find it uncomfortable. I stopped using it because of these symptoms. But this evening I thought I would go to it a try again. If this is supposed to produce flatulence then it works. The nausea is not pleasant. I just read tarragon is supposed to reduce flatulence. When I first began using this I thought symptoms to be normal. tonight symptoms are more uncomfortable. I want to go to bed and sleep the symptoms off. Is this normal?	
20	3/4/2014	Female, age 29	Roman camomile (anthesis nobilis)	Topically	Not diluted - high concentration (bottle broke)	Undiluted. Unknown amount. Came from a 5 ml bottle (about 1/4 spilled in the break)	One (7) smell was quite strong in the kitchen all day	doTERRA	no	none	Headache/tiredness	Violent vomiting all night and two days after when exposed to a small amount of the same oil again	None	None	2/19/2014	This could have been an allergic reaction or an overdose, but it is important for people to be careful. In my case the bottle broke in shipment, but hindsight is 20/20 and I would have cleaned it up and kept everything outside had I realized what would have happened. I wasn't sure the camomile was the cause, but two days later, I was exposed to it again when making a blend. I went into vomiting fits again. I have been avoiding the oil since (to detox) and have not had any problems.	
21	3/4/2014	Female, age 32	Thieves and Germ Fighter	Oral ingestion	Undiluted	1 drop	For thieves, it took 3 days before the side effects kicked in. For germ fighter, it took 7 hours before I felt my lips swelling	Young Living & Plant Therapy	no	Burning sore-like feeling in my inner and outer lip, gum and tongue. Swollen lips.	Mouth ulcers, lip sensitivity	I couldn't take the pain after 2 days. So I went to the doctor to get antibiotics and meds to reduce inflammation. 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	Once or twice a day, for 2 or 3 days. When I realized my blood pressure was up & it might be due to the oil blend, I stopped taking it for a several weeks, then started taking it again. I did this cycle 3 times, each time resulting in elevated blood pressure.	doTERRA	No	Elevated blood pressure. From the normal range (about 120/72) to high (155/100).	It took about 24 hours for my blood pressure to go back to normal after the last dose	Normal blood pressure after 24 hours	I monitored & recorded my blood pressure & heartbeats per minute	I used other doTERRA oils to bring my blood pressure down, in addition to beetroot powder	June 2013, August 2013, November 2013. I don't have exact dates with me at the moment	I love doTERRA essential oils, they have been life changing for me & my family. Slim & Sassy is the only one that has a negative effect on me. I have several health issues, including metabolic syndrome. I was hoping this metabolic blend would help me.	
26	3/18/2014	Female, age 61	oregano oil Won with Nature	Topically	neat as per Youtube video	3 drops per foot	over a period of 9 months	Won With Nature	yes one bottle lasts about 5 months	none that I related to the oils, but I have rapid heart beat, and dizziness I thought was caused by something else	no infections in the lungs and sinus as stated in the videos	burning in mouth and tongue after several months	Dr. Mikeworth of OSF Medical group prescribed Maalox-Diph-Lidocaine 2 ML by mouth 4 times daily for mouth throat discomfort. I did not relate the mouth burning to E.O. usage and did not realize that my liver was going out again. I have been treated for heart palps, and high blood pressure just this year. The palps are gone now after just 3 days of not taking the oil on my feet. My Doctor was going to put me on Trazidone for sleeplessness and I told him of my Hep-C condition. I asked to be tested. I had my blood drawn on 2/13/14 and it was sent to Mayo Clinic. The HVC RNA AB tested 5760000	just Youtube videos	June- March 3, 2014	the oil did stop all infections. And darned near stopped me too!	
27	3/12/2014	Female, age 45	xEO MEGA® ESSENTIAL OIL OMEGA COMPLEX from DoTerra: "doTERRA"™s xEO Mega is a revolutionary formula blending CPTG Certified Pure Therapeutic Grade® essential oils of clove, frankincense, thyme, cumin, orange, peppermint, ginger, caraway, and German chamomile, with natural plant-sourced essential fatty acids from flax, borage, cranberry, and pomegranate seed oils and marine lipids!	Oral ingestion	no comment	no comment	3 days - 6 capsules total	doTERRA	no comment	TERRIBLE heartburn that kept me up all night long, literally. Stomach discomfort, cramping, indigestion.	Began shortly after taking first dose	Lasted several days	no comment	no comment	no comment	no comment	
28	3/13/2014	Female, age 40	Sweet orange oil or possibly lemon oil. Aura Cacia Chill Pill blend (separate instance)	Topically	Diluted in water and 1/2 C. Espom salt.	5 drops	two, separate days	Aura Cacia	no, brand new	Itching, stinging skin where the water touched, after 5 minutes of soaking in bath	Continued after washing and drying off, for 20-30 min	Nothing	None	no comment	February and March 2014	I do not fault Aura Cacia at all. I suspect I might be topically sensitive to either the sweet orange or citrus oils in general. The first instance, I can't remember if it was orange or lemon oil that affected me. The second instance, I used the Chill Pill blend, not thinking about my reaction a week earlier. Chill Pill contains sweet orange, and the other oils in the blend are oils I have used with no adverse effects.	

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29	3/26/2014	Female, age 29	oregano, melaleuca, lavender	Topically and diffused	diluted	diffused about 4-6 drops	One to two applications	doTERRA	NO	Typically I immediately reacted by having itching and sores and a bad burn/ rash on my skin. Diffused I starting having major migraine headache like syptoms for a few days and I don't ever normally have headaches.	Feeling a burning sensation and putting on fractionated coconut oil to take off the oil on my skin. I had a severe burn that started peeling for over a week and a scab started forming.	Almost two weeks passed before I saw some improvement on my skin but I know have a scar from where the burn was.	no comment	no comment	Sometime in Feb and March. Happened twice in different dates from different oils.	I first started using doTERRA in Feb. 2013 and then started using them regularly in Feb 2014. I only used the lavender for my daughter and then I started ingesting them after I had a really bad cold and allergies. I first started noticing a reaction to the oils when I would put them on my hands and little sores would start forming. I ignored it to being too sensitive. Then I put some melaleuca diluted with FCO in a syringe for a yeast infection and got a real bad rash that lasted for a few weeks. Again I ignored it to being too sensitive. After a few months not using the oils a friend invited me to host a class to learn more about the oils and I thought that would be a good idea since I was still fairly new. After that I started seeing ways I can use the oils internally by diluting them in some water. I did that with allergies, sore throats, and colds. I didn't notice anything until I started getting lots of congestion and phlegm buildup. I attributed it to the cold but after I stopped using them for awhile the phlegm drainage became less and then stopped. I went to a friend's house and I got bad allergies from being around her cat so she diffused some oils and I got a headache immediately. I diluted frankincense in my house and also had bad headaches/migraines for a week after I stopped diffusing. Now that I no longer diffuse the oils I don't get headaches anymore. My 1 year old daughter has only had a rash on her skin when I didn't dilute the oils on her chest for a cold. I now just use a roller bottle diluted with FCO on her feet. When I contacted the team who I hosted the class for and told my reactions to the oils I only was told that I was too sensitive and should heavily dilute when applying to skin and use them only on my feet and ingest with water. I didn't know we can report this and have more companies aware of the potential dangers and adverse reactions that these oils can have on individuals especially for those new to the oils.
30	3/28/2014	Female, age 54	A blend from YLEO called Joy that consisted of the following oils: Bergamot, Ylang Ylang, Rosewood, Lemon, Tangerine, Jasmine, Roman Chamomile, Palma Rosa, and Rose.	Topically	Neat	I was instructed to allow several drops to fall in the palm of my hand and then apply them over my heart area for sadness.	one	Young Living	no	within several minutes after applying the blend I experienced a burning itch.	About 15 - 30 min. or so later a round patch of blisters appeared over the area I had applied the oil	healed in about a week. This took place in 1996.	none	husband just sponsored into this MLM. I had never heard of essential oils before this time. We were visiting his parents in Lancaster Co. Pa, Amish country. He signed a lot of Amish people into the MLM. They were drinking the oils, putting one on after the other on their bodies neat. It was	Whenever I told the up-line rep what happened she said, she could not answer why that took place. She also stated that usually whenever there is a reaction from an oil the body is detoxing.	
31	4/1/2014	Female, age 54	Oregano	Topically	diluted, but not enough	don't know	one	NOW foods	don't know	BURN!!!!	I rinsed it off quickly and held a cold cloth to my cheek. I had a red welt there for a few days.	2-3 day	nope	self	4 or 5 years ago	I was using Oregano oil in a scalp oil. I made it too strong and it dripped down onto my cheek and burned it. OUCH!
32	4/4/2014	Female, age 57	Red Thyme	Topically	undiluted	Several. She used it directly from the bottle and said "Oops the bottle got away from me!"	one	no comment	?	Awful burning in the ear canal. Burned tissue	Felt awful and knew it was NOT good!	Scar tissue and pain for a few weeks and very hard to heal ear canal.	Went to Urgent Care after flying home...not comfortable. Follow up showed very irritated ear canal. July 25 2012 Mercy Care Clinic, Dr. Coleman several follow ups and ear was never quite the same.	Registered Nurse did this. She also runs a spa. I was sick with an ear infection and she said "I'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 delirious 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 diffused	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 oils need to be educate on the possibility of reactions
35	1/4/2014	Female, age 29	Frankincense and purification	Topically	Undiluted then immediately followed with coconut oil	1-2 drops each followed by about a tsp of coconut oil	1-2 drops each followed by about a tsp of coconut oil	Young Living	No dates on bottles but I'd only ordered it a month prior	None	None til second day	applied 3 times one day without noticing anything, but by the next day the skin turned red, bubbled up and peeled...wasn't painful but looked awful. Was told I was "just detoxing". I'd applied it on one finger due to a small sore, but even the finger next to it developed the rash since the oils got there too	none	none	Dec-13	honestly, after doing a lot of research I felt really betrayed. the people selling these oils just generally have no idea of scientifically what's going on. Although they tell you that they do and they have all the proof etc. when I went to my upline in the MLM oil company and some other ladies that sell it they laughed at me and told me that I was just detoxing and that there's no way to be allergic or have a bad reaction to the oil since they are natural.
36	3/2/2014	Female, age 24	Lemon essential oil was used extensively, but many others were also used.	Oral and diffusion	The essential oils were diluted when applied topically only. Otherwise, they were used undiluted.	I would place 1 drop in a 8-12 oz. glass of water. I did this numerous times a day. I also would diffuse essential oils for 4 or more hours everyday. This typically would mean 20 drops diffused of pine or lavender essential oil everyday.	Numerous times a day!	Young Living	Not that I know. I purchased the oils extensively and used them up quickly.	None known.	I felt good because I thought I was doing something good for my body.	I started having what I felt was kidney and bladder pain in 2004, but no signs of an infection were present. I would have to urinate frequently, and my sleep was interrupted by needing to void a couple times every night. My physician thought it was due to bacterial vaginitis. The symptoms continued. I got pregnant at the end of 2005. I had frequent cramping/contractions, and would leak urine. Nothing could be found wrong. This continued with my next 2 pregnancies, as well. I learned to manage my kidney and bladder pain for the next 6 years by taking frequent baths to deal with the pain. I learned to cope with the interrupted sleep. I would wear pads continuously, to absorb the urine leakage.	Finally, a new physician I had an appointment with at Sanford in Fargo, ND suggested I get checked for interstitial cystitis in April 2012. The in office test confirmed the condition, and I finally had an answer to my issues.	Personal use.	2003-2005	Interstitial cystitis symptoms are best described as this: imagine having an open wound on the palm of your hand, and pouring lemon juice on it. That pain would be excruciating! My bladder was damaged, and the nerves would send the pain signals up and down my back. I decided to avoid the prescription medication to try and treat it. Instead, I opted to change my diet to not include citrus, high vitamin C foods, and ascorbic acid (which is in almost everything). This included avoiding vitamins of all kinds that have vitamin C, as they would trigger bladder/kidney pain. My urine leakage ended, as did the kidney pain and acid bladder pain. I also didn't have the frequent restroom trips. I got pregnant at the end of 2013. The pregnancy went smoothly. When I'm not careful with my diet, the pain and leakage does come back. Being careful with my diet is the key for me to live with this condition.
37	4/8/2014	Female, age 34	DoTerra individual oils of Frankincense, Lime, and Lavender	Topically	They were ingredients in a natural deodorant. The other ingredients listed were coconut oil and beeswax	not sure	once to twice daily for 3 days	doTERRA	I am not sure, I purchased the deodorant from someone who made it	none	After using for 3 days, I developed hives, rash, itchiness in armpits. I took a break for a week. Symptoms cleared and then I tried using deodorant again. Within 3 days of using again I broke out in hives, rash, and itchiness	I discontinued use and the symptoms went away within 3 days	none	none	Apr-14	I am an aromatherapy teacher and business member of the NAHA. I have been safely using oils from many different companies for over 16 years. I have never used DoTerra before I purchased the deodorant. I have been looking for a natural deodorant that works well for me. One of my aromatherapy students (who is also a doTerra rep) makes natural deodorant with doTerra oils. I purchased some deodorant from her. I used it and experienced the adverse reaction. In my 16 years of using oils, I have never had an adverse reaction before.
38	4/17/2014	Female, age 43	oregano	Topically	neat	was filling capsules with 3 drops of a mix of oils, oregano being one of them.	no comment	doTERRA	no	oil dripped on my fingers and hands as I was trying to fill the "flu bomb" capsules and BURNED. Broke out in sores, and it hurt.	same	took several days for the sores to go away. Was told I was "detoxing" and this was good.	none	none	no comment	These oils are not "perfectly safe". Oregano is a HOT oil (as is clove) and not safe for adults or children to use or handle neat. These doTerra and Young Living reps are giving "classes" all over my area. all the time, training people to ingest and use oils neat. I think this is unsafe and irresponsible.
39	4/17/2014	myself and my husband (38 y/o male, 43 y/o female)	doTerra lemon, doTerra tea tree, doTerra oregano, doTerra On Guard	Oral ingestion	undiluted	3 drops each: doTerra lemon, doTerra tea tree, doTerra oregano, doTerra On Guard	2 days, 3X/day	doTERRA	no	burned all the way down. Ate through capsule.	Burned for days	Burned for days + acid reflux. Was told we were detoxing and it was killing the flu virus.	none	no comment	no comment	"Flu Bomb"
40	4/17/2014	Female, age 3	doTerra On Guard blend	Topically	diluted	20 drops in a 20ml bottle- the rest filled with fractionated coconut oil.	one	doTERRA	no	I was rubbing this on my 3yo's feet at bedtime to stave off the flu as instructed by my upline. They said I could use it neat on her feet- that it was perfectly safe. I went ahead and diluted it, "just to be safe". After I rubbed it on her feet, she reached down to "help" and it go on her little hand. I think she didn't like it on her hands and as she was pulling her hand away she bumped her own stomach with the remnants of oil on her fingers and started screaming. Her little stomach was bright red in that spot and inflamed.	It went away after about half an hour, I rubbed plain (non fractionated) coconut oil over it until it went away.	no comment	just raw coconut oil to sooth it	no comment	no comment	DO NOT DO IT. It is not "perfectly safe".
41	4/17/2014	Female, age 57	Young Living had several complex mixes (I will NEVER use so many at once again!) The blends were: Valor, Peace & Calming, Sacred Mountain, Gathering, and a number of their spiritual blends.	Topically and diffusion	UNDILUTED! YL said this was OK!	I would put one or two drops in my hands, then massage them into the feet of my clients as YL recommended this. Thank goodness I NEVER did the Raindrop Technique! EO overload!	Many	Young Living	no	I enjoyed doing the bodywork, but in 2003 I started getting a bit sniffly when using them, nothing crazy, but sniffly.	The sniffiness would recede and I didn't think much of it.	In 2014, I started using EO again, but found good suppliers on the internet, but still using NEAT as YL educated people this is safe. And I find that years later I am now allergic to alot of substances and have even had anaphylaxis and carry an Epi Pen now. I had an extreme reaction to Tea Tree Oil and really alot of other EO & even fragrances. I found Clinical Aromatherapists on the internet and started asking questions and found that EO are very volatile and can cause reactions and should NOT be used diluted! AND one should protect oneself! When blending such as with a face mask & gloves! YL NEVER said anything about safe procedures. NEVER.	I was the bodywork practioner	1997-2000 2003-2005	Began using YLEO blends in 1997 - 200 undiluted in my bodywork practice, as this is what they teach (at least I didn't ingest!..thought that was extreme!) Continued to use only YL blends undiluted as they taught this was safe to do from 2005-2008, getting small allergic reactions. In 2014, found all new EO suppliers, only using single EOs, used some neat as YL had taught this, found certified Clinical Aromatherapists on the internet, who helped me understand the safe use of EO. I can only use them sparingly now and in low dilutions (if at all) and have turned to hydrosols & flower essences, which are wonderful. But I now have ALOT of sensitivities and allergies to a wide range of fragrances and EO.	

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	
42	4/20/2014	Female, age 27	Topical: Joy and Stress Away Diffusion: Joy, I had also used peppermint vapor, pan away topically on my 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 undiluted/heat	Joy 2 drops on the chest twice a day for 3 days. Joy 5 drops diffused once a day over 2 days. Stress away on the neck and wrists a few times a day with a roller ball. Lemon 2 drops added to drinking water multiple times a day over 4 days.	Joy- Topical twice a day over 3 days for total of ~6 applications. Joy- Diffused twice Stress away- unsure- likely 4-Lemon unsure- likely 3-> a day for 4 days totaling ~12+	Young Living	No- brand new	I received the oils on Thursday. On Sunday I woke up with a terrible rash all over my chest and neck. I felt ill like I had the flu. I was told by a friend I was "detoxing" and stopped using the Joy at that point. By Monday I was worse and felt like I had the flu- fever, chills, muscle aches, headache, nauseated, tired/ lethargic. I am on a medication that can cause these symptoms as well (Latuda) which if that was the cause would be life threatening and therefore went to urgent care. They tested me for the flu and I tested negative. The doctor said some viruses can cause skin rashes and to come back if it did not go away or became worse. He did not think it was the Latuda but told me to check in with the prescribing doctor who agreed with that conclusion.	The flu like symptoms continued for a few days but were improving daily.	It has been 2 weeks since this started. I took benadryl and used 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.	Centura Urgent Care- Denver, CO- April 7th, 2014. (I don't 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 benadryl and applied neosporin. I also took multiple baths with epsom salt and clay that seemed to help.	I did this to myself	April 3-6th for Joy. A few days after for the Stress Away and Lemon.	I was under the impression that EOs were completely safe to use and that my reaction was necessary and desirable in that it was getting rid of toxins in my body. I am ashamed to even admit to that because it was so stupid given I have a pretty strong medical knowledge background. I have continued to use oils that I do not think were the cause although I may have them heavily diluted (for example 10 drops each of 5 oils in 1 cup of coconut oil for back pain). I am most suspicious of Joy because that is the ONLY one I applied to my chest. I did apply Stress away to my neck and wrists after that. I am unsure exactly what caused the rash on my neck because it started at the same time as the one on my chest. I have stopped using those two completely. I did use lemon orally a few days following the outbreak of the rash until I read more on safety. It has been at least a week since I stopped taking any internally- diluted or not. I have pictures that I took throughout the first day (I thought putting lavender on the rash would help but quickly realized that was dumb as well) and over the last two weeks that show the progress but I cannot attach them to this form. Please contact me if you would like them. I hope no one else has to experience what I did but given what I've learned about the marketing strategies over the last two weeks I am afraid this will continue. MLMs are saying this is a good thing, keep doing what you are doing, when I am scared had I followed that advice that the ultimate outcome could have been much worse.	
43	4/20/2014	Female, age 40	Native American Nutritional 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 Nutritional	no	Burning sensation	Redness		Cleared up quickly, but have slight recurrence 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		The Perfumery	Yes, some	Skin reddening, burning, and irritation	irritation and burning, concern	fine	Genomic testing, personal DNA sequencing	n/a	many	My partner has never been around essential oils until he met me. As a blender I work with essential oils in their pure state and either apply small amounts to my skin (neat) for testing or have residual amounts on my skin from working with them. My partner, is a geneticist and has had his personal genome sequenced. He has an inherited allele that makes him prone to psoriasis though he does not display the symptoms (and never has). Hence he just has sensitive skin which may be related to the allele. Although it is not the case for all the blends I've worked with, many times he has had a dermal reaction from touching him after I have worked with the oils in a pure state (forgetting to wash my hands). I've made note of the oils (above) that cause this reaction but it is hard to tell which oils exactly since they are blends. Curiously enough diluted application (ex. back massage with diluted blend) does not cause a reaction.	
45	4/29/2014	Female, age 46	Thieves Oil- Young Living	Neti pot	Placed in the neti-pot solution	1-2 drops per 8 oz of saline solution.	3	Young Living	No. Unless it had been sitting in their warehouse for that long.	burning	It burned for a while but my symptoms seemed to be cured.	All seemed fine for about 10 days. Then I noticed that my jaw hurt and my face was swollen. Sense of smell greatly diminished.	Emergency room visit 4 days after application. Physical exam. Injection of pain meds. Prescribed muscle relaxants, Toradol and Percocet (April 27th, 2014). Treatment ongoing as of a May 4th, 2014.	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		Emergency room visit 4 days after application. Physical exam. Injection of pain meds. Prescribed muscle relaxants, Toradol and Percocet (April 27th, 2014). Treatment ongoing as of a May 4th, 2014.	None, self applied	no comment	Was told after applying the oils by a YL representative to keep using the oil (when I told her my experience). Another person told me it was detox or I was missing something in my diet. Did NOT reapply.	
47	5/12/2014	Female, age 24	Young Living, unsure of actual name as it was put in my water without my knowledge	Oral ingestion	diluted as it was put in water I guess	unknown	no comment- (but narrative describes it as one time)	Young Living	unknown	Just a bad taste in the water at first	After I started drinking the water for a while my stomach started feeling weird and I felt a little dizzy	I ingested it Saturday, it is now Monday, and my stomach keeps feeling more and more upset. I keep feeling like I have to throw up. I've barely eaten since ingesting the oil.	no comment	5/10/2014	I would not have ingested it had I known prior that someone had put it in my water in an attempt to "heal" me. I noticed the water someone gave me tasted odd and figured she put her oil in it. I shrugged it off as I had no other water around and figured I would just deal with it. Now my stomach is constantly upset since then and I have barely been able to eat.		
48	5/23/2014	Female, age 52	Slim and Sassy- doTerra	Oral ingestion	undiluted	5 drops per capsule	1 time/day	doTERRA	no	Within 1-3 hours of taking the veggie cap full of oil I started feeling gassy and uncomfortable, and ultimately had very loose stools for the next 3-5 hours.	see above	Usually felt fine the next day until I took another cap. I didn't realize it was the oil causing the issue at first, took me a while to figure out because I was determined to lose weight. I didn't take any capsules for a couple of days, then took one again, had the same symptoms and realized this was not for me.	no comment	no comment	I was encouraged to take this oil blend and other oils internally by a friend. I saw and was told of great results using 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 life is that easy and if it were no one would be overweight anymore! I have felt some benefits using essential oils topically and so has my husband. But taken internally has resulted in loose stools and nausea. I feel lucky that I stopped taking them after reading the article that had this link in it.		
49	5/24/2014	Female, age 43	Young Living: oregano, thyme, marjoram, peppermint, cypress, basil, wintergreen & 1 more.	Typically	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	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.	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	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.	2014	I kept rubbing drops of essential oil on my canker sores in my mouth because the essential oil representative told me it was PERFECTLY SAFE to do. well I used anywhere between 25-35 drops of oil on my tongue and in my mouth. I had multiple canker sores. I ended up in the ER. Heart racing, panicking, gagging, dry heaving, extremely hot, fever, dizzy and sick and high blood pressure. I thought I was going to die. The woman I called who sells the oils said it wasn't the oils and swore up and down I was fine and it wasn't the oils and they can't hurt and I can't overdose on them. She is going to end up killing someone. People need to know that THESE ARE NOT SAFE TO INGEST PLAINLY.		
54	7/23/2014	Female, age 29	Purification blend - Young Living	Diffusing	inhaled. 5 drops put into YL brand diffuser.	5 drops	n/a	Young Living	unknown, purchased in March 2014	immediate intense headache, irritability	no comment	headache went away around 30 minutes after I turned off the diffuser	n/a	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.	uncomfortable	no further effects noted	no intervention	doTerra representative	Jun-14	no comment	
56	8/7/2014	Male, age 6	Ginger - not sure if from fresh or dried	Topically	neat (by accident) - picked up the wrong bottle instead of the diluted bottle.	probably five drops	once	unknown	yes	burned him - very red chest and obvious severe reaction. He was screaming. Terrible experience.	I realized immediately my carelessness and wiped his stomach with milk immediately. (All three kids had a stomach virus.)	I cooked a LOT with ginger - in everything - and noticed that he seemed to have problems breathing when he was in the kitchen when I cooked with it. I finally made a connection.	I 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 Zan	Oral ingestion	undiluted	1 soft gel	1 dose per day for 4 days	doTERRA	unknown	Sores in my mouth, esophagus, 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.	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		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	flushing 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 remodeling/painting projects so I just blew it off and thought I strained it. A week later, Aug 1st, I went to the doctor when my foot still wasn't better and my legs were cramping up when I walked. They did an x-ray saw no broken bones, just swelling and bruising. 3 days later (day 10 of taking the drops) I got a serious migraine that wouldn't stop so I had to go to the ER. Severe nausea, vomiting, delusions, confusion, brain fog, extreme fatigue, inability to concentrate or think clearly, lethargic, depression, excessive sleeping, aching joints, stiffness, muscle cramps and spasms. Aug 8th went to my massage therapist to try to work out some of the toxins in my body and get some type of relief with a light massage. She suggested that the ingesting the oils could have made me so sick and have to do with the foot pain as well. (The only thing I had been doing different within the previous 2 weeks in my lifestyle and dieting was ingesting the oils.) She suggested stop ingesting the oils to see what would happen. I stopped taking them that day. Aug 11th, went to my primary doctor to do blood tests cause I was still experiencing all the symptoms of muscle weakness, extreme fatigue, etc. and I knew something was wrong. Urine test showed blood in it, blood tests showed elevated liver enzymes, high calcium levels in blood tests, abdominal bloating, discomfort, pain in stomach, problems with eating and going to the bathroom. Visited neurologist 3 days later and repeated urine test as well. Urine test showed negative and no infection even though a few days before it showed I was having problems with a UTI and possibly a bladder/kidney infection. Both my primary and neuro doctor want me to repeat labs in a month because they are concerned with the several aspects on my blood tests when I've never had these kinds of problems before in the history of my blood tests before I was ingesting the oils. Today, a week after not ingesting the oils my body is slowing on its way to getting back to normal. I feel more energy coming back. The stiffness and aches in my body are slowly going away. My foot pain is almost gone. I missed 2 weeks of work over this. When I had contacted two facebook support groups and my upline with these problems	

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
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. YouLivingdeadsadvertiser is a	I did not really have any concerning experience afterwards.	Within a few hours of ingesting the oils I began having racing heart, shortness of breath, pressure in my chest that radiated to my back, up my left jaw, and down my left arm. The symptoms continued and I eventually experienced cold sweats and nausea. The symptoms did not go away.	I went to Henry Ford Hospital Fairlane in Dearborn, MI. They gave me EKG, blood work and a CAT Scan. They determined I was having a heart attack and transported me to Henry Ford Hospital in Detroit, MI. I remained hospitalized for 3 days and underwent a Heart Catheterization.	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 alleviate 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 foot/leg is inflamed, painful, and is exhibiting a rash from the ankle up to the mid shin.
63	8/23/2014	Female, age unknown	Peace and Calming by Young Living, Tangerine, Ylang Ylang, Blue Tansy, Orange, Patchouli	Diffusion	1 drop of Peace and Calming undiluted into the diffuser filled with purified water purchased in the premium kit offered by Young Living.	100% pure	1 dropped diffused for approximated 30 minutes	Young Living	received unopened on 8/22/14 and tried on first day.	My daughter had a stinging, prickly sensation around the nostrils (moderate), about 10 minutes later her friend began to feel a burning rashy feel on upper lip (noticeable but not uncomfortable). About 5 minutes later I began to feel the same burning itchy sensation on my upper lip as well (mild). My daughter began to feel itchy and sweaty all over her body and also began to feel a bit asthmatic (moderate, noticeable, a bit uncomfortable). I then decided to stop the diffuser.	My symptom and my daughter's friend's symptom persisted for about 15 minutes after I stopped the diffuser. The symptoms faded. My daughter however continued to feel moderate prickly stinging sensations all over her body.	This just happened tonight and we will see.	none	none	8/23/2014	I'm not sure if my information will be useful but I found your page as I kept researching the reasons a to why we were all experiencing such reactions at the same time. My daughter has mild asthma and so when I read up on the essential oils in this particular blend I was convinced that my daughter would feel more relief rather than a reaction. I read that Blue Tansy is a good Anti-Histamine so this doesn't make any sense to me. I am not Asthmatic nor is her friend and we experienced symptoms as well. So I am convinced that this bottle was compromised. 14CC1009 is the number for the bottle labeled Peace and Calming. I know that when I received my shipment the contents felt hot and I worried about how that would affect the oils.
64	8/24/2014	Female, age 44	doTERRA: clary sage and ylang ylang	Topically	NOT diluted	100% essential oil	about 20 applications over a week's time	doTERRA	no	very itchy at first, broke out in red blotches badly and then blisters	itchy pain	the itchiness and pain subsided with itchiness lasting longer...redness lasting longest	no medical intervention, just treated with jojoba oil and slowly subsided over a month or so	none	June, 2014	I used neat doTERRA essential oil topical therapy on myself on my wrists. I put two drops of clary sage and ylang ylang on my wrists several times a day for about 10 days when my wrist started itching badly. I think broke out in red blotches which turned into blisters which spread into an area of approximately 3 cm x 4 cm. I self treated the area with jojoba oil and stopped using essential oils on the area. It cleared up slowly over a month's time. Lesson learned: Always dilute your oils and never use neat oil application to the skin.
65	9/14/2014	Female, age unknown	On Guard by doterra	Oral and topical	both	2 drops to dime size of coconut oil plus 2 capsules	for about 3 months about 3 times a week.	doTERRA	no	There was no immediate reaction.	Adverse reaction that came on slowly. My skin starting erupting in what looked like small bug bites but within a week had spread out into huge welts all over my hand, chest and neck and face. They were very itchy and just kept growing I went to walk in clinic and dermatologist who both said I was reacting to something but the oils never entered my mind. I assumed it was new cosmetics and body lotions. I started rubbing steroid creams on them and it started clearing up mostly but when it started appearing again over and over even when I got rid of almost all cosmetics and lotions I started trying to figure out what else it could be. I suddenly realized after taking a dose of oils this morning that maybe they were the problem so I got on google and found your site and now believe the oils are what is causing my anguish. The sores and itching is coming back really bad and I have been taking pretty big doses of the oils due to flu season coming. As Im typing I realize I might have done something stupid in taking a dose of the On guard 2 capsules and oil of oregano on my tongue 2 drops and various other cold remedies because my ears are ringing and I feel not well. I took some charcoal capsules hoping that will absorb some of the oils.	About a month into taking the oils is when my skin started erupting into sores that itched and spread into a red raw rash	Walk in clinic exam and 2 dermatology visits where they both said I was reacting to something.	Doterra rep sold me the products from her store.	started approximately May or June of 2014	Little sores appeared that itched and burned then quickly turned into a huge scattered group of rashes on my neck, hand, face and chest. I thought it was a bug bite when it first appeared but when it spread all over I went to Derm Dr. who diagnosed reaction to something which I assumed was body lotion or cosmetics. Never thought about the oils till getting on here and reading the reports then it hit me. OILS!
66	9/16/2014	Female, age 36	Oregano	Topically	neat	1 drop	one	doTERRA	don't know	painful burning sensation	redness, painful burning sensation, after application dissipated, red-flaky patches developed on skin	burning lasted a few hours, red patches lasted about a day and a half (was relieved by applying coconut oil)	none	I was sent samples to try without any application instructions (ie, dilution recommendations, etc.)	unknown	I had requested EO suggestions to help relieve canker sores and acne and was sent a sample of Oregano and Melaleuca from a DoTerra rep. No instructions were given for application methods or dilution. I was in a great amount of pain after applying the Oregano NEAT to some acne spots.
67	11/9/2014	Female, age 47	lemon	Oral ingestion	1 drop in 16 oz of water	1 drop in 16 oz of water	2 - 16 oz glasses drank in 1 day	doTERRA	no	face turned red and flushed looking, forehead was itchy and had to avoid scratching it, started to look welled 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 dermatitis. 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 breathing	45min	Oct 27, 2014 Enterprise medical center, blood test	no comment	no comment	Doterra & all companies need to start warning about the seizure effects with wintergreen, eucalyptus, fennel, etc! My son doesn't have epilepsy or any medical conditions. Once I removed his shirt and washed his skin at the hospital 45 min later he stopped seizing and returned to normal.
69	11/18/2014	Female, age 29	Thieves oil, containing Clove (Syzgium aromaticum), lemon (Citrus limon), cinnamon (Cinnamomum verum), Eucalyptus radiata, and rosemary (Rosmarinus officinalis CT 1.8 cineol) Blend containing orange & cinnamon (possibly called "Christmas Spirit"), containing Orange (Citrus aurantium), cinnamon bark (Cinnamomum verum), and spruce (Picea mariana)	Diffusion	(diffused in the air)	unknown	exposed twice to diffusion & experienced reactions both times	Young Living	unknown	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 applicatkin 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 10/14	i was told by a Young Living sales rep to take lemon, peppermint and lavender orally for allergies. I started having bad stomach pains but continued to take the oils internally until one day a friend who ordered the same oils and was also taking the same oils called to tell me she was having severe stomach pains. I stopped the internal oils and the pains stopped.
71	12/4/2014	Female, age 21	Marjoram, Frankincense	Oral ingestion	undiluted	6 drops of each, 12 drops total	Not sure- my guess is 2-4 times per day for two days	doTERRA	unknown	None (except unpleasant taste)	Severe heartburn, not to mention the 'morphine bomb' did nothing to address my severe chronic pain.	The heartburn stopped as soon as I stopped taking the oils	none	Advice from a friend who sells the oils	Mar-14	I have late stage Lyme Disease. I was trying these oils after stopping my narcotics cold-turkey because of dangerous respiratory depression (because of longer term use requiring higher and higher doses). The pain was excruciating. This, of course, is the reason I was even on narcotics in the first place- it was not a decision I made lightly as I do prefer safer alternatives (when they work!). Someone told me this combination of oils was said to be as good as morphine. I was desperate, after days of crying and screaming, and I figured it couldn't hurt to try. The oils did nothing to help my severe pain and added to my discomfort by causing awful burning sensations in my chest and throat. I don't know if this matters to anyone but I did eventually find relief with medical marijuana (THC and CBD orally). Tramadol made a dent too but it just wasn't strong enough.
72	12/6/2014	Female, age 36	Doterra's Verage face line - cleanser had melaleuca, basil, and wild orange; toner had ylang ylang, salmoraosa, cypress, and cedar; serum had boswellia carteri gum, santalum paniculatum wood, lavender, commiphora myrrha, heli, and rosa; moisturizer had juniper, jasmine, geranium, hippophe, and sea buckthorn. Also took Doterra lavender, lemon, and peppermint (3 drops each) internally in veggie cap.	Oral and topical	topically was in the product, I didn't dilute the facial products. Internally was neat.	no comment	Verage face line was one time. Lemon/lav/peppermint in veggie cap was 3 times	doTERRA	no	Puffiness, red, hives, bumps, itchiness	Not sure if it was lemon/lav/pepp or the face stuff. I used face line WEnesday 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	#####	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. Vomiting	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	25	Young Living	no	no adverse experience	rash, itching, dryness, red	one month later, skin was still very red, dry, itchy	Dermatologist, I was given ointments to relieve inflammation	self-administration	January - July of 2014	It took months to accumulate in my system, but once the rashes started, I could no longer use any oils without the rash coming back. I was told by Young Living Reps that I was detoxing and that I should use more oils. I was told to try different oils for the rash. I was told to take sulfur. I was told that it's impossible to be allergic to the oils. I was told that I must have a defective gene which is causing the rash.
76	12/31/2014	Male, age 13	Thieves & on guard blend	Topically	One drop of EO blend to 1 tablespoon of carrier oil.	one drop	The reaction happened on the 4th & 5th application, a week apart	Young Living & doTERRA	no	Closing of throat and slowing of breathing	He came out of it the first time after about 30sec and the second reaction lasted longer, about a minute before he came out to breathing normally again.	Same experience except longer one week later.	no tests	no comment	Feb-14	Thieves & on guard were used on separate occasions on my son at 13mo. The blend was very diluted (topical on his feet), he was 13mo, and I was informed it was 'safe'. His throat started closing on him and his breathing slowed to a very dangerous level. After further research I found out they both contained eucalyptus & Rosemary, both unsafe for kids under six. We had applied it & diffused it around him before his reaction, so it wasn't his first exposure to it. Very scary holding your child while they are helpless.

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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 Danelia 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 loss 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, Oregon, Panaway	Topically	Undiluted. Straight from bottle.	2-3 drops of each 4 times a day.	2.5 days at 4 times a day	Young Living	no	Extreme and increasing burning pain and red, angry skin around tubes.	Stated above	I had no idea until much later that showering with gentle soap would not be a very effective way to remove the oil which had also absorbed into the actual tubes' material as well, so I was burning around them for several days. My tubes smelt of the odors for an additional 10 more days, much to the chagrin of my family who reacted individually to my personal use of the oils.	none	Self and friend (a YL distributor) applied directly.	Late November 2014	I was and am very open to essential oils, however I regret trusting my friend whose genuine good intentions and that of her friend who is more experienced with essential oils as a Young Living distributor without first doing my own research. I was repeatedly told that of was impossible to be allergic to YL oils because they are the only 100% pure therapeutic grade oil. Coincidentally my mother and sister experienced a severe allergic or allergic type reaction from just being in a small area when I had the oils on. I was over promised their ability to treat a staph and yeast infection at my tube sites and felt superstitious when suggesting the souls caused a reaction. I do not feel comfortable at this point discerning which oil(s) caused the adverse reactions.
79	1/5/2015	Female, age 24	Tea tree oil	Internally on a tampon	neat	5 drops	1	Young Living	no	Initially felt a warming sensation, it was not uncomfortable. Went to bed as normal and woke early the following morning in severe pain (burning).	Did not immediately note any problems that differed from what the sales consultant had told me about. She had told me it would initially feel warm, but that was the oil working against the infection.	The following morning (6 hours) after initial application the pain was so intense I could not remove the oil-containing tampon myself.	Emergency room visit in Arlington, TX off (USMD on Matlock Road). Diagnosed with internal chemical burns. Upon followup with my OBGYN (Dr Neill in Arlington, TX) at 30, 60 & 90 days after initial burn, scarring remained. Scar present for the following several years annual pelvic exam. I can still feel the scar tissue.	Advice for yeast infection from Young Living representative.	Jul-07	I was suffering from a vaginal yeast infection following heavy antibiotics for a MRSA staph infection. Had already tried OTC medications and prescription medications without result. Was advised by a Young Living consultant to soak a tampon in tea tree oil, insert it before bed, wear it overnight and by the morning my yeast infection would be cleared up. Before bed that evening I put 5 drops of Young Living Tea Tree Oil on the tip of a tampon (I was worried about soaking the tampon as she instructed & using too much), I inserted the tampon and soon noticed a warm sensation. I called the representative as she told me it was normal and how I knew it was working. I went to bed and woke up about 6-7 hours later feeling like napalm had been poured into my vagina. I could not remove the tampon myself the pain was so bad. A neighbor drove me to the nearest hospital (it's called USMD now but I believe it was owned by a different company when this happened). They removed the tampon immediately and treated me for chemical burns with a prescription of burn jelly to continue using for the next 10 days and more antibiotics to prevent the burn from becoming infected. They also gave me instructions to followup with my regular OB. I saw my regular OB several days later, the burn still very raw. He scheduled me to come back after some time had passed to let the tissues heal before he did a more invasive exam. At the 30 days check the tissue had scabbed over & partially healed. The 60 day exam the scabs were all gone but he noted I may have scars remaining and at the 90 day exam he told me scarring was present and would likely not completely heal.
80	1/9/2015	Male, age 55	do terra lemon balm--on throat--hard to breath reaction--like tracheal asthma--" on guard--internally 2 drops in cup of water--same reaction--then next day again externally on throat --same reaction was able to use on sides of throat with no reaction. I also have a thyroid issue-Hashimoto's-with euthyroid. I do believe the on guard prevented me from a flu bug coming on tho. im just not sure if im allergic to everything on my thyroid area or what	Oral and topical	neat, and in water	no comment	no comment	no comment	no comment	lemon balm was later about 10 mins on guard-orally was about 10 mins(at first when i drank it i felt great-as i was feeling a tiny bit ill with chills) on guard on throat-immediate asthma of throat	no comment	no comment	no comment	no comment	no comment	no comment
81	1/14/2015	Female, age 42	Many...cypress, frankincense, copaiba balsam, blood orange, atlas cedarwood, black spruce, scotch pine, lime, vetiver, rosewood, and others.	Topically	Undiluted while blending.	no comment	This happened after 6 (or so) weeks of getting small droplets of undiluted oil on my skin daily.	Nature's Gift, Saltpoint Aromatics & Ananda Apothecary	Maybe 2 or 3 oils	I had no immediate reaction but the hives would pop up all day long and through the night.	Intense itching and burning.	More itching and burning. The only times I got relief were for 2-5 day periods in that 6 week period when I went out of town. I initially thought it was because I was more relaxed while out of time...I have now concluded that it was because I had no oils with me when I traveled.	I was using OTC medications to control the symptoms: anti-histamines and cortisone cream	no comment	Intense period of product-making between the last week of november and the first week of January.	While making a variety of blends for customers over the holidays I was using several different oils. As I drop oils from one bottle into others, I often get little droplets of undiluted essential oils on my skin. I generally wash my hands when done making a blend. During the course of the holidays, I started to develop hives on both of my arms which I originally attributed to the stress of the season. After a night of heavy blending with the oils mentioned above, I woke up the following morning with both arms covered in itchy hives and it finally hit me that I had become sensitized to one or several of the oils I've been using so frequently. After this realization I have stopped using my oils and my arms are clearing up.
82	1/20/2015	Male, age 64	Lavender	Topically	Neat application	A bunch. My wife said it was a new 5mL bottle, she used 20 drops and I just shook it into my hand and applied	One	Young Living	no	none	Within 10 minutes of application I became very itchy, bumps were starting to form on the areas I applied it and spread. I started to experience shortness of breath.	Within an half an hour of application I was at the hospital ER with shortness of breath. The bumps spread to other parts of my body (trunk, arms, legs and genitals.)	I was placed on a respirator for 3 days and given many medications. I was in the hospital for a total of 5 days. When I was discharged I received oral and topical cortisone prescriptions.	I applied it myself	Jun-14	My wife was making soap and handed me the lavender to recap while we were talking. Before I recapped it I shook a bunch into my hand and put it on my arms, legs and my chest/stomach. I then went to the bathroom and by the time I was done I knew something was wrong. My skin where I applied it was red, hot and very itchy. I went to my wife and said something like "we have a problem." She turned and looked at me and said "oh no." She then started to throw coconut oil all over me while ripping off my shirt. The bumps were now red. I looked like a walking pustule I then started to have trouble getting my breath. She told me to sit on the floor and take deep breaths. Didn't work and I felt like I was gagging. She then called 911 and I was taken to the local trauma center. I followed up with my personal physician (DO) within a week of discharge. The bumps were still there. I was still itchy and uncomfortable. More cortisone. It took about 2 months for all of the lesions to go away. By the way I was given a prescription for another skin problem (a fungal infection I got while traveling outside of the US) and within 3 hours of taking the prescription the lesions were back, exactly where they were from the lavender. It took another round of cortisone and two months to make those go away. In December 2014 I did a patch test of a different brand of lavender and had no reaction. It was applied diluted in jojoba lotion my wife prepared. I had no reaction and now use lotions she makes with lavender in it.
83	1/27/2015	Female, age 63	Slique Oil	Oral in water	added to water	First time used approx 50 drops before quitting (2 drops per morning in a glass of water, much below the recommended usage) Second time used approx 70-80 drops	First time approx 25-30 times. Second time approx 35 to 45 times	Young Living	I assume not as I received my order.	First time: started with an all over ill feeling after a few weeks. One night body felt like it was seizing up, muscles tight, painful. Next day did not take the Oil in the water, upon urination there was a huge mass of oil floating on top of the toilet water. Second time: burning sore throat, then burning in esophagus, then chest pains, a feeling of tightness around my upper arms, upper back pains much like gallstone attack pains.	First time: After expelling the oil, the muscles symptoms started to subside immediately. Second time: the symptoms basically reversed over a period of 2 to 4 weeks, the last symptoms to appear easing up first, the burning sore throat eased up in about a month, maybe longer. I still have a burning sensation when I drink hot liquids sometimes	Eased up gradually...see above	I had a panel of blood tests done during this time. My good cholesterol registered as low and my bad cholesterol as high. My VitB registered very high which is normally on the deficient side. I have NEVER had test results like these in my entire life. Hoping to have them retested soon. I had an ECG done which showed normal.	no comment	First time began ingesting in September 2014, not sure when. Second time began ingesting in October 2014	When my doctor checked my throat he asked if I had had strep in awhile...so I am assuming that he saw inflammation there. Throat swab showed negative. At the time I had not thought of mentioning to him that I was ingesting this product as I had not connected the escalating symptoms to the product as of yet.
84	1/31/2015	Female, age 38	Do Terra serenity Plant therapy anti-anxiety	Diffused	yes	2 drops	1	Plant Therapy & doTERRA	No	eliminating zoloft effect	relaxation	3-4 hours tingling, lots of anxiety, tension on shoulders and back.	no comment	no comment	Jan 5th 2015	I've attempted to use them several times, under different circumstances. Always same result.
85	2/2/2015	Female, age 52	clary calm	Topically	undiluted, the blend was in a roller ball.	at	repeated applications, used an entire bottle on back of neck, next bottle I started using on chest bone. had a reaction of red itchy raised irritation, moved to neck area using the same undiluted blend and the redness/irritati on started there	doTERRA	no	red raised itchy hot to the touch	no, a couple days but oil was applied daily, repeatedly	unsure of the number of days that passed but the irritation lasted for over a month.	I did call the person I received the oils from to see if there was anything I should be doing and it was suggested I try using lavender to calm the irritation at first then after another contact they suggested I stop using oils and just use coconut oil to heal	no session. I received the first oil from someone selling it and they told me how to apply it.	May 2014	I purchased the oils from a girl selling the oils thinking it would help with my hot flashes. She said to just roll the oils on my body. Never was anything mentioned about photosensitivity or repeated application, the first entire bottle was okay and no reactions I am pretty sure I applied the entire bottle on the back of my neck. The second bottle I purchased, I used on my breast bone so I could smell the oils more and that is when the reaction started. I continued to use the oils because I thought it was just a sensitive area. The first area healed in about a month as I was applying the oil on my neck at my collar bone. Then that area became irritated. It took a long time for this to heal up and to this day if I apply oils anywhere near my chest & head area I will get the same red, itchy, raised irritation in that area. 7 months have passed. But I have learned to dilute every oil that I use and am sharing that with others using the oil.
86	2/2/2015	Female, age 37	On Guard - wild orange, clove, cinnamon, eucalyptus, and rosemary - from doTerra.	Diffusion	Diluted	I believe one drop to the full diffuser.	Hostess had it on for hours at a party	doTERRA	No	It started with lethargy. All of the sudden, I felt like I hit a brick wall and needed to sleep. I stepped out of the room for a while. I had some vertigo and a general sense of something just not being right.	The party started at 2 and I left at 5 so three hours later. The minute I stepped outside, the chest pain started and my head was pounding. The symptoms kept getting worse. My lungs felt like they were on fire and I was coughing a lot.	Around 10pm, the exhaustion took over and I slept soundly til 1am. After that, I was up off and on throughout the night. By morning, I felt almost all better.	None	It was a doTerra party.	January 2015	Feel free to email me if you have any questions.
87	2/2/2015	Female, age 3	Tea tree oil	Topically	Neat	Three drops	One	Simplers botanicals	Yes	Skin peeled, burning sensation	Remained the same	It gradually subsided after a week	no comment	no comment	no comment	no comment
88	2/2/2015	Female, age 33	R.C. blend by Young Living	Topically	Undiluted	Several drops	One	Young Living	No	Another person applied the undiluted oil to the back of my neck. Immediately, it started to itch.	The area broke out into an itchy, painful rash. Once the itch subsided, there were hives.	The rash was gone in a few hours.	N/A	no comment	no comment	no comment
89	2/3/2015	Male, age, 4	Tea tree oil.	Topically	Undiluted	-10 drops	1	Rite Aid	no	After the oil was mixed into the bath (right near the child), the child instantly broke out in hives all over the body, including areas that were not in the water = general allergic reaction, with burning sensation.	The child was immediately taken out of the water, soaped up and rinsed. The reaction stopped right away.	None.	no comment	no comment	June 2014	We were suffering a scabies outbreak...I helped treating it with tea tree oil baths. Several baths (4 or 5) went without a itch. I normally mixed the tea tree oil first, then added the children and myself. This time, we were all in the bath first, then the tea tree oil was poured in next to my 4 years old son, and then stirred by hand. He immediately started screaming, then turned bright red (within a few seconds). We pulled him out and soaped up the oil and rinsed, and then he was fine.
90	2/5/2015	Male, age 20 months, Male, age 3, Female, age 25	Eucalyptus Frankincense "Respiratory Blend", or "Breathe" Lemon Oregon "Protective Blend", or "On Guard"	Topically	Diluted	5 ml bottle 20 drops oregano 40 drops lemon 30 drops "protective blend", or "On Guard" fill remaining space in bottle with fractionated coconut oil 5 ml bottle 40 drops "respiratory blend", or "Breathe" 25 drops eucalyptus 20 drops frankincense fill remaining space in bottle with fractionated coconut oil	5 on each child (once nightly for about 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.

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
91	2/6/2015	Male, age 10	Doterra blends: 1) past tense 2)on guard 3) digest zen	Topical and diffusion	diluted before use	no comment	1 application	doTERRA	new oil blends	Nil	Nil	rashes / hives on navy parts of body	took dimetapp for allergies	no comment	no comment	i was introduced to EO's as my kids had a very bad infection. Kid 2 had fever for 2 weeks which lead to a bacterial infection. Was at my wits end and people around told me the benefits of EO's. 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) Kid 1: start it in the late morning. By evening, hives broke out on his body Kid 2: start it in the late morning. By middle of the night, hives broke out. Tried a second round, hives broke out within 24 hours. Rested for a week, tried it again, within 24 hours, whole body had hives reaction. All occasions, they were given dimetapp (an allergy medication for children) and hives disappeared after 30mins. Doctors confirmed it's allergic reactions
92	2/6/2015	Unknown	oregano oil, undiluted	Topically	undiluted	100%	oh believe me, once was enough	no comment	No	immediate burning sensation, spreading to other areas of lip and mouth	had to wash lips and mouth with soap and water three times to get rid of the oils; mouth felt hot and burned, but there was thankfully no lasting symptoms;	for about an hour afterward, my lips were beating with my heart	none	no comment	no comment	I had a cold sore on the outside of my lip and I knew that oregano was a strong anti viral, so I thought I'd try it on my lip. The amount was tiny, less than a drop, barely a dab. The lip started burning and spread to the rest of my lips and started to spread in to my mouth but I stopped it by washing it multiple times with a mild soap and water, and then rubbing it with olive oil a few times and wiping it off. I was lucky.
93	2/7/2015	Female, age 61	doTerra Peppermint and Deep Blue	Topically	Diluted with carrier oil	3 drops Peppermint 3 drops Deep Blue	Every night for 2 weeks	doTERRA	No	Burning, burning anal pain	Burning, insomnia	Started having sever problems with digestion. Heartburn, indigestion, stomach pain, nausea.	None. I have Celiac disease so I started looking at everything I was eating. Then I started research side effects of essential oils and immediately stopped using them. Symptoms went finally after a week and a half after stopping.	None.	January 11, 2015 - January 25, 2015	I was told these oils would help with sciatica pain. They did not. I think it is a placebo effect. I think these oils are dangerous and there will be more people harmed by them. They tell you they are safe for ingestion and daily use! These oils can be toxic! I predict more people will have problems with them!
94	2/7/2015	Female, age 38	frankincense (young living)	Ingestion	they were evaporated to strengthen then ingested	See blog	no comment	Young Living	no	see blog	http://ajourneywithfrankincense.blogspot.com/?m=1	http://ajourneywithfrankincense.blogspot.com/?m=1	yes see blog 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 EO's	3-4 applications in one 24-hour period	doTERRA	No	Racing heart beat and insomnia	Fatigue	No further effects noted lated	No	Provided free samples by DoTerra Sales Rep	October 2014	I used a combination of Lavender and Breathe essential oils applied directly to chest and bottoms of feet because DoTerra Sales rep told me it could help with allergies. She also said that I could use as much and as frequently as I wanted to. I had applied the two essential oils to chest and bottoms of feet 3-4 x in one day. That night, I woke up with a racing heart beat and had insomnia the rest of the night. When I explained to the rep what happened she said she had never heard of this occurring and asked if I was anxious about something, which I said I was not.
96	2/9/2015	Female, age 56	Just thieves	Topically	Undiluted	3 to 4 drops	Just once	Young Living	No	Very very itchy I could hardly stand it	It got very red	It stayed that way for about 3 to 4 days and got very dry in my neck like I had burnt it I was glad it didn't leave a scar	None	I was just told to rub my throat with it from the outside because I had a sore throat.	Not know	I was told to use thieves for a sore throat. I put it on the outside of my throat and it took about 5 to 10 minutes and wow I broke out in such a rash. My throat was so red from the outside and it was very very itchy I tried washing it off it did not work. I had to keep a cold cloth on it or I almost went crazy. When the itch went away it left a big red spot and it looked all dried out. I thought it was just a fluke so I have tried it once again and the same thing happened. I will never use it again
97	2/11/2015	Male, age 39	Lemongrass	Topically	No	About 6 drops on a bandaid	One	no comment	Yes	Burning	The oil leaked through the bandaid he rubbed his neck with it and by morning he had a very bad burn. Has been raw for about 1 1/2 weeks now. Bandaid was on his finger for a wart.	no comment	no comment	no comment	no comment	We have had great results with essential oils. Even with warts on the feet. But lemongrass is to strong for soft skin.
98	2/11/2015	Female, age 22	The oils that caused specific issues were two blends sold by Young Living: Thieves (clove, lemon, cinnamon, eucalyptus radiata, rosemary cineole) and Joy (bergamot, ylang ylang, geranium, lemon, coriander, chamomile, palmarosa, and rose).	Topically	They were used diluted to 2% with olive oil.	It was a 2% dilution. I would use 1 drop of the essential oil diluted in about a teaspoon of olive oil.	The reaction happened after 1 use of each.	Young Living	No.	I have severe allergies to peanut, tree nuts, and coconut. Both blends were supposed to be free of the only oil they use that I have an allergy to, which is sweet almond oil. I had no immediate reactions, the reactions began within five minutes of use.	Immediately afterwards I developed hives at the application site.	After roughly an hour I developed a low grade fever, nausea, and swelling of my mouth, throat and tongue, and the hives spread from the topical application site to cover most of my body. I had the hives for 5 days, the fever, nausea, and breathing issues for 36 hours. Thankfully, the oil was diluted enough that it did not cause anaphylaxis.	I didn't go in to my doctor, because consistent doses of Benadryl kept the breathing difficulties at bay.	It was a topical application given by myself.	I can't remember the exact dates, but it was in August of 2014.	no comment
99	2/12/2015	Female, age 36	Frankincense and lavender	Diffusion	Undiluted	Three to four drops lavender and one to two drops frankincense in the appropriate amount of water per the instructions on the diffuser	Used 4-5 times over about a two week period, changing the water regularly	doTERRA	No	Itchy throat and ears, felt unwell. When I finally admitted it must be one of the oils and not a coincidence, I dumped the water. A little bit of water got on my arm which turned red and started itching.	After I stopped diffusing each time, I began feeling gradually better. The final time was the worst. When my arm started itching, I washed it with soap and water and it began to feel better.	Still mild itchy throat but much better	no comment	no comment	Most recent was today 2/12/15 with several diffuser uses over the last two weeks.	I think it was the frankincense that caused the problem. I diffused again with lavender and peppermint and did not have the same reaction. I will not use frankincense again.
100	2/12/2015	Female, age 2	Eucalyptus, Rosemary, Lavender	Topically	They were diluted.	The chest rub was pre-made, the dilution was not disclosed. Two drops of each oil were given in a bath (diluted in a carrier oil) to help with cold symptoms for 2-3 days.	Baths daily for 2-3 days, chest rub once a day (bed time) for three days.	Aura Cacia	Unknown	Our daughter had a seizure in her sleep following our use of eucalyptus, rosemary, and lavender essential oils on her.	N/A	Her seizure was determined to not be febrile in nature. She had no further seizure activity after cessation of oil use.	She was transported via ambulance to the emergency room (Hilcrest Hospital, Cleveland Ohio) where febrile seizure was ruled out. EKG was performed to look for further epileptic activity; none was found.	N/A	April 2014	In April of 2014, we used Rosemary, eucalyptus, and lavender oils to treat our toddler for typical seasonal cold symptoms for 2-3 days. On the last day, we could hear her making noise in her bed at night, and found her seizing when we went to check on her. We were transported to the emergency room, and her vitals while en route ruled out febrile seizure as the cause (she hadn't had a fever at all for the duration of her minor illness). EKG testing could find no other seizure activity and all blood work and urine cultures ruled out infection. All oil use was immediately ceased. She has since been exposed to lavender with zero adverse reaction. We believe that either rosemary or eucalyptus, or the combination of the two, contributed to our young daughter's seizure.
101	2/13/2015	Female, age 38	Peppermint 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	It was recommended by a Doterra Wellness Advocate that I use this blend of essential oils to treat my seasonal allergies. I was not given specifics on the amounts of oil to use or how to apply the oil. After using the oils for approx a week I noticed a small bump forming on the back of my neck where I had been applying the oils. This bump grew larger and became painful. After a visit to my doctor about the bump it was determined to be a sebaceous cyst. It eventually went away when I discontinued using the essential oils.
102	2/24/2015	Female, age 42	Lavaderm - skin spray	Topically	the Lavaderm comes already prepared in it's own bottle	no comment	a few sprays	Young Living	unknown	nearly immediate redness and hot feeling covering skin that had been sprayed 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	I was sprayed a few times on my face and neck area. It was the prepared mixture Lavaderm by Young Living. We were indoors and I hadn't been exerting myself. We were in a room temperature retail store condition. Minutes later, where I was exposed to the spray, it turned angry red. The redness hurt especially under my eyes. It felt swollen as well. It was fairly painful - like a bad sunburn. Thankfully it dissipated in less than a half an hour, but it was scary. The person who applied it to me is a friend and she was visibly nervous about my reaction. She said it was a detox, but I knew that couldn't be right. I have been researching safe uses of essential oils since then.
103	2/26/2015	Female, age 40	Oregano	Topically	Neat	About 4 drops	One	NOW Brand	No	Severe skin burning feeling, including redness and skin peeling off.	Pain, burned skin peeled away.	The skin is permanently scared after healing. I still have itching in the area and it's been 10 months.	None	None	May 2014	I had a ringworm infection on my shin as well as a spot under one breast. I put undiluted oregano on the spot on my leg and didn't have a reaction. Thinking that it wasn't going to bother my skin, I put a few drops on a cotton ball and swiped it on the spot under my breast. I immediately had an extreme burning sensation which got worse very quickly. The skin turned bright red. I immediately washed the area off with soap and water but it was too late. I was severely burned. The skin peeled and fell off. That was 10 months ago. I have a scar and the skin in that spot still itches to this day.
104	3/1/2015	Unknown	Lemon	Oral ingestion	Diluted in water	no comment	no comment	Young living	no comment	no comment	no comment	no comment	no comment	no comment	no comment	I did not have a reaction to an oil, but I am using this page to inform your institute that a restaurant in Ellenville, NY puts young living lemon oil in all the water they serve their customers. It is only a matter of time until someone gets hurt. Thank you for your concern and outlet. The restaurant is called Aromathyme
105	3/9/2015	Female, age 50	Lavender (lavandula angustifolia)	Oral, topical, and diffusion	The oils that I ingested were not diluted. I only took about 2 gel capsules with about 2 drops of lavender in each one. I also used lavender, lemon, and peppermint in a roller bottle and it was not diluted like it should have been. I also applied the lavender oil neat to my skin from time to time.	Orally, it was about 2 drops per capsule and I took that only twice. In the roller bottle, it was 15 drops of peppermint to a 10ml bottle of carrier oil. Other times I made a blend of lavender, lemon, and peppermint and used 5 drops of each.	Orally, only twice but topically, gosh, it is too hard to tell. The gel said that the roller bottle of lavender was good for anxiety, allergies, etc. and I just kept the bottle handy and used it a lot!	Spark Naturals	No	After I swallowed the first gel capsule, my throat felt very weird. But that went away. Then, the second time I did it, my cheeks and ears felt itchy. So, I knew better than to do that again. I didn't start experiencing any rashes or itching on my hands until a few months ago. Now when I work with lavender essential oil, I have to be very careful not to get it on me. Otherwise, I start to itch.	Immediately afterwards was itchy.	After the gel capsule incident, I was fine after a few minutes. The itchy feeling went away. I did have to take some Benadryl after using some salve that I had made, that had lavender essential oil in it, because my hands were itching.	no comment	no comment	no comment	It was about a year ago this Spring, so the Spring of 2014 that I became really interested in essential oils. I had no knowledge of essential oils and thought that this group of gals (that blog about Spark Natural essential oils) knew what they were doing. WRONG! It was only after I started studying aromatherapy that I really took a hard look at some of the recipes that these gals share freely on their FB pages. One of their popular headache blends used 90 drops of various essential oil (that filled up half of my 10ml roller bottle) and the instruction said to "top off with fractionated coconut oil." I looked at that bottle and realized that no matter how I tried to work the numbers, the dilution rate was just waaay off of the charts. I mean, if a 25% dilution for 10ml of carrier oil is 50 drops, good gosh, this blend was 90 drops for about 5ml of carrier oil! These women are going to kill someone someday with their craziness.
106	3/10/2015	Female, age 51	Doterra digestzen, peppermint and lemon.	Oral ingestion	oral and topically neat.	oral just a drop each, topically neat a drop each.	one application.	doTERRA	No	If I put 1 drop of lemon oil in a glass of water it would burn my lips	nothing the symptoms came on gradually, I always took them orally in a gelatin capsule	I think the symptoms happened after a week or so of ingesting them... sinus headaches really bad, eczema, hives, mouth sores, sore throat	I saw my Dr about the sore throat and mouth sores and he put me on antibiotics	I got an account with Doterra and just bought the oils myself. I thought they were safe to ingest as the company said they were safe.	Around January, early January.	After a week of taking these oils orally I ended up with bad eczema, massive sinus headaches, hives, sore throat and mouth sores. I am furious that the company said it was safe to take these oils orally and when I told them what happened they offered no help or support whatsoever!

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
107	3/18/2015	Female, age 32	doTERRA Serenity Blend- Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, and Hawaiian Sandalwood essential oils and vanilla bean doTERRA Citrus Bliss Blend- Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine essential oils with a hint of vanilla	Topical and diffusion	Undiluted	doTERRA Serenity Blend- 2 drops on bottoms of feet and 2 drops on the back of neck doTERRA Citrus Bliss Blend- 2 drops in palm of hands	1 time	doTERRA	Not that I'm aware of.	None	None	I placed the oils as mentioned above around 9:30pm on Wednesday 3/11/15. I started itching uncontrollably around 12am with hives everywhere. I woke up Thursday morning from an awful night of itching. I took an allergy pill to ease the itching, got home from work Thursday night, hives and itching developed and then my lip started to swell. By Friday morning I had swollen lips. A week later and I am still having a reaction with hives/itching.	I massaged the oils myself	Wednesday, March 11, 2015 at 9:30PM (only 1 time application)	I have never had an allergic reaction to anything. I was interested in trying samples of a few essential oils from a friend. I feel as though the "Serenity Blend" is what's causing this reaction. Something in that oil does not like my body. The reason I believe it's this particular oil is because once I placed the oil on my feet, I walked around my house distributing the oils throughout. I'm looking forward to finding answers about my allergic reaction. Until then, I will never use another essential oil. Thank you.	
108	3/30/2015	Female, age 31	Young living lemon	Topically	Diluted with jojoba	About 3ml jojoba to 3 drops of lemon...it was from a sample so it was hard to see how much lemon came out	1	Young living	I don't know...it was a sample given to me	Tight skin, itchy and slightly red in places	Fine	Overnight...woke up to the symptoms listed above	no comment	March 2015	no comment	
109	3/30/2015	Female, age 44	Deep Blue	Topically	neat	about 5 drops	one	doTERRA	no brand new first use	severe rash and blisters I have pics	the next day	this is the 4th day - it is getting worse going to physician tomorrow	in home consultant	March 21st 2015	I was not told to dilute 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. I am a dental hygienist - I had a tired neck - hives, rash and blisters are not a natural response I asked her if I could get my money back and she said that I would have to call the company myself	
110	3/30/2015	Female, age 32	Grapefruit, Lemon, and Slim and Sassy. ALSO OnGuard.	Oral and topical	neat	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.	February/March 2015	I was advised by a DoTerra rep to use Slim and Sassy, Grapefruit, and Lemon in my water up to 6 x a day for weight loss. I became very sick for the week I did this and developed rash over entire body. Happened two nights in a row. Then I realized what was causing it. I switched out the Nebulizer. Other EO have been used with same type of nebulizer with no effects.	
111	3/30/2015	Male, age 19	lavendula angustifolia	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	Diffused overnight in bedroom	July 2014	side note: I used that nebulizer in my room with Lavender on third night since I was skeptical about the cause being safe lavender and experienced a very itchy rash across about 30% of my body mostly on limbs and lower back. No one else in house affected. Lavender no longer diffused.	
112	4/5/2015	Female, age 33	peppermint and 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.	The individual was testing for sensitivity to pine oils as she is allergic to pine pollen, pine sap, pine mulch, real pine needles, etc. The application was done at a Young Living "distributor's" private home.	March 2015	I was part of the healthcare field for 14 years and understand the basics of pharmacology, toxicology, adverse reactions and anaphylactic reactions. When this distributor (and every person from YL) insisted that their oil contains no proteins and is the most pure and therefore you cannot have an allergy to it I had to question this unreasonable logic. (I don't believe they understand the difference between a localized reaction (allergy) and a systemic reaction (anaphylaxis). Even after I had the reaction in her presence she shrugged it off as no big deal and encouraged me to try an oil blend containing pine and to dilute it in the future. I am horrified at the lack of training, knowledge and understanding of these "distributors". I felt that since she did not care to report it to her company that I needed to find an outlet to report.	
115	4/12/2015	Female, age 37	The AromaTouch Series by DoTerra by my massage therapist.	Topically (Aromalouch)	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 gelpcaps, Lavender, Frankincense, DigestZen, Zendochrone capsules	Oral, topical, and diffused	undiluted on skin and in water or capsules	varied	capsules as indicated per package, oral in water a few times a day.	doTERRA	not in my possession that long	severe rashes at application site, hands and random places when ingested, severe itching unrelieved by OTC meds, permanent sensitization	when used in water, the rashes and itching would almost immediately begin.	hours to a few days	blood tests, allergy tests - which proved allergen to resins which seemed to have been brought about by potency and amount of oils used, no prior allergy to same thing in an herbal or dry form.	none	Nov 2013- May 2014	Having been informed that oils could be used neat, safely, as well as internally safely, I proceeded regardless of my knowledge that these products should never be used this way or only under proper supervision. I believe the potency affected my gut as I now have leaky gut symptoms and many food allergies accompanied by this sensitization that occurred.
117	4/18/2015	Female, age 53	lavender	Topically	undiluted	none	many	Young Living	no	I was told by young living reps to use lavender neat on my nose for a stuffy nose. It was winter and did this frequently. I was also using lavender diluted as a face cream. About 3 months later I developed a very bad rash on my face which kept getting worse every time I would use the lavender. I now can now longer use anything with lavender in it. I had a soap that I was using that I figured out was causing the same issues. It's been almost 2 months since I stopped all lavender and finally my skin is completely clearing up.	Nothing immediate. Took a couple months for reaction to occur.	about 2 months later, sever rash on my face developed.	no comment	no comment	no comment	
118	4/20/2015	Fmeal, unknown age	Balsam Fir, Frankincense, Copaiba	Oral ingestion	in shot of njina 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 2015	I wish I could upload a photo of the deep red burn I have been left with. I will never use an essential oil on my body again. Horrible first experience. I should have listened to my gut when no instructions came with the product, giant red flag and I ignored it!
120	4/30/2015	Female, age 45	Do Terra peppermint and Do Terra wild orange	Topical and diffusion	Not diluted in hands. Diluted with water in diffuser	no comment	One	doTERRA	No idea	Burning eyes, nasal membranes, lips, throat. Feels like a chemical burn	Same as above	no comment	no comment	Do Terra sales presentation	April 2015	no comment
121	5/10/2015	Male, age 40	Oregano oil	Oral ingestion	Oil was undiluted taken in water	no comment	30 drops daily for at least 6 months but was taking smaller doses daily prior that for about a year	unknown	Unknown age	New symptoms of generalized weakness, fatigue, decreased ability to concentrate on work, significant weight loss for several months prior speaking medical assistance.	no comment	no comment	Pt was treated for respiratory failure, intubated briefly on mechanical vent. Neurology dx pt with ALS which basically is determined by ruling out other causes of symptoms.	no comment	Year 2014-2015	I am reporting this info obtained from a patient I worked with. The ICU doctor did call poison control but was informed that the dose was not enough to cause symptoms. I do not think the person affected was planning on reporting his reactions he strongly felt that his symptoms of fatigue started after he had been taking the oils drops for half a year. The gentleman had lost about 30-40 lbs in the 3-4 months prior hospitalization. Since some chemicals are stored in body fat I wondered if the weight loss increased levels of the oregano oil toxins in the body
122	5/14/2015	Female, baby	Lemon	Topically	Diluted	One drop lemon to three drops coconut oil up to one drop lemon in 1 TBS coconut oil	1-4	doTERRA	Purchased date, no	Skin rash that took months to get rid of.	Nothing immediate (within 5 min)	Skin rash (hours, increased with more applications and time)	no comment	no comment	no comment	no comment
123	5/16/2015	Female, age 38	Lemongrass	Topically	Undiluted	3 drops	one	n/a	no	Burning/redness	30 minutes later	12 hours still burning	None	Home application	n/a	applied FCO
124	5/31/2015	Female, age 31	Deep Blue Rub from Doterra	Topically	undiluted	Nickle size amount rubbed on each time	6	doTERRA	No.	Nothing noticed when I first put it on	After using every few hours for 1 day I noticed bumps popping up and redness where I had been putting Deep Blue Rub	I stopped use. Tried to use again a week later. Bumps still were there and it got worse. Rashes began to pop up all over body that looked like where it had started. Rash was symmetrical on each side of my body. Spread from my lower back to mid back to upper back to upper arms, then began starting up my neck and on inside of legs and back of legs. My asthma was worse during this time, but nothing my rescue inhaler couldn't handle. No hospital visits.	When it started up my neck I went to see my regular doctor. They gave me medicine to help stop it from spreading. It took 2-3 weeks for it all to go away.	n/a	approx March 28, 2015	
125	6/8/2015	Female, age 57	Doterra oregano & lavender Young Living frankincense	Topically	neat	1 drop twice a day	1 week of oregano with lavender, then switched to frankincense for 2 weeks (much milder)	Young Living & doTERRA	recent purchase of Doterra oils, frankincense was a gift at Christmas	Basal cell carcinoma lesion on lower leg, diagnosed by punch biopsy 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 also saw on-line reports on Frankincense for same use shifted to frankincense after about a week because tissue damage seemed too intense and Young Living person was on vacation & couldn't be reached; significant tissue damage at site - oozing serous drainage the morning after a bath that loosed scab (1/4 - 1/2 inch across) and revealed a larger lesion than I could see before purple/red discoloration around the site, then extension of the damage into the discolored area with more itching & rash; then peeling/exfoliation	then rash/itching spread to anywhere I had used lavender or frankincense on my body at remote sites became red and itching - I stopped using all oils at this point	then more generalized itching, especially arms & legs where no oils had been used also aggravated my Pitta dosha with increased heat and inflammation in body	Complementary Medical interventions for allergic reaction: nettle tea multiple times daily; cooling raw diet to calm pitta excess; vitamin C; green juices; aloe vera gel topically once wound closed & on arms & legs; coconut oil for dry itching skin;	self application on advice of person selling Young Living	mid- to late May	also had concentrated odorless urine without infection despite drinking lots of water to clear system, also adding 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 consulted herbalist and Ayurvedic practitioner, online searches haven't used oils in at least 10 days and still itching, excess heat & inflammation in body gradual improvement with multiple interventions suggested by herbalist and Ayurvedic practitioner - bentonite clay topically over liver & abdomen, liquid chlorophyll, vitamin C increased to 3-4 gm daily, cranberry juice, pitta pacifying diet

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
126	6/25/2015	emale, age 5	Frankincense	Topically	Neat	2 drops	1	Young Living	No	Nothing, she was fine	Less than 5 minutes later she started itching. I stuck her in the bathtub and she started screaming. Intense burning pain, red blotchy spots appeared, and started to spread up her body. I applied petroleum jelly and she continued to scream.	By the next morning (about 10 hours later) she was fine, not even a little red.	Poison control phone call	no comment	6/22/2015	Less than 5 minutes later she started itching. I stuck her in the bathtub and she started screaming. Intense burning pain, red blotchy spots appeared, and started to spread up her body. I applied petroleum jelly and she continued to scream. I finally called poison control, gave her Benedryl, Ibuprofen, 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	Unknown	Unknown.	One.	unknown	Unknown.	Within 5 minutes of entering the room where the oils were being diffused, my heart started racing and it became more difficult to breathe until I was almost completely unable to breathe. I didn't know what to do, so I left the room and took 3 puffs of the albuterol inhaler I have and drank some water. That helped.	It took ten minutes for me to be able to feel like I was getting enough air.	It has been 6 hours and my breathing still isn't completely normal and my heart is still racing.	None yet.	7/7/2015	I was in a 4-hour training session with 30 other people in a work environment where we were not informed there would be diffusion of essential oils or what essential oils were being diffused. It only took 5 minutes for me to almost completely stop breathing. The diffuser was turned off when I requested the trainer do so, and we were informed 3 hours into the session what had been diffused. There should have been some warning ahead of time and the trainer should have asked about sensitivities/allergies, but they did not.	
128	7/14/2015	Female, age 56	Clove Essential Oil	Topically	Undiluted - I had assumed and trusted it was diluted until I found out later.	Many drops of undiluted oil were massaged into the bottom of my feet.	Several in a 15 minute period.	Young Living	Unknown	The clove oil was warming, but no discomfort or stinging. I should have known that it was a stimulant, I was just thinking "warm feet," at the time.	I went home at about 9pm and was awake the entire night, fully awake without jitters or nervousness. My heartbeat had increased. However, I was alert the entire night and into the next evening without feeling tired.	The stimulated feeling wore off after about 24 hours.	No medical intervention, but I was concerned that the person who massaged did not ask if I was allergic to anything or had any health conditions (which I do not, but have concerns about someone who might have high blood pressure or a heart issue, for example.)	Healing circle at a local church	2010	I am an aromatherapist I, and have concerns when others feel qualified (without proper training) to use essential oils on someone who trusts them and the information they provide. There are no standards in the U.S. to provide guidelines for these folks or grade the type of essential oil, outside of a European derived product that must meet the European Union and Commission E standards. I have had several encounters, after this one, with consultants from Young Living and Do-Terra where I have witnessed them telling potential customers that they can go off their antibiotics (one person had Cystic Fibrosis!) or substitute their oils for another medication. Every consultant I have met is a hard-sell and does not allow the person to ask empirical questions to make an educated decision to purchase. It would be nice if we could create standards that support education and safety in order to deliver a win-win outcome for our clientele and the aromatherapist.
129	7/18/2015	Female, age 46	vetiver and serenity	Topically	somewhat diluted	50% or so	multiple	doTERRA	unknown	I developed a burning and itching rash that took weeks to clear up	It took several days of application for this reaction to occur.	It took several weeks to clear up. It was on the bottoms of my feet, behind my knees, and behind my neck. I had to use a treatment for poison ivy and oak to start clearing it up!	none	January 2015	My Doterra Rep. was new and not well informed. I did not do enough research on my own before trying these oils. I also ingested some lemon and lemongrass oils which caused a headache which lasted several days. Company said that ingesting their oils was safe. I have learned a lesson about trusting information from the company which sells the product. I should have done more careful independent research. These oils are very powerful, and should be used with care and respect!	
130	7/27/2015	Male, age 2	Oregano	Topically	undiluted	a few drops on 1/4 of a cotton ball, then bandaid placed over cotton ball	once	doTERRA	just purchased 2 months ago	He cried upon initial contact, but I assumed it was he was associated the bandaid with an injury	he was calm, napped for 2 hours (as usual)	after approximately 3-4 hours I removed the bandaid as it had become wet after swimming, the area was red and looked irritated. it was sensitive to the touch. now, approximately 36 hours later it is brownish in color and still sensitive to touch	none	none -- this was done at home	7, 25.15 at approximately 1300	my 2-year-old son had a wart on his shin. the oil specialist suggested putting oregano oil on the wart with a cotton ball and bandaid over it. my son cried when it was immediately applied to the area (which I assumed was only his associating a bandaid with "injury"), he napped as usual for 2 hours and woke up without paying any attention to the bandaid. he went swimming approximately 3 hours after application (in a wading pool filled with hose water) and the bandaid/cotton ball came off. the area was red and appeared irritated. 2 days later, the area is brown and still appears sensitive to the touch.
131	8/7/2015	Female, age 9 months	Young Living Peace & Calming	Topically	Neat	Unknown	3	Young Living	Unknown	Burning sensation	Burning sensation, tingling	None	None	None	June 2014	A sales rep recommended I use it on my 9 mo daughter's feet neat during a long flight. Obviously, my daughter can't say how it felt when I put it on her feet, but I've described what it felt like to me when I used my fingers to rub the oil onto her skin. I'm sure it felt similar to her.
132	8/15/2015	Female, age 59	wild orange, lime, peppermint, Fast Tense blend/wintergreen, lavender, peppermint, frankincense, clantro,marjoram, roman chamomile,basil and rosemary)	Oral an water and topically	The ones that were used topically were undiluted.	One drop of each wild orange and lime, ingested. 2 drops of peppermint topically and inhaled, undiluted roll on rolled all over neck and shoulders.	Once of each.	doTERRA	unknown.	I recieved immediate relief of my headache and tension in my neck and shoulders.	A cooling effect on neck and shoulders, a slight itch on shoulders.	24 hours later I had a very itchy bumpy, hot, red rash all over my neck, shoulders, face, ears, arms and hands that lasted for a week. After the worst every time I went in the sun it started all over again only in areas that were exposed to the sun. This severe sensitivity to the sun lasted about 3 weeks.	None, I did not seek medical intervention.	July 10, 2015	The itch I experienced was severe. I couldn't even sleep at night. I tried benadryl cream with no effect and had to resort to an OTC cortisone cream, which I hated to use on my body! I believe that I experience 2 types of reactions, a skin reaction to the ones applied undiluted topically, and a photosensitive reaction to the citrus oils that I ingested. I have learned the hard way to never ingest essential oils, and to always dilute the ones I put on my skin. After a full 3 weeks, the photosensitivity had finally resolved.	
133	8/23/2015	Female, age 7	a blend called In-Tune	Topically	?	?	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.	As I said, I slathered her in plain coconut oil immediately, and continued to blot and re-slather until she was no longer in visa le distress (my mother 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 a more normal color- still kinda pink and irritated though. Her screaming subsided and she no longer appeared to be in pain.	I repeated coconut oil applications for 24 hours after ordeal. She bounced back just fine, no further issues.	None	message, which was applied by a staff member in my clinic.	Approximately 2 years ago	
135	10/12/2015	Female, age 16 months	It was a citrus product, Sweet Orange sounds most familiar. I was not in the room when the Young Living representative slathered all over my child without asking me, and I promptly asked her to leave after the situation, so I did not confirm which exact essential oil she used.	Topically	Straight up neat. Right outta the bottle onto her skin and rubbed in. She stood there with a gaping mouth as my daughter started screaming. I was the one to dilute with plain oil after she informed me of her action, she had no idea what was happening or how to rectify it.	Unknown. It had to be at minimum 8-10 drops judging from my daughters red, blotchy skin on her arms, neck and chest.	1	Young Living	Unknown. She was a new representative so I assume her stock was recently purchased?	Within less than a minute or two, she was obviously in pain. Her skin turned bright red with whiteish/skin-tone blotches. Screaming and crying.	As I said, I slathered her in plain coconut oil immediately, and continued to blot and re-slather until she was no longer in visa le distress (my mother 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 a more normal color- still kinda pink and irritated though. Her screaming subsided and she no longer appeared to be in pain.	I repeated coconut oil applications for 24 hours after ordeal. She bounced back just fine, no further issues.	None	Not necessarily a "session". A friend had recently become a Young Living Representative. She brought her box of essential oils to a community dinner I was hosting.	summer of 2014	First, thank you for this site. This compilation is priceless. I grew up with essential oils (35 years worth!) and my mind explodes when I hear certain company representatives say certain things about their practices. They regurgitate info that was spoon-fed to them without reason, worry or caution- and the root, the very bottom line of these damaging practices is money. With no true proper training, and a prospect of getting rich on the horizon, they practically tout themselves as "self-educated doctors who can fix all that ails you...". If I hadn't had the years of exposure I was blessed enough to be emersed in, my daughters ordeal could have landed us in the ER. Not ok.
136	10/12/2015	Female, age 32	Lemon, cinnamon, thyme	Oral in water	"Diluted" in 8oz water	Unknown. It was a "cold remedy" given to me by a friend who sells "Young Living"	I drank "maybe" 1/3 of the water. Not sure how much was actually ingested since oil floats on water.	Young Living	unknown	I took several sips of the water and started to feel nauseous and dizzy. Kind of out of it and foggy. I was told this was my body "detoxing" and I should really try to drink the rest so the essential oils could do their thing.	After drinking 2 or 3 oz. I had a raging headache, hot and cold flashes, incredibly nauseous, foggy thinking, and dizzy to the point my husband had to stand in the shower with me for fear of passing out. These symptoms lasted for the rest of the day, at least 7 hours.	was also getting over a cold so I did not return to normal for another week. I feel like my EO ingestion worked its way out after about 36 hours. The fogyness, 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/Young Living period scheme came into the picture.
137	10/12/2015	Female, age 50	Aromatouch massage oils (balance, lavender, melaluca, ongward, aromatouch, deep blue, wild orange, peppermint)	Topically	Undiluted	4-5 drops each	One	doTERRA	unknown	Hives all over back	I felt fine and refreshed	24 hours later developed rash all over my entire back. Red, itchy bumps from my neck to low back	N/A-used OTC allergy meds and Motrin	Aromatouch Massage		
138	10/21/2015	Female, age 30	Lavender & a few blends w/lavender in them.	Topical and diffusion	Undiluted when I first started using, or not diluted properly (diluted on average of about 50%). Started diluting properly once more properly educated.	unknown	Several over the course of the last 2 years or so	Multiple	No	When used topically or in the bath I get a rash that's itchy &/or painful. Once, when used (blended w/aloe & foo) 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, foo & tea tree instead of lavender, relief was almost immediate. When diffused it's usually in a mix, it causes my throat to start hurting & my sinuses start bothering me. Any other blends w/similar oils but w/out the lavender & I'm fine, only have problems if lavender is in the blend. I can still apply topically to someone else if it's well diluted & in a blend without problem, if it's diluted alone, I can't or I break out & start itching.		Rashes & itching goes away with hydrocortisone after a couple days. Sore throat & sinus issues clear up in a day or two after stopping diffuser use.	None	None. Home use.	Typically & 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).

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
139	11/5/2015	Female, age 57	DoTerra - Slim and Sassy, DigestZen, Zendoocrine, Also, was using the Slim and Sassy Slim Shake protein powder which has EO's in it and the Terra Greens which have EO's in it as well. I was also using many other DoTerra EO's diluted topically. Too many to name individually. (I strongly believe it was the oils taken orally that caused my reaction)	Oral ingestion	Always diluted	One drop of each used at a time, occasionally two.	Daily for the Slim and Sassy protein powder and Terra Greens. Every other day for the ingested EO's	doTERRA	no	I began using the Slim and Sassy Shake mix with the EO's in January of 2015 and within a week, I noticed a tiny rash developing on my arms and wrists and across my chest. It burned, itched and was raised, warm and raw feeling. It bothered my sleep as the intense burning itch woke me up. It was so bad I woke up itching and clawing my skin and was bleeding.	After the initial reaction, the reactions there after happened within a few hours	The rash lasted about 8 1/2 months overall	I had several Laser allergy treatments at my chiropractor office, over a period of 3 months. (Cram Chiropractic and Wellness Center) I had blood allergy testing at Healing Bridges (Healing Center in August. They prescribed Betamethasone Steroid cream which is a life saver!	N/A	Too many to list individually. I have emails and Facebook messages to DoTerra and my spine dating from January, 2015 to October 2015. I quit using the EO's in August 2015.	I would like to share the emails and Facebook messages and pictures if applicable. They show that I have continuously communicated to DoTerra about this allergic reaction/sensitization and they have not responded to me at all except to tell me I can send the products back and receive some money back. My "up line" had been as helpful as she can. They told me this is a real reaction but very rare. I have asked them repeatedly to make it known that ingesting the oils can cause a very severe allergic/sensitization reaction and people should be warned and actually have the right to be warned. I never had food allergies before ingesting the oils but the main staple foods I was consuming at the time of ingestion of all the products listed above, I am not allergic to and have a severe reaction like I got from the EO's. Foods like black beans, green beans, almonds, peanut butter, dairy, and a few others. I can only eat eggs once or twice a week or I get the rash as well. Please feel free to email me for the emails, Facebook messages and photos of my rash.
140	11/10/2015	Female, age 50	"breathe" blend with peppermint oil, and other oils	Topically	Undiluted, I think	unknown	1	doTERRA	Unknown	Slight nausea	Nothing really	12-24 hours, then for several days after stopping use	Ointment after a week of red itchy, puss filled oozing clear blood cells	Breathe blend, at an essential oil demonstration night	10/1/2015	It appeared after the second day of application, I applied it one more day or so and then stopped when the rash got worse. I know I have had a sensitivity to peppermint toothpaste, lavender soaps, fresh white sage and nettles in the past year and a half, working on an organic farm. The rash started out looking like pimples, but as it became a whole bunch them on one area, it became obvious that it was the oil. So I stopped it. I am not sure what else is in that besides Peppermint but it might have menthol and/or eucalyptus, I'm sure there were more than three ingredients. I had to apply an old prescription of ointment to the rash that was as steroid; Fluocinonide .05%. That got rid of the rash. I was advised to put a drop in a carrier oil, like coconut oil. I haven't been brave enough to try that yet.
141	11/18/2016	Female, age 61	YL frankincense, lavender, and a little argan oil	Topically	I used a little of argan oil as a dilution	2 drops frankincense and 2 drops of lavender	One	Young Living	3 months old	extreme burning	Angry, red and extreme pain	month, same	saw a drs assistant or nurse practitioner at a dermatology office		I think around October 1st, 2	I called my young living sponsor she said go to your physician, I asked for advise not any. I Image said I'm putting coconut oil on it she said that was good. I then call the main number my IMG_1397.JPG sponsor said to call Young Living main phone number they gave same advise. I made an 33 KB app with my dermatology office couldn't get in with him he's booked up until next year but I a doctors assistant or nurse practitioner, she told me to use a steroid cream for 4 days and told me to use epicearin indefinitely in hopes that it wouldn't SCARI SHE SAID IT STILL ay scar! may scar!
142	11/22/2015	Female, age 30	Red Thyme	Topically	undiluted	Not sure how many drops. A washcloth was soaked in hot water to which red thyme had been added, and used as a hot compress on an underarm boil.	One	Aura Cacia	Yes	At first the hot water felt soothing, however, almost immediately the area began to sting and burn	Skin was raw red and inflamed in a raised welt	For over two weeks skin was raw, red and inflamed, far worse than the original boil	I went to urgent care (do not have original medical records) and received a cream to soothe the chemical burn from the undiluted Red Thyme application	Self-treatment	This took place approx. 2004	I don't remember the exact year, but I remember the experience very clearly. I had read the Complete Book of Essential Oils & Aromatherapy by Valene 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 would be more powerful and I really needed the boil to clear up.
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		11/17/2015	It was a class and the teacher, who ended up being a doterra rep, dumped it on my hands, even though I told her that I don't tolerate peppermint so well.
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 lavender essential oil bottle for several hours. It started about 10 minutes after it was opened. I didn't realize the source until several hours later.	Once the bottle was capped and exposure ended, the headache ceased fairly quickly (about 5-10 minutes later).	Nothing observed long term			11/11/2015	I was very surprised that I experienced such a horrid throbbing headache from LAVENDAR of all essential oils, which I've heard is one that can CURE them, not CAUSE them! It is very rare for me to get headaches. I pretty much only get them if I have caught a viral/bacterial sickness of some sort. I was perfectly healthy at the time the essential oil headache occurred. I learned from this incident with my friend that uncapping a bottle of essential oil is NOT an okay method for aromatherapy and diffusing and can potentially cause harmful side effects. Another thing to note, is that I have never had any trouble with essential oils when they have been used in an actual diffuser. I do not have sensitive skin, or a sensitive nose.
145	12/2/2015	Female, unknown age	lime and cinnamon	Ingestion in food	undiluted	24 drops of lime in cookies, unsure of amount on cinnamon in peanuts, I think it was 19 drops	n/a	unknown	no	felt nausea, and vomited real bad	No the next day	24 hours	none	demonstration	11/29/2015	I need to know if this will have a long term affect on me. I'm still feeling a little under the weather, is there anything I can do naturally to cleanse these toxins out of my system.
146	12/7/2015	Female, age 2	Oregano in FCO	Topically	Diluted	5 drops in 15 drops of FCO	One	doTERRA	No	Severe pain, she cried for hours	Continued 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 Practitioner. I had no idea it could cause pain! She said it would be warming...	N/A	2 years ago	I feel misled 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 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 were doing a good thing. Instead she ended up hurting me very badly. The doctor I saw afterwards said it had broken down my immune system. I don't know how this therapy is taught so many places
148	12/17/2015	Female, age 47	Tea tree	Topically	Mixed a couple drops with bentonite clay		One, but left overnight	unknown	Yes	Nothing immediately	Looked like a burn, took 10 days to heal completely	After about a month, no scars or resens. 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 vermillion area.		10/26/2015	I was given a book titled, "Quick Reference Guide for Using Essential Oils" by Connie and Alan Hgley. Having issues with my bladder it suggests on page 96 Lemongrass be used internally with water. It stated, "1 drop of lemongrass...to 8oz juice or water". I went to bed after having my first glass of lemongrass and water and woke up with swollen itchy lips. The first week I did not seek professional help because I had thought I had a food allergy. I was advised by my nurse over the phone to take allergy medication and the swelling subsided that week. When seen by my doctor she confirmed it was a burn from the blisters and not a food allergy as I had thought.
150	12/30/2015	Female, age 30	Peppermint	Oral in water	Diluted	One drop per 8-10oz of water, multiple times a day	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	I have not had peppermint oil in 4 days and the wheezing has dissipated however the breathing difficulty remains. The shortness of breath is not as intense, but still present. Seems to be improving very little and slowly by each day.	None			
151	1/14/2016	Female, age 9	Lavender	Topically	Neat then diluted	2 drops	1	doTERRA	no	She got out of the bath and told me her back felt like it was on fire, she had a bright red rash along her spine, which I identified as a chemical burn.	I applied coconut oil to the burn and she felt relief at that moment	She woke up several times needing another application of coconut oil. 12 hours later the rash is still there, but not as bright or pronounced. She is still complaining of pain.	Visit to the Pediatrician		1/13/2016	I purchased lavender oil from a friend who sells doterra. I attended a class she was teaching about essential oils where she states she uses lavender oil neat on her children and applies it directly to their skin or drops a few drops into their bath.
152	1/28/2016	Female, age 34	Lemon, thieves	Orally and diffused	Undiluted	3 drops lemon, 2 drops thieves in tea. 12 drops thieves in diffuser	Twice, three hours apart	Young Living	no	Asthma requiring treatment with rescue inhaler within a few hours. Extreme diarrhea within 36 to 48 hours of ingestion.	None	Several hours for asthma attack. 36-48 hours extreme diarrhea.	Yes	None	1/26/2016	I came down with a cold and horrible cough and was offered a care package from a friend who is a nurse practitioner who sells and uses young living brand. I was told to diffuse thieves, apply it undiluted to my pressure points, and drink tea with 3 drops lemon and 2drops thieves. Initially I was fine, but developed an asthma flare up a few hours after diffusing. Then 36-48 hours later experienced the most terrible diarrhea. IMPORTANT: after reporting back the next day that the oils had aggravated my asthma I was told that if I diffused several other oil types each night for a period of time and give it a chance to work, it would improve my chronic and severe asthma. Do NOT follow the advice of a BRAINWASHED sales rep, regardless of their "medical knowledge". They are spreading harmful information.
153	1/29/2016	Male, age 2	Tea tree	Topically	Undiluted	2-3 drops	1 per day	Melaleuca	Yes	Muscle tremors over entire body, 1 hour following application, lasted 1 minute or less						
154	1/30/2016	Male, age 4	Coconut carrier, tea tree, oregano	Topically	Diluted	10-12 drops Oregano, ? Tea tree, A few oz carrier	Zero really, child held applicator, oil transferred to his blanket	doTERRA	unsure	He was fine then woke up with horrible blistered hands, dark reddish purple rash	The happened Wednesday, three days ago	Ped doc did testing to rule out hand/foot/mouth. Did strep test due to appearance of blistered throat. Negative strep test. I have photos I can share if you need photo evidence. Please contact me.	At home		1/27/2016	I was not aware of the "hot" list of oils. A friend who is a Doterra rep dropped off her product at my door. My kiddo did not want it applied to him but was curious about how a roller ball applicator worked. Two touches to his palms caused significant problems.
155	2/2/2016	Female, age 34	Acne Fighter from Plant Therapy and Eczema Helper from Plant Therapy, Peppermint, Eucalyptus, Tea Tree	Topically	Undiluted, or not diluted enough	about 2-3 drops	About 5	Plant Therapy & Eden's Garden	No	Red, raised itchy rash on face, swelling	Over a couple of hours	took a few days to go away	None		12/1/2014	When first starting the use of essential oils, I did not know the importance of dilution. I believe over time, I developed sensitivities to certain oils, like Peppermint, Tea Tree, Eucalyptus, and when I received my blends from Plant Therapy to help combat other issues I was having, I did not use them correctly and because of my error, broke out in a bad rash on my face. I have since learned that I sensitised myself to these oils and try to avoid using them topically now. If I do use them topically, they have to be heavily diluted (less than 1% dilution) to avoid a skin reaction. I do not blame the companies, I blame myself for lack of proper usage education.
156	2/2/2016	Female, age 42	AromaBoost RTU	Topically	Diluted	Diluted from company		AnimalEO	No	Irritation on wrist, where came in contact with skin	Well formed then bled	Took a couple weeks for wound to heal	N/A	Applying to dog	2/1/2014	
157	2/2/2016	Female, age 45	Roll-on Blend: Caprylic/capric triglyceride, Eucalyptus stagerana† leaf oil, Eucalyptus globulus† leaf oil, Laurus nobilis† oil, Rosa rubiginosa† (Rose hip) seed oil, Mentha piperita† (Peppermint) oil, Eucalyptus radiata† leaf oil, Copaifera officinalis† (Balsam copaiba) resin, Callitris intratropica† (Blue cypress) wood oil, Eucalyptus bicostata† leaf oil, Myrtus communis† (Myrtle) oil	Topically	Yes, I think so I don't see any carrier on their list of ingredients. It was a chest rub.	Unknown, proprietary blend	One	Young Living	No	Instant burning feeling, hot on my skin, very strong and making my nose, run and eyes water. My husband next me said it was burning his nose.	Immediately I grabbed the FCO next to me to rub on my neck to dilute it more.	After a couple hours when the smell went away I get fine.	No trip to the doctor		1/30/2016	I have never used EO's topically before, only diffused, and never this particular blend/roll-on. I placed on the back of my neck based on FB ran by the up line who indicated where it worked best and had included graphics which said the same. After reading the Laurus nobilis isn't good! I am angry the reps do not promote or even disclaimer each post with particular warnings. I even saw a person comment on the thread she was pregnant and uses this roll-on all the time...Very mad.
158	2/3/2016	Female, age 61	Eucalyptus Globulus, Laurel leaf, Peppermint, Menthol, Melaleuca, Lemon, Ravensara, cardamom	Topically		unknown	2	doTERRA	unknown	red, angry, itchy skin	red, very angry, extremely itchy skin	5 days later- red welts, very angry, extremely itchy skin	None-tried home care	?	January 30,31	I bought this Breathe vapor stick because my husband gets ill once or twice a year. I got a chest cold, rubbed the vapor stick as directed and went to bed. I woke up and rubbed the vapor stick on my chest again. Within a short amount of time my chest felt hot and itchy. I developed welts that were extremely itchy. I tried a cortisone cream that I had from my doctor from when I had an allergic reaction to an antibiotic - it didn't work. I tried Tamaru oil - it didn't work. Today I'm trying some Aloe Vera - so far it hasn't worked.

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 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
159	2/7/2016	Female, age 19	Eucalyptus	Topically	A few drops dabbed into hands, then swished around in bath to relieve extreme nasal congestion and head cold.	4-5 drops	1	unknown	No	Burning sensation all over body once submerged into bathtub.	Negative, frightening, panicked, painful.	Painful, sensitive	N/A	N/A	2014	
160	2/7/2016	Female, age 37	Oregano	Topical and oral	Undiluted on feet, diluted 10:1 in capsule with coconut oil	each capsule 1 drop essential oil, 10 drops coconut oil x 3 so 3 drops ingested.	1	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		2/9/2016	bladder infection. Not enough education about strength of this type of oil vs. the oregano oil sold in health food store. I still don't know the difference of strength or what an appropriate dosage would be. Lots of misleading information on the internet and per Young Living advocated
161	2/19/2016	Female, age 29	Valer, 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	
162	2/24/2016	Female, unknown age	Peppermint	Topically	undiluted	Apparently too many, but just a few drops	one	unknown	no	Severe chills	yes	Passed after several hours			2012	My first try was on lava beads with valer, 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 I used to make bath salts with essential oil. One day I ran out of salts and decided to use the oil straight in the bath water - big mistake. Due to the severe chills I found myself standing under pure hot water to warm up, realizing the water was burning my skin. I quickly dried off as much water/peppermint oil as I could and dressed warmly for several hours. I don't even use bath salts any more.
163	2/25/2016	Female, age 31	doterra On Guard blend	Oral ingestion	diluted in water	diluted 1 drop in 24 ounces water	one	doTERRA	no	Massive headache - unrelieved by the use of Tylenol, Aspirin or Ibuprofen. GI upset (nausea-like)	It took almost 16 hours for the headache to go completely away. GI upset lasted approximately 8 hours.		Flushed my system with lots of water. Did not need to seek medical attention		January 22, 2016-January 24, 2016	I continue to use EO, OnGuard through a diffuser, without issue/adverse effect. I have done extensive research since this time, and I understand now that no EO is never be orally ingested unless otherwise directed by an Aromatherapist. These companies are misleading in their claims. While their product is excellent, their thirst for flashy advertisement is damaging. I have also learned since this time that EOs are never to be applied neat, and this is a claim that most companies say are ok to do. Thank you for your willingness to gather and assess this kind of pertinent data. There is not enough research out about EO. I am a nurse, and if you came into my ER with an adverse effect from such a thing, I am sure the whole medical staff would have a difficult time addressing the issue.
164	2/27/2016	Female, age 32	Sweet Orange	Internally in ear	undiluted	one drop	one	Aura Cacia	no	I put a drop in my right ear that had an infection brewing - per a suggestion from another nurse who apparently had experience with using essential oils. I've been on antibiotics for ear infections so many times that amoxicillin doesn't even work on me, and I'm trying to get off of all medications and just do the natural thing, so I decided to give it a try. I stopped at the store on my way home from a 12-hour night shift and bought the oil. Brought on severe pain unrelieved by anything	I tried flushing with purified water, then eventually called 911 because the pain was so severe. They transported me to the hospital ER, where I had the worst experience of my life. Of course I had an ear infection, but that was not the problem. The problem was the severe chemical burn. They eventually flushed it out with saline, which helped a little for a little bit. I pretty much cried for two hours straight and they were about to send me home without treating me with any pain medications, and I (as a nurse I know better) begged for something. They finally gave me one Norco and sent me out the door, but I waited in the waiting room until my pain dropped from 10 to 7. My husband finally came, and he called for the nurse when it was clear that it wasn't helping enough, so she brought me back and they finally gave me a prescription for ear drops in addition to the worthless prescription for amoxicillin (they did not listen to me that it wouldn't work).	Two days later my eardrum ruptured and I had to be put on stronger antibiotics and a different ear drop - I skipped the ER and just went to urgent care	As above	N/A	6/1/2014	I never saw that nurse again to tell her what hell I went through when I followed her suggestion. I also became very wary of any treatment suggested by people, no matter how sincere. I listen, but then I do my research before using any med or technique. Of course the doctors told me never to use essential oils on mucous membranes, and I'm not a dummy when it comes to medical things, but I really would like to find effective non-medication treatments for conditions, because I know the long-term effects of being on meds. I should have researched it more before jumping into trying it, but there's such a thing as living and learning. Believe me, I learned!
165	2/29/2016	Female, age 29	Doterra citrus blend	Topically	Undiluted	4-6 drops	One	doTERRA	No	N/A	N/A.	Skin feels like it has been severely burned. Red, sore, stinging, hot.	Not yet, on my way to the doctor now	Used as a replacement for perfume	2/28/2016	
166	3/20/2016	Female, age 50	Lavender alternating YL and DT brands	Topically	Neat	1 drop of oil on finger each time, rubbed on with finger	1 of each oil 24 hours apart	Young Living & doTERRA	yes		It helped originally, but within 12 hours young living began to burn, tried doterra that night and it helped originally as well but within 10 minutes it began to burn as well	no	No visit to the doctor but polysporin purchased for burns and for anti-itch, helps	didn't use an oil session	March 10 for Young living, March 11 for Doterra. today is March 20	used to believe highly in essential oils and young living in particular, but over the years I have developed issues with using them topically... I have tried Doterra, this was my first time to try it on a burn... no more essential oils for this girl.
167	3/20/2016	Female, age 43	DT deep blue oil blend and lemongrass	Topically	Deep Blue was "diluted" by applying a small amount of coconut oil to the skin prior to the eo. Lemongrass was diluted the same, even though I was told it didn't need to be diluted.	2-3 drops of each oil	1 for each oil	doTERRA	No	The Deep Blue had a warming sensation. The Lemongrass seemed to be helping.	Shortly after applying the Deep Blue, a rash started to appear on my shoulder where it was applied. The itching was painful and the rash became very pronounced. I was advised to try Lemongrass the next time as it was thought that the Deep Blue may have stirred up a reaction based on my Lyme Disease. The exact same thing happened with the Lemongrass. I quickly developed a painful rash that covered my entire shoulder where it had been applied.	For both incidences, it took about a full week to finally heal completely.	N/A		2014	When I first contacted my upline about my reaction, I was told it was a detox reaction due to my Lyme Disease. She was very surprised that I had a reaction even "diluting" it as most people apply it neat frequently with no reaction. She then suggested I try the Lemongrass and that there was no need to dilute it as it was safe to apply neat. I did dilute it some, but had the same reaction. Once again, I was told it was a detox reaction and I may need to dilute it more to be able to use those oils. I have not been willing to try using either oil again, even properly diluted as it took too long to get rid of the rash and I don't want to risk going through that again.
168	3/27/2016	Male, age 7	Lavender	Inhalation (on blanket)	undiluted	3-Feb	One		No	My son had an asthma attack was taken to the hospital.	Breathing trouble, coughing				Sep-15	
169	4/22/2016	Female, age 22	Topically and diffusion. Lavender, Tea Tree, Balance, Elevation, Serenity, Cedarwood, Citrus Bliss, Wild Orange, and a few others	Topical and diffusion	Neat		Multiple	doTERRA & Eden's Garden	No	Large itchy rash	Uncomfortable rash	Still has rash after 6 weeks. Tried oils again after a few months heavily diluted with the same outcome				Undiluted. My 22 year old daughter has become sensitized to EO's due undiluted use. I was originally introduced to EO's through a rep and was taught unsafe usage. Unfortunately I passed this information on to my daughter. When I started researching safe usage I passed that information on to my daughter but she did not change her practices. In a little less than 6 months of occasional usage she can no longer use any essential oils she has tried due to a very itchy rash that takes quite a long time to go away. She cannot even use them heavily diluted now
170	5/5/2016	Female, age 33	Frankincense, oregano	Topically	undiluted	A fingertip dabs worth of frankincense or toothpick tips worth on a mole	Approximately 12-20	Plant Therapy	No	No symptoms during application	Burning sensation that lasted about 5 minutes		No medical attention	No session. Daily application of undiluted oils onto moles for almost 2 weeks	Late April to the beginning of May 2016	
171	5/7/2016	Female, age 46	YL raindrop therapy	Topically (Raindrop)	Not sure, I do not think so	Not sure	1 session	Young Living	No	Intense red rash over back and neck front and back	Intense itching, heat, and rash overnight	had to go to medical clinic next morning...itching was unbearable...got some steroids to calm situation down			About 6 years ago	moving forward with use of essential oils with caution
172	5/8/2016	Female, age 59	Melaleuca oil	Oral ingestion	"diluted" in water	3 drops	one sip of water	doTERRA	no	Abdominal cramps, nausea, watery diarrhea, malaise, heavy feeling in my chest and raspy breathing, headache. Just did not feel right. Felt like food poisoning, only with breathing issues	Diarrhea and stomach cramps and nausea, mouth watering	Cold sweat in middle of night and insomnia. About 20 hours later.	No. Just stayed home. Can not afford to go to doctor	Self-treated	5/7/2016	I would not recommend ingesting melaleuca oil, ever.
173	5/11/2016	Male, age 11	Eden's Garden Muscle Ease	Topically	Neat	Several drops, son applied to his arms and chest	1	Eden's Garden	no	Abdominal pain, nausea, vomiting, diarrhea	drowsy, cramping	None	75mg Benadryl	None	2/20/2016	My son applied this loyal to his upper arms, chest. Within five minutes, he had burning in tingling to the area. He tried to wipe it off with a paper towel but it did not work. So he took a shower. As soon as he got out of the shower, he experienced Abdominal pain, nausea, vomiting, diarrhea and frequent urination. Have a total of 75 mg Benadryl and he felt better within a few hours. 4 total hrs of symptoms
174	5/13/2016	Female, age 54	Frankincense doterra	Oral and topical	Neat	1-2 drops	1-2 a day	doTERRA	unknown	External redness and swelling. Internal pain.	Fine immediately afterwards. Reaction occurred after consistent and extended use.	About 4 months	Diagnosed with Trigeminal Neuralgia brought on by prolonged use of Frankincense. Neurotoxicity.	Product sold to me by doterra rep who also instructed me in dosage and application	4 month period	Excruciating pain

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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 ingestion of one capsule.	In the course of normal blood tests done, I saw that my liver enzymes have gone way above the normal range	Self-administered		When you are dealing with trying to heal cancer naturally, sometimes you get quite desperate to find something that will really work. I do a great deal of research into alternative healing methods, and somehow I became convinced by all the enthusiastic testimonials that this would be a good thing - in spite of knowing that there are definite risks of consuming essential oils internally. The pain in my liver after about 3 or 4 days of one capsule drops a day convinced me that this was a bad idea. Fortunately after several weeks, liver pain subsided and liver enzymes came down. I feel fortunate that there was (probably) no permanent damage. There are many good alternative means to treat cancer that are effective and don't produce such serious side effects. I do have concern for others like me who are feeling desperate and willing to try anything, often without recourse to a good naturopath or aromatherapist who knows better.
176	5/17/2016	Female, age 40	DT Eucalyptus	Topically	undiluted	50 drops over the course of one day	10	doTERRA	no	I began to feel dizzy and nauseous immediately. By the end of the day, I was extremely drowsy and unable to walk straight. My husband said I acted drunk. Shortly after my last application of oil I went to bed. As the oil hit my bloodstream, I began to have extreme chest pain and a very slow heart rate (30-40 beats per minute). While laying in bed, my bladder began emptying uncontrollably multiple times. I also experienced muscle spasms and shortness of breath.	I was very sick and drowsy even hours later, and continued to lack mental focus. I was extremely weak and nauseous for many many days.	It took several weeks to recover from the fatigue and mental fog. I have never felt quite right since.	I did not go to the ER for testing	N/A	9/11/2014	I had recently undergone a dental procedure and was using a strong mouthwash from my dentist which also contained eugenol multiple times a day. I purchased a new bottle of eucalyptus and applied it undiluted to my neck, from the base of my skull to my shoulders, multiple times throughout the day in an attempt to alleviate the pain of a soft tissue tear in my neck. The first application caused some mild dizziness and nausea, but as the day went on my reactions became incrementally more extreme. I had never used that oil before, but had been using wintergreen and other oils for two years without too many negative reactions and nothing that severe. I honestly have never felt the same after that night, and still have headaches and dizziness and fatigue that I didn't have prior to the incident. My husband was concerned that I would actually die, but I refused to be taken to the hospital. I recently inhaled a small amount of eucalyptus oil when I opened a bottle with a blend, and became instantly dizzy and felt sick.
177	5/19/2016	Female, age 44	Young Living brand: lavender, peppermint, lemon, Thieves, RC, etc.	Topical and oral	Neat and occasionally 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 Clobetolol ointment to clear the eczema.			When I started using Young Living EO's 8-10 years ago, I was told to add a drop of lemon oil to my water daily and Thieves blend to syrup or honey to prevent illness. They also recommended Thieves toothpaste as a deodorant which was very effective; however within three months I started breaking out in painful rashes. I discontinued using the toothpaste as deodorant but continued taking the oils internally or directly on my skin, being told that my body was merely "detoxing". I truly wanted the oils to work for me since they seemed to work for everyone else, so I foolishly continued on for a few years experimenting with various options, oils, and blends to see if my body would still react. Sadly, it did, and I haven't been able to use EO's for years now except with a diffuser. My body chemistry does not allow EO's topically, even in products where it has been diluted, and I have since been better educated on EO safety and NEVER use it internally anymore.
178	6/1/2016	Female, 45	Young Living Thieves	Oral ingestion	Neat	1-3 drops on toothbrush	morning and night	Young Living	No	I thought that my hayfever was going haywire since My eyes would not stop itching. They were also very watery and so was my nose. But nothing showed on the analysis when the doctors tested for hayfever. I then started removing the oils I was using neat and nothing happened until I came to my brushing. Approximately 1 hour after brushing, mycket eyes would become itchy and runny and so would my nose.	Approximately 1 hour after brushing, mycket eyes would become itchy and runny and so would my nose.	2 hour later, still the same symptoms. Despite using eyedrops and anti-histamine pills. The symptoms did not start to clear up until 24 hours after ingestion.			April and half of May	
179	6/13/2016	Female, age 52	She used almost every essential oil that Young Living made. She was a rep.	Oral, topical, and diffusion	Neat application, much of the time	She bought a roller applicator in order to apply them neat to her skin, and asked me to apply them that way when she was dying of pancreatic cancer.	Daily for at least a year	Young Living	none obvious most of the time	She died of pancreatic cancer 10 days after diagnosis and was otherwise healthy. I cannot say that the oils were the culprit for sure, but I suspect they may have been.					2013-june 2015	I am reporting her death because I'm interested in knowing if many other neat users or ingestors have died of a similar cancer in middle age. She had almost a cult-like allegiance to Young Living, and would never listen to me when I voiced my concerns that she was using them unsafely. She originally started using them for her husband, who had stage IV colon cancer. They believed that his ingestion of oils (I think frankincense), which he dropped into capsules daily, was keeping him alive (in addition to chemo). She unfortunately died 5 months before he did. I now raise their two children. If I can spare even one person this sad fate, I will do anything I can. She turned to essential oils to help her through a tragedy and Young Living was happy to oblige her with misinformation in order to make money. Is there any research into the cancerogenicity of ingested or neat essential oils? My email is ssaidenberg@gmail.com.
180	6/17/2016	Dogs	FROM ME PUTTING ON TWO OR THREE SPOTS OF PENNY ROYAL, EUCALYPTUS, AND CITRONELLA TO WARD OFF FLEAS. I EVEN WASHED THE DOGS OFF AFTER THEY SEEMED TO BE IN PAIN OR BURNING, THE DOGS DIED WITHIN 2 DAYS... THE BOOK FROM THE COMPANY HAD SAID THAT WAS THE THING TO DO IF THERE WERE SERIOUS FLEAS ON THE DOGS. I AM TERRIFIED OF THESE OILS AND SICK OF THE POTENTIAL FOR MISUSE. I WOULD LIKE TO KNOW HOW TO SAFELY DILUTE THEM, BUT THERE WERE NO WARNINGS ON SAFE DILUTION. THE DOGS BOWEL MOVEMENTS WERE PURE RED LIKE JELLO. THEY DIED HORRIBLE	Topically	NO DILUTION. THE COMPANY BOOK SAID THAT WAS WHAT SHOULD BE DONE IF THE FLEAS WERE SERIOUS.	I TRIED TO ONLY PUT ONE OR TWO DROPS OF EACH OIL ON THE DOGS LITTLE TREATMENT SPOTS. MY DOGS WERE ONLY 5 LBS OR LESS EACH.	One	I FORGET BUT IT WAS CARRIED BY WHOLE FOODS IN AUSTIN IN THE EARLY 1980'S.	No, just purchased	DOGS HAD LOTS OF FLEAS. I DIDN'T TRUST REGULAR CHEMICALS, SO TREATED THEM WITH "NATURAL". DOGS SEEMED VERY UNCOMFORTABLE AFTER APPLICATION. BUT THEN THE FLEAS WERE MAKING THEM UNCOMFORTABLE ALSO. SO I ASSUMED THERE WAS A LITTLE DISCOMFORT CAUSED BY THE FLEAS BEING DISTURBED FROM THE OILS.	AFTER SOME TIME, I DECIDED THAT I SHOULD NOT HAVE PUT THIS STUFF ON THE DOGS AS THEY WERE EXTREMELY UNCOMFORTABLE. I DON'T KNOW IF I EVEN SLEPT THE NIGHT OR WASHED THEM WITH SHAMPOO WITHIN AN HOUR OR SO OF APPLICATION BECAUSE I GREW AFRAID THAT I HAD MADE A MISTAKE FROM TRUSTING THE FREAKING BOOK OF THE COMPANY. THE NEXT MORNING I TOOK THE DOGS OUTSIDE TO USE THE RESTROOM AND MY BLACK POODLE JUST FELL OVER ON HER SIDE. I KNEW SHE WAS IN TROUBLE AND TOOK HER TO THE VETS IMMEDIATELY HOPING THERE WAS AN ANTIDOTE. I LOVED HER SO MUCH, AND SHE DIED A HORRIBLE DEATH IN THAT VETS OFFICE. I SHOULD HAVE EUTHANIZED HER BUT I WAS HOPING THINGS WOULD TURN AROUND. PLUS, IT WAS SO FAST. MY YOUNGER POODLE LASTED A WHOLE NEXT DAY BEFORE SHE TOO WAS GONE, BUT I HAD HER PUT DOWN SO SHE WOULDN'T SUFFER LIKE MY PRECIOUS BLACKIE DID. BY THE WAY, MY CHEEKS WERE RED AS A BEET THAT FIRST MORNING AFTER I HAD MESSED WITH THE ESSENTIAL OILS.					SAID THAT AT LEAST ONE OR TWO OF THOSE ESSENTIAL OILS WERE CONSIDERED POISON. HOW CAN HEALTH FOOD STORES SELL POISON? I THOUGHT ABOUT THE BABIES AND THE CHILDREN WHO MIGHT ACCIDENTALLY PLAY WITH THE
181	6/29/2016	Female, age 49	Blend of: mentha piperita (peppermint), eucalyptus globulus (eucalyptus), melaleuca cajuputi (cajeput), rosmarinus officinalis (rosemary), lavandula angustifolia (lavender), vetiveria zizanioides (vetiver)	Topically	Undiluted		Varied over three years	Saje	No	I used it on my head as directed and I experienced a terrible burning sensation that I had never felt before when using. I'm pretty sure it was the peppermint in the blend, but not positive. I have not used it since.	It kept me awake for a while and made my headache worse instead of getting rid of my headache as it usually did, the burning sensation built in intensity and then finally started to go away, not sure of the elapsed time.	I finally fell asleep and was fine the next day	None - I knew what had happened and didn't try to use the product again and will not be using undiluted oils ever again.			I had always heard about sensitivities - but the product worked so well, that I ignored the warnings of others and continued use as directed by the company. So, when the intense burning sensation happened, I knew exactly what was going on and was a bit mad at myself for ignoring the warning. I was lucky that it went away and I haven't experienced any other adverse effects. I will be diluting all my eo's in the future.
182	7/7/2016	Female, unknown age	On guard Lavender Deep Blue Peppermint Wild Orange Balance Melaleuca Aromatouch Spearmint	Topical and diffusion	Carrier oil was applied to the body first, and then a few drops of essential oil.	Each oil 5 drops, in sequence	each oil 1 application. Lavender and balance 2 applications	doTERRA	Spearmint yes	did a total of 7 massages Fri, Sat, Sun Sun a.m. only Spearmint body massage at 7:30 am About noon on Sunday began experiencing severe dizziness, cold sweats, nausea. Room spinning	No immediate symptoms	approximately 4 hours after last massage	None, drank lots of water and rested until it passed			Received certification course for DoTerra AromaTouch technique. Do not recall any information about adverse effects, cautions re how many to do, breaks needed between for hydration & nutrition etc. Might recommend that be added to the course - but maybe I missed it. I went into a situation where I was hired by a resort that had prebooked several clients back to back. I was told I was detoxing by my up line. I believe I was having a very bad reaction/possibly overdose symptoms. Better safety knowledge is needed. Still love the oils, but they need more respect.
183	7/17/2016	Female, age 58	Eucalyptus/Peppermint	Diffusion	Diluted	5%	N/A			Naseau Severe sinus pressure /tingling Dizziness For 3-5 hours after	Yes	3-5 hours, feeling again the next day	N/A		Yoga practice in heat	Very frustrating reaction
184	7/18/2016	Female, age 45	orange, tangerine oil	Topically	diluted in hand lotion	4 drops to 1/4 ounce hand lotion	everyday for 4 weeks	Young Living	No	Was not told the citrus oils could cause photo sensitivity, went to the beach with oils under my arm, mixed in lotion (as a deodorant) Felt no effect while I was there Was exposed to sunlight for 2 hours and have developed hyper pigmentation on my underarm skin	Was exposed to sunlight for 2 hours and have developed hyper pigmentation on my underarm skin from the citrus oils	10 days later the hyper pigmentation is still here. Do not know if it will be permanent damage	doctor not seen yet		June 1st-July 6th	I feel the Young Living Representative did not give me proper warning of the photo sensitivity to citrus oils. So grateful this is not my face and is under my arm. I do not think the MLM Representatives should be prescribing these oils and they re not trained or licensed. Very scary
185	8/3/2016	Female, age 51	Peppermint, Rosemary	Topically	No they were not diluted this was a total accident, while measuring the oils out some got on my scale. I was not wearing gloves, without thinking I wiped the oil off my right hand	Just a few drops each	just once	NOW	No	After about 15 minutes I felt my right hand starting to burn	Within one week my hands started to crack and bleed,, this happened in 2014		I went to 3 different dermatologists in two different states, both of them informed me that this is something I will be suffering with for the rest of my life that there is nothing I can do about it.		2/14/2014	I was not careful, I should have been using gloves,, safety should always be thought of first, because of this misstep I have been suffering over 2 years. Please remember safety first, never put any kind of essential oils on your skin without diluting them. Never ever rub your hands together if you've only got an oil accidentally on one hand, all that will do is transfer it to both hands,, stay away from all commercial cleaners if this ever happens to you. Try to moisturize often. And always have a box of gloves in the drawer, don't believe everything you read about putting essential oils directly on your skin!! Essential oils are extremely powerful and should be used with care. And always dilute with a carrier oil! With essential oils less is more!
186	8/10/2016	Female, age 40	Young Living lemon	Oral ingestion	undiluted. Was putting 6 drops in a cap 3-4 times a week	6 drops in a gel cap	3-4 times a 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		Late July early August 2016	
187	8/11/2016	Female, age 33	Young Living "Inner Defense" Total System Protection With Thieves Soft gels.	Oral ingestion	I think that the coconut oil in them is meant to be a carrier oil to dilute them, but that didn't help me.	Varying amounts of each ingredient, but the pill itself tasted strongly of cloves.	I took it about four times over three days before I realized what was causing the abdominal pain.	Young Living	No	Extreme stomach discomfort and pain. I could barely make it up the stairs to my apartment and once I got there had to take my pants off because of the pain. I thought I was going to vomit and have diarrhea, but I laid down, applied a heating pad, and controlled my breathing. The pain lasted several hours, and I was unable to return to work. I also had a mild headache and some aching in the side of my back and upper abdomen, near my ribs; these were like pinching pains. I'm not sure, but I also think that they contributed to how tired I felt.	I think I misunderstood the previous question. These symptoms occurred a couple hours after taking the pill. During they just tasted like something I shouldn't be eating, but I was tired of being sick and therefore desperate.	Over the three days, the first day was bad and I fell asleep at three in the afternoon and slept until the next morning. The second day was mild after getting all that sleep, and I thought the stomach discomfort was tolerable. The third day the pain was the worst and led me to look into adverse reactions to essential oils.	N/A		August 9, 10, 11	I let my desperation to get better cloud my judgement. All natural doesn't necessarily mean safe or healthy. Snake venom is all natural, but I wouldn't want to go near it. In the back of my head, I was thinking, "oh I didn't know you could ingest essential oils. I thought you were only meant to inhale them or use them externally." I didn't listen to that little voice, and now I feel worse than before. My stomach is still hurting, several hours later, and I feel exhausted. Sometimes it's better to just eat whole foods and wait for your body to recover from a sickness the old fashioned way. God created us to be able to heal, not to eat what is basically poison.

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
188	8/25/2016	Male, age 46	Clove, eucalyptus, peppermint	Topically	They were pre-mixed with the bath salts. no other oils are listed on the ingredients, only essential oils and salts.	unknown-used one cup of salt mix	One	unknown		Pleasant	Nothing of note - went right to bed immediately after bath.	Woke up the next morning with itching and discovered red lesions covering entire body. Extremely angry raised red splotches all over.	Went to primary care doctor the following day and was prescribed Prednisone and Bendadryl.		8/23/2016	
189	8/26/2016	Female, age 57	used all the oils for arthritis and inflammation: wintergreen, basil, lemon, frankincense, cypress, melaleuca and others - mixed with coconut oil and rubbed on skin.	Oral and topical	topical diluted, oral not diluted	oil rub (guess) 30%	Twice on foot and knee and hands	doTERRA	no	i lost my sense of taste and smell when i was on day 2 of bronchitis. IT NEVER RETURNED. I got well after 2 weeks but the taste and smell did not return	I DO NOT KNOW if the oils are the problem - am here to ask - but dont see a question forum. COULD THE OILS BE THE PROBLEM? They were the only thing changed in my routine or environment at time of loss.	Now been 2 months, still no taste or smell				
190	8/27/2016	Female, age 32	Peppermint	Oral ingestion	undiluted	one drop	once	Young Living	no	Burning, never felt that before. Like I couldn't do anything. Took effort to hold the glass of milk from my husband and drink it.	Felt like heartburn, although that's why I tried it orally	4 days, every day heartburn				
191	8/28/2016	Female, age 36	Peppermint	Oral ingestion	undiluted	2 drops at noon-2 drops at night	from April to December 2015 (not everyday, but probably 80% of the days)	doTERRA	no	Hand shaking and starting to feel "mind away" starting in August 2015 Seizures and black outs... starting on December 2015 I started taking anti-seizures pills in January 2016 In July 2016, under the anti seizure 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	I had recently purchased the oil. No way of knowing how long it was on the shelf, but they sell relatively fast. I think it would be safe to say no.	Burning, Extreme discomfort. Redness.	I washed the area with cool water and applied fresh aloe which provided a cooling sensation.	Hours passed before returning to normal	N/A	Home Remedy	1/1/2016	I had a runny nose. Someone told me peppermint oil helps them breathe better. I globbed the oil on my nose thinking it would open my nasal passages. Bad bad idea.
195	9/15/2016	Female, age 39	Doterra ddr prime, on guard, oregano, lemon 1 drop each w carrier oil of coconut oil in a 00 gel cap orally	Oral ingestion	Diluted In coconut oil	1 drop each 2x a day	2x a day for 4 days	Young Living & doTERRA	no	Just thought I'd share my experience- thank god not severe. On the advice of a Lyme literate naturopathic doctor who I won't name, I was told to ingest a few MLM (won't name the company but they're very big right now) essential oils - 2 of their formulas, basil, thyme, lemon, and oregano - a drop of each in a cap mixed with carrier oil (coconut, olive-etc) twice a day. Anyhow on day 4 my gallbladder became so inflamed it hurt. I went to my newer lind and LMD and also contacted a certified aromatherapist/herbalist. All of them told me to discontinue ingesting the oils and that they are toxic. Today is day 4 since stopping them and I'm finally starting to feel better! That was scary! I've also fired my former lind. She makes money off the MLM oils so I just don't trust her! I sell them too- but I'm only advising topical use/ diffusing them Sorry if I offend anyone using eo for ingestion- but I'm no longer for it. My situation could have been much worse had I not stopped. I also had to detox them out and take activated charcoal for several days!	No on day 3 and 4	Passed a few days later after using activated charcoal	Just exam with dr sirani 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 blend	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	purchased Feb 2016	Painful burn to area of application on back.	Burning and pain, itching	2 days, no redness but still tight and painful to touch.	No	No	9/16/2016	I am a certified aromatherapist and I know better. I was in severe pain due to a tweak in my back. My blend I make was in the basement and I was hurting and 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 eo's for a while		Plant Therapy	No	Heart palpitations, left hand discomfort, dizzy spells, racing heart rate I used a diffuser sometimes once a day. Used diluted sometimes as fragrance on wrists. Used frankincense diluted on hands for sore hands. I used them frequently before the issue. I didn't have any problems. One day, I used shea butter and made a batch of lotion with the oils. I must have used too much. When mixing the lotion, I got dizzy and had palpitations. I couldn't get the batch finished and get out of the kitchen quick enough. Later I would try to use the lotion and would get palpitations and dizzy spells. It kept getting worse. I didn't realize it was the lotion. I finally put it together and stopped using the lotion. I can't even smell oils now.	Heart palpitations, racing heart rate, dizzy spells After awhile it would go away	It would happen whenever I used the lotion with essential oils.	Yes, I first went to the ER, not knowing what was going on. My heart rate was up but they didn't see a reason for it. I was discharged. Later, about a week later, I kept having the issues. It was really worrying me. I went to my primary care. She ran several tests. She found pulmonary ventricular contractions but thankfully nothing else. I didn't go on meds since I prefer to use the natural approach. I wondered about the shea butter lotion with the EO'S in it. So, I stopped using them and all the symptoms went away.			
199	9/22/2016	Male, age 11	Peppermint	Topically	undiluted	bathtub full of water about 20 drops of peppermint	1	Young Living	Yes	headache, my son started feeling chilled in a hot bath, dizziness	my son felt very ill until the next day with above symptoms	during and after for about 16hrs	None		10/20/2015	I was given this advice by young living essential oil enthusiasts, I was told that it couldn't hurt, it was just natural plant oil-
200	9/25/2016	Female, age 42	Lavender	Diffusion		3 drops	diffuser ran for about 4 hours during sleep	Young Living	No	I developed a headache after diffusing for a period of time. I ma not sure how long because I turned the diffuser on and went to sleep (first time using it)	I woke up with a headache, a bit 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	3 drops of wintergreen neat, applied to 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	I have "sensitive skin". I also have a lot of headaches. I found myself away from home and experiencing severe headache and tooth pain. I applied an essential oil blend (Past Tense) to my neck and temples, knowing it would provide relief it that is have to be ire to wash the area thoroughly when I got home because I'd used another blend (ortho sport) for the same purpose months before and gotten a bad rash that itched and lasted for at least a week. On the way home, it was suggested I try wintergreen essential oil to the painful tooth. That night I applied wintergreen, neat, to the area. One drop rubbed on the funkiness and in the tooth I washed my neck and went bed. The next morning I went to work and put several dropps of wintergreen on a cotton swab and left it on my mouth along the affected too and gum line. I repeatedly applied wintergreen, neat, to this area over the course of about an hour and a half. It was abut then that I realized my gums and inner cheek were feeling painful. I tossed the cotton swabs and wet about my business. Within another hour, the area felt much more painful than before the use of wintergreen. I looked in the mirror and found it to have blisters and redness. I was and still is (3 days later) very painful. The back of my neck and temples, everywhere I had applied the essential oil blend started to be itchy and rashy. I believe I have a chemical burn like situation in the inside of my mouth and a wintergreen allergy as well. After researching essential oil dangers, I can't believe how recklessly I applied them.
202	11/22/2016	Female, age 55	Cypress and Peppermint, Lavender, Lemon trio	Orally and Topically	Undiluted	Cypress 2-3 drops Trio 1-2 drops of each in water	1 per day each method	unknown	No	None	None	Cypress - it caused constipation and abdominal pain to the point of throwing up. this was after a 2-3 day use. Peppermint, lavender and lemon - over a 3-month period did control the allergies. Into the 4th month, indigestion and burning issues and stomach pains.	None	At home		
203	12/1/2016	Female, age 45	Aqua marine Frank and vetiver.	Topically.	Diluted.	Unsure of the aqua marine Frank (it's in a roller ball) One drop of vetiver, table spoon of foo.	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 orange oil was neat.	I don't know for the rub but the orange oil was one drop.	2 with the rub 2 weeks with the drink	young living	No	stomach pain with the drink an itchy hot rash with the rub.		The first time was on my son who was 2. I was assured that young living's immunity rub was safe but my son(2) and daughter (6) both got a terrible rash all over. The second time was orange oil. I again was assured by young living that it was safe to ingest essential oils so I put one drop in 500 mls of water. After a couple of weeks of doing this I got severe stomach cramps and as soon as I stopped using it so did the cramps. I was 32.				
206	12/1/2016	Female, age 44	Peppermint	Topical	Diluted with coconut oil	I'm not sure of exact dilution. I used a teaspoon or 2 of coconut oil with 2 or 3 drops of peppermint oil	1 application	DoTerra	No	There was a cool, tingly feeling	My shoulders felt hot & then I broke out in hives across both shoulders and the front of my chest	Within a couple of hours I was having trouble breathing, my chest & shoulders itched like crazy & went to urgent care	When I got to urgent care they gave me a steroid shot & then put me on a 7 day steroid pill routine.	It was home use	Jan-16	I had been in a car accident and was in physical therapy for whiplash. My shoulders were really sore after a PT appointment. Based on an EO use book I had gotten when I ordered my DoTerra oils peppermint was an oil to use for muscle aches. I 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.

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207	12/2/2016	Female, age 26	Basil	Topically	Undiluted	1 drop	1		No	Redness of skin	Redness	When carrier oil was applied, the redness disappeared	No	Topical application		
208	12/2/2016	Female, age 45	Aromatouch Technique = DoTerra Balance, DoTerra Lavender, DoTerra Melaleuca, DoTerra OnGuard, DoTerra Aromatouch, DoTerra Deep Blue, DoTerra Wild Orange, DoTerra Peppermint	topically	undiluted	3 or 4 drops of each oil	8 times as there was 8 individual oils to be applied during the technique	DoTerra	I am unable to answer this question, as I do not know	Adverse reactions following application - burning, sensitivity, rash, redness, tenderness and itchiness	within a couple of hours	it took me nearly two weeks for the adverse reactions to subside	I used a hydrocortisone to lessen the itchiness and rash	Aromatouch Technique	Early 2016	I find it amazing that despite all the information out there, that DoTerra is still running courses on the Aromatouch Technique and advocating the use of undiluted essential oils on the body by people who are clearly not qualified. I am sure that I am not the only one who has adverse reactions following this technique.
209	12/3/2016	Female, age 32	Tea tree	ingestion, topically, cleaning, diffusion	Diluted & undiluted	Unsure	8	Doterra	No	Red rash -- raised & itchy. Internal use -- cold/flu symptoms worsened. Topically -- applied to wounds & infection began/worsened	Overall feeling miserable	After a week, wounds began healing, illness began resolving.	None	N/A	Unknown	None
210	12/4/2016	Female, age 27	Young Living Thieves Cleaning Wipes, Pure Grain Alcohol, Deionized Water, Eugenia Caryophyllus (Clove) Bud Oil, Citrus Limon (Lemon) Peel Oil, Cinnamomum Verum (Cinnamon) Bark Oil, Eucalyptus Radiata Leaf Oil, and Rosmarinus Officinalis (Rosemary) Leaf Oil, Soy Lecithin, and Polysorbate 80	I used them for cleaning surfaces in my home. I touched them with my bare hands.	Neat	Unknown	3	Young Living	No	Immediately after using the wipes, I would thoroughly wash my hands. Within an hour my face felt like it was on fire. I thought it was strange, but didn't make the connection at first. After 3 separate uses, I realized it must be the wipes. Now just smelling Thieves essential oil has the same effect on me.	My face continued feeling very hot and flushed for hours afterwards. A cold washcloth helped ease the discomfort and by morning it was better.	Each time I used the wipes I would have the same reaction. I also have the same reaction now from just smelling Thieves oil.	None	N/A	Oct-16	I never touched the wipes on my face, or my hands after using them. As I was concerned about having them on my hands and then touching my son, I would immediately wash my hands after cleaning with them.
211	12/18/2016	Male, age 55														I had a nutritionist that had me and just oils for five months. It almost killed me the liver damage kidney damage or checking to see what else I'm praying that none of it's permanent. 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	Atrnaturals	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 breast milk) Female, age 35	Lemon & Zendorine blend (Tangerine Peel, Rosemary Leaf, Geranium Plant, Juniper Berry, Calantro)	Nursing mother ingested oils	1 drop of lemon EO & 1 drop of Zendorine blend were diluted in a glass of water.	1 drop of lemon & 1 drop of Zendorine 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 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	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 a couple 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.
216	1/21/2017	Female, 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.
217	1/27/2017	A family of 15, 8males and 7 females ranging from 0to 44	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 possible factors but during each incident, even diluted, I experienced symptoms. The symptoms occurred within 5-15 minutes after application.	
219	2/1/2017	female, 36 I used 10 drops f sweet orange essential oil in my bath water. I was told that it would give me energy and refresh me by a distributor of Young Living essential oils	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.	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.
220	2/1/2017		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.
221	2/1/2017	Myself, 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.	
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 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	

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223	2/6/2017	They were used on Myself. 55 year old female.	Myrrh and Roman Chamomile	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	No medical intervention I just washed it off and watched her any other internal side effects.	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	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 oil, lavender angustifolia herb oil, aniba rosaeodora wood oil, citrus aurantium Amara leafing oil, citrus reticulata peel extract, cymbopogon martini oil, origanum majorana flower oil, cupressus sempervirens leaf/stem oil, santalum album oil, anthesis nobilis flower oil, citrus aurantium amara flower oil, lippea citrodora leaf extract, limonene, linalool, geraniol, citral, benzy 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	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, 44yo, female	frank, thyme, cumin, wild orange, peppermint, ginger, caraway and german chamomile)...the DDR Prime (frank, wild orange, lemongrass, thyme, summer savory, clove, and naouli)...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-	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)	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
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.		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.
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	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.	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).	It took a week for all the bumps and redness to go down.		1/1/2015	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.	
229	2/23/2017	5yr old male	Thieves	Topically	Just straight out of the jar		1	Thieves (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.	
230	3/30/2017 0:00	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 Dexilant 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 linx 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 Linx 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.	
231	4/1/2017	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	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	Last 2 days	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.
232	4/5/2017	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 imbalance, vertigo, extreme fatigue	Not usually but sometimes yes.	I believe it was the build up that caused the neurotoxicity	Self administered			
233	4/11/2017	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	1	Edens Garden Bee happy roll 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	4/10/2017	
234	4/18/2017	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.	Pain! I felt like I had a bad sunburn, but my husband was laughing when he saw the welts and splotches.	3 days later and it's still quite painful and unseemly.	NA	Oil in the bath/tub for relaxation	4/14/2017	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.

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235	4/28/2017	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 an 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	
236	5/1/2017	Female 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 lasting 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	4/30/2017	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.
237	5/2/2017	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		Jan-16	I 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.
238	5/2/2017	Female age 44	Wintergreen and two blends containing wintergreen. (Améio Muscle Mend & Améio Relaxing Touch)	Topically	Both low dilution and also neat. symptoms.	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.	Améio	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.
239	5/5/2017	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
240	5/5/2017	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 chiggerbug 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.
241	5/17/2017	Female age 30.	Frankincense Carteri	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	
242	5/19/2017	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				
243	5/23/2017	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 hives 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. Haneman, ER , Theda Clark, Neenah	Personal by self	5/6/2017	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
244	5/24/2017	Female age 40	Purify, Serenity, Melaleuca and frankincense, tereshield, 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 a day apart. so I didn't give my body a break from its first reaction.	None	Sales rep	May-17	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 tereshield 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 a 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.
245	5/28/2017	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	Felt tingling. Went to bed right afterwards about 11 pm. Woke at 4 am with extreme burning and rapidly worsening blisters that were fully developed all over backs of thighs in 12 hours	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 about half drained. Will take months to heal probably with significant scarring	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	5/18/2017	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
246	5/29/2017	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
247	6/7/2017	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
248	6/12/2017	Female age 45	Peppermint	Oral ingestion	Undiluted	1 drop	Once	doTERRA	No	Upset stomach, Diarrhea	Within 60 minutes upset stomach and diarrhea		None	None	Apr-16	Added 1 drop of doTERRA Peppermint oil to my chocolate Slim Shake and within 60 minutes was experiencing upset stomach and diarrhea
249	6/17/2017	Female age 50	Peppermint	Topically	Undiluted	1 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	
250	6/20/2017	Female age 30.	Peppermint	Topically, ingested, and inhaled	Undiluted	I used it I put 2 or three drops spread otnon 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.
251	7/17/2017	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.			Jul-17	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!
252	8/3/2017	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.		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	7/26/2017	
253	8/12/2017	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			Mar-17	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.
254	8/20/2017	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
255	8/25/2017	Female age 45	Orange, Angelica, lime, geranium	Topical	Undiluted	2 drops	5		No	Itch and rash. Pus Burning for citrus oils.	Itch, Red skin	1 month. Red itchy skin	Steroid jab and topical			Skin became very sensitive
256	9/17/2017	Female age 30.	Oral ingestion	Frankincense - 100%. Lavender - 1 drop in a tbs of coconut oil, Lemon - undiluted, Lemon - diluted, Lemon - cod liver oil	Frankincense - 100%. Lavender - 1 drop in a tbs of coconut oil, Lemon - undiluted, Lemon - diluted, Lemon - 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.	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 any much if so.	I took frankincense and lavender oil right before bed one night. Within a few minutes of laying down, my stomach became queasy to the point that I thought I might throw up. My skin felt strange, so I sat up and turned on the light and discovered I was covered in red hives for the first time in my life, from my legs to my face. At the ER, I wasn't positive, but it seemed like some oral tissues were slightly swollen. With the lemon two weeks later, I had been assured by a representative that the flavoring was "zest," not an oil, so I felt safe taking it in spite of my previous reaction. I had an identical reaction to the lemon that I had had to the frankincense and lavender.	I went to the ER and was told I was having a moderate to severe allergic reaction and was advised to buy an epipen and abstain from all essential oils by any route until I could safely experiment with smell or topical application close to medical help in future. After taking Benadryl and steroids in each instance, the reaction calmed down and went away.	It was right around the time of these two episodes that my autoimmune disease flared up for the first time, causing horrible neuropathy, muscle and joint pains, and debilitating insomnia, among many other symptoms. I'm convinced that ingesting the oils pushed my body over an edge with its toxic load, triggering a huge immunological response.	cBenadryl and prednisone.	At home use.	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.

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
257	9/19/2017	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
258	9/25/2017	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	I rolled it on and then wiped it off after about ten mins.	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 dying 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	9/26/2012	Doterra rep said no such reactions have ever occurred and that there has never been an allergic reaction to oils that she knows of.
259	9/28/2017	Preganant female age 30	Rosemary oil	topically	undiluted	8 drops	1	NOW	Around 6 months old	warning sensation	Nothing notable for 6 hours	Spotting within 6 hours of application, followed by heavy bleeding and miscarriage the next day				
260	10/23/2017	Female, age 46.	Lavender, tea tree, frankincense, lemongrass, balance, clary sage, geranium, digest zen, on guard, lemon, peppermint, clove, zandocina, 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 created to share my story and help raise awareness Thank you! https://www.youtube.com/watch?v=NQRW9LbzA
261	10/25/2017	Female age 45	Lemon, Orange, OnGuard, Peppermint Geranium, Frankensence. , Happy, Many more	Oral, Topically, Bath, Laundry, Cleaning, Diffusing	Some diluting and some straight	ldk	1 time	Doterra	No	Rash, Gas, Diarrhea	Now it is. Sun and food	I used them for 2 years	Biopsy now			http://www.webmd.com/skin-problems-and-treatments/news/201708/essential-oils-natural-doesnt-mean-risk-free
262	11/7/2017	Female age 58	Deep Blue: Ingredients are, wintergreen leaf camphor bark, peppermint plant, blue tansy flower, blue chamomile flower, helichrysum flower, 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		
263	11/10/2017	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.
264	11/13/2017	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 if 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.
265	11/27/2017	Male age 10	Cold pressed lime, tangerine, wild orange	Topically in a roller botte	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.b	None	Home use.		
266	12/6/2017	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/dif fusion- 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.
267	12/13/2017	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=NQRW9LbzA	
268	12/16/2017	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 aualty/bio exposure. They think all my health problems are toxicity from oils!!!
269	2/7/2018	Male, 8-12	Lavender(Lavandula angustifolia) to relieve the itchness of a mosquito bite	Topically	Undiluted (Neat)	neat 1 drop	once 8years old, once 11years old	Louise garden	Yes	irritation, sore, redness	The sore was gone after washing off it with natural soap, but the redness staled for several days.	It was cleared after 3-4 days.	None	NAHA, IFA	AUG 2013, 2016	
270	2/20/2018	Female, 51	Inner Defense capsules which contain Young Living's Thieves oil blend	Oral Ingestion	Undiluted (Neat)	I took 3 capsules one day and 2 the next day	5	Young Living	No	No discomfort initially	Nothing immediately	After only about 30 minutes I had severe stomach cramping and painful diarrhea	None	Home use to try to recover quickly from upper respiratory infection	3/17-18/17	
271	2/23/2018	Female, 19	lavender, peppermint	Bath	Diluted	5 drops of each into a full bath	twice	DoTerra	No	Was fine until about 10 minutes into my bath, then skin started to tingle and feet too hot	Chemically burned skin - no blistering Uncomfortable to sit or lay down	Used olive oil all over my body and reddened areas, waited 20 minutes then rinsed it off. Skin remained red but no longer felt like it was burning and on fire.	N/A	2015		
272	2/27/2018	Female, 44	Oregano and digest zen	Oral Ingestion	Diluted	1 drop of each in water	4 th day	Doterra	No	Violently ill, rang poison hot line	After 7 days I felt better	7 days	Live 2 1/2 hours from town, so I toughed it out! Poison help line gave me comfort in my choice s	Drank with water at home as I suffer with blost and parasites	17 February 2018	I was told to do this by my sister that sells them. I thought she had studied and knew what she was talking about, vomiting headaches drear, I felt poisoned from the toxins for 7 days! Oils need to be sold only through professional trained at a University for safe usage, normal people off the street are selling and advising people to drink with water. I believe more deaths will occur over these oils!
273	3/1/2018	Female, 24	Digize	Topically	Diluted	1-2 drops	One	Young living	Yes	Hard to breathe deeply/well, faster heart rate	Only lasted a few hours					
274	3/1/2018	Female, 24	Peppermint	Topically	Undiluted (Neat)	1-2 drops	1	Plant therapy	No	Burning, nerve pain all over body (application was only to back of neck/top of spine)	Burning pain	Still have nerve pain on and off	None			
275	3/5/2018	Female, 57	Orange oil, clove bud oil, cinnamon bark oil, eucalyptus oil, rosemary oil	Oral Ingestion	Diluted	4 ounces of water to one drop although it was hard to just have one drop in the water and the couple of times two drops went into the water	About 5	Doterra		I do not know how old the oriole was. The bottom of the bottle says 21 No 2 It was kind of soothing on my throat but also spots where it was burning areas of my throat	Twice I had a couple heart palpitations but nothing much really	Dr visit. GP said The flu bug turned into tracheitis. I did not discuss essential oil's with him	At my place of work	2/5	I am not 100% sure that swallowing these oil's caused by infection. However I've never ingested oil's before and I have never had an experience like this before so I put the two things together. Because I was suffering with the flu friend gave me an essential oil blend and advised me to mix a drop with 4 ounces of water. I was to gargle and swallow. They blend that I was given contained orange oil clove bud OL cinnamon bark oil eucalyptus oil and rosemary oil. Well I can't say for certain that doing this cause my problem the timing was such that I wondered if it did cause my problem. I ended up with tricky TI I was to gargle and swallow. They blend that I was given contained orange oil clove bud oil cinnamon bark oil eucalyptus oil and rosemary oil. Well I can't say for certain that doing this cause my problem the timing was such that I wondered if it did cause my problem. I ended up with Tracheitis. An actual aromatherapist told me that it was possible that the oils caused burning and transported the bacteria down through the trachea where it could've lodged into a spot where the oil could've burned the soft tissue. So I am now will pass the flu but dealing with very uncomfortable tracheitis.	
276	3/7/2018	Adult female	peppermint	evaporation	Undiluted (Neat)	Unknown	1	?	No	Severe asthma attack at work. Eventually led to pneumonitis and hospitalization	Severe shortness of breath.	Still dealing with pneumonitis 2 MONTHS later rash around mouth, itchy skin on face, mostly around mouth, lips so chapped, skin was peeling off, doctor said it was from contact with saliva, after months of use	Island Clinic, Dr. Dennis Chin prescribed 40 Benaderm 0.1% ointment 4 times a day in lips for 1 week, then twice a day for 10 days	none	Sep 2017 - Feb 2018	I almost died because of this exposure at work
277	3/7/2018	Female, 54	Thyme, rosemary, oregano, lemon, lemongrass, clove bud, pink grapefruit	Oral Ingestion	Undiluted (Neat)	2-6 drops, different combinations	daily for 5 months	do Terra	No	no problems; ingested with capsules	none					
278	3/9/2018	Female, adult	Panaway, peppermint and lavender	Topically	Diluted	5 panaway, 5 peppermint 4 lavender in a 10 ml with coconut oil	1	Young living	No	Felt good	Cooling sensation, itchy	Hives, still have little bumps, sensitivity, itchy, sore sensation	None		3/6	3/9 and still the same
279	3/18/2018	Female, 32	Breathe blend	Topically	Undiluted (Neat)	3-4 drops	1	Doterra	Yes	Stinging	My eyes were burning	Swelling, redness, burning, watery yellow discharge, hardness, itching	Er visit. Steroid injection, steroid pills, topical cortisone Same day of incident, about 7 hours after application	At home	3/18/18	These oils need to come with a warning label. In four years of use, never have I ever heard that you have to dilute oils. I have applied this and other eos on my babies skin. The same way Tylenol, Motrin, cortisone creams come with warning labels this should too. This is serious!
280	3/27/2018	Female, 27	On Guard blend - lemon, oregano, and melaueca.	Oral Ingestion	Undiluted (Neat)	2 drops On Guard blend, 3 drops lemon, 2 drops oregano, and 1 drop melaueca	Ingested 2 capsules on separate days	Both DoTERRA and Young Living	No	I felt extremely nauseous and light headed both times I took the capsule	Nausea and lightheadedness lasted for about 2 hours before I felt okay.	No other side effects were noticed after initial symptoms passed.	None	None		I was getting sick and thought essential oils could be consumed because thats what I was taught in my oils classes. I took these capsules and felt nauseous and light headed. I never confronted my upline but I will not take capsules again nor will I recommend anyone else does. I feel stupid for not researching!
281	4/3/2018	Female, 38	Digestzion	Oral Ingestion	Diluted	2 drops toglass of water 250 mls	1	Doterra	No	Discomfort during drinking, burning. Since then, 3 days, I have had heartburn, which I have only ever had during pregnancy.	Oesophageal discomfort	Heartburn continuing 3 days on			31 march 2018	

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 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
282	4/8/2018	Female, 44-45	Lemon, (cold pressed).	Oral Ingestion	Diluted		One	Doterra	No	the lemon did a real number on my neurological and endocrine systems because I've never experienced anything like I did the day I drank some of that concoction. Prior to ingesting the lemon that day, I loved diffusing it and using it topically. In fact, I don't think I've ever had any problems along those lines. Lemon used to only cause me to feel joyful, optimistic, and refreshed. Period. Just one or two sips of lemon in my water, just one time, seemed to change all of that. Shortly after taking a sip or two, I started laughing uncontrollably. The thing was though... the situation that I was in was not funny. It was a strange and uncomfortable feeling. The best way that I can describe what I experienced, is that it was akin to way it feels when someone is tickling you, but you can't get away. You may be laughing, but really it hurts inside. I was also talking a mile a minute. Normally I talk very slowly because I'm so fatigued from fibromyalgia and untreated hypothyroidism/hashimotos. A few minutes later, I started feeling angry at a complete non-issue. Internally, I realized that the anger was not appropriate to the situation so I did not reveal my feelings to anyone. I realized that the lemon had had a strange effect on my neurochemistry, so I decided	Fortunately, I was fine again, (back to normal), the next day. Just very tired.	it, I had no problems inhaling lemon, or non-citrus - citral rich essential oils. In fact, I loved diffusing and using all of them topically. Now, I experience neurological pain as well as brain fog upon smelling citral rich essential oils unless they are present in very small amounts within blends which contain a good amount of constituents that help mitigate the potentially adverse effects. I will say though, that I have cold induced pain and multiple chemical sensitivity, which are separate, pre-existing conditions. The cold induced pain developed after I went off of thyroid medicine, so perhaps the thyroid issues might be predisposing me to experience cold induced pain, as I will describe in next field. I apologize if I'm confusing the issue. The point I am trying to make, is that I'm not sure if I became sensitized to citral, or if the adverse effects that I experience when smelling citral rich essential oils is more from the antipyretic effects of citral within the context of having untreated thyroid issues, MCS, and fibromyalgia.	None, though I do have thyroid tests showing that my TPO antibodies are very high. Again, I don't believe this was caused by the lemon, it pre-existed. I'm just trying to provide relevant parts of my medical history in order to provide clues as to whatever the reason might be that still don't feel well when smelling citral rich oils, for lack of a better term. Yes, I realize that lemon has only trace amounts of citral. However, I feel fine when I inhale most other citrus essential oils, so I believe that I may have ruled out having becoming sensitized to limonene. I'm not sure about that though... Juniper berry is still one of my favorite oils to diffuse and use topically. This is limonene dominant. On the other hand, I don't feel well when I smell most resins, which are also high in limonene.			As an aromatherapy student, it's important for me to understand why I had the adverse reactions, but for now, it's still a mystery. Any insights shared privately would be much appreciated. Thank you for your providing this service to the public and for forwarding the cause of essential oil safety.
283	4/8/2018	Female, 47	Peppermint	Oral Ingestion, Diffusion	Undiluted (Neat)	One drop to roof of mouth	Once a day	Doterra	No	Throat swelled slightly and felt like I had a lump in my throat	No	A few hours later	I had a barium swallow performed with xrays. My esophagus was damaged and no longer contracts and releases well when swallowing		2017	
284	4/8/2018	Female, 63	Silver Fir, Atlas Cedarwood, Pine, Spruce, Sweet Orange & Lavender	Diffusion	Diluted	4 drops to 100mL H2O	1	Eden's Garden Sinifles & Sneezes	No	Burning in throat	Burning in throat	Lasted 2 days until I "ate" a spoonful of unrefined solid coconut oil.	N/A	N/A		I have used each of these oils topically in blends and never had any reaction. I can only assume that diffusing them in this blend caused one or more of them to adversely react.
285	4/14/2018	Female, 12	RC	Topically	Diluted	5 drops	1	Young Living	No	She had a cough and cold and I gave her RC from young living on her chest and neck and afterwards within an hour she had nausea and was profusely vomiting	Nauseated & vomiting	Nausea and vomiting	Called Dr and given Zofran to help the vomiting	Home use with a roller ball	4/5/2018	
286	4/25/2018	Female, 29	PastTense blend	Topically	Undiluted (Neat)	Rubbed the roller ball of eo on my temples and back of neck per consultant's direction.	One (in three different spots)	DoTerra	No	Nearly immediate response- nauseous, vomiting, headache intensified, lightheaded.	Nauseous	Nauseous and vomiting within thirty minutes after use. Headache and lightheaded also within thirty minutes.	No medical intervention was taken		April 20th 2018	
287	5/17/2018	Male, 12	Lemon	Oral Ingestion	Diluted	1 drop in 200ml of water	every morning and afternoon for 5 days	Doterra	No	Frequent urination, stomach ache.	Stomach ache started to develop after few days of drinking lemon oil in water.	Not sure exactly, maybe 2 or 3 days later	none	None	10.5.2018	My son's stomach ache would come and go. It lasted for 4 or 5 days and when he went away for the weekend the stomach ache stopped. When he returned back home and started drinking his favourite 1 drop of lemon oil in a glass of water, the stomach ache returned. We are not sure if it was caused by the oil, however, whenever he has a tummy ache it does not last for days, but only for day or two. We realised that when he was away, he was not using the oil and his stomach ache was gone, but as soon as he returned back home the pain came back. I have also been taking 1 drop of lemon in a glass of water every other morning for a week or so, but stopped using it as I needed to urinate very frequently for about 5 to 6 hours after drinking it. I have since looked into the safety of essential oils and cannot believe the contradictory advice DoTerra reps give to their customers. I am surprised that companies like DoTerra get away with it.
288	5/19/2018	Female, 41	Lemon	Oral Ingestion	Diluted	About 5 drops	2x a day	DoTerra	No	VERY severe stomach cramps, gas, painful bloating, severe diarrhea, nausea, lethargy, drowsiness, the arthritis became much more painful than usual. It's was almost unbearable in my back.	I noticed it almost a day or day and a half after I started but thought I had a stomach bug	Continued taking oil for almost 2 weeks until I realized it was causing the symptoms. It took about 4 days to start feeling better.			5/6/18-5/16/18	My neighbor is a DoTerra sales rep and very passionate about essential oils. I told her I have high blood pressure and she told me that her husband takes five drops of lemon oil three times a day and his blood pressure has dropped dramatically. I decided to try it but I only did 5 drops 2 times a day. About a day or so after I started I thought I was coming down with the stomach bug. I had terrible nausea, severe, severe cramping, terrible bloating, tiredness, the arthritis in my back made me hurt so much and it's usually just mild. I also had severe diarrhea anytime I ate or drink anything. I began to get more and more miserable as the days went on but still thought it was something else wrong with me. I finally realized that the only thing different I have been doing was ingesting the oil drops. I stopped them on a Wednesday afternoon and continued to feel terrible Thursday, felt a little better on Friday, and started to feel a little bit more like myself on Saturday. I still have to be careful about what I eat and stay close to a bathroom but I think the oils are finally getting out of my system. After much research, which I should have done before ingesting anything, I learned that ingesting essential oils without instruction of an aromatherapist is extremely dangerous. I think the sales reps need to be better educated. The sales rep also put a drop of Wintergreen in my daughter's water for her to try and later I found out that Wintergreen is one of the most toxic oils to consume. Luckily my daughter did not like the taste of it and did not drink it. I read in many places that it could cause seizures and hospitalizations for all people but especially children. Essential oils seem to be very potent and very powerful and sales reps for these companies need to be better educated before selling these oils.
289	5/22/2018	Female, 43	AromaTouch series	Raindrop Massage	Undiluted (Neat)	Unknown	One series of all oils in AromaTouch	DoTerra		Moderate to severe nausea	Mid nausea as I left after a 45 minute AromaTouch massage	12 hours later, I am experiencing severe nausea. I am trying not to throw up.	I hope this won't be necessary	Massage	5/21/18	I don't think this massage therapist would have ever used this technique (using undiluted oils) if she were aware of the adverse reactions it could cause.
290	5/23/2018	Female, 43	lemongrass	Oral Ingestion	Diluted	1 drop of lemongrass to 6-7 drops coconut oil in capsule	10	doTerra	No	Burping up pure lemongrass EO	narcolepsy	gradual return to normal sleep over 5 weeks, new food allergies	Doctor, diagnosis by scent		Jan 2018	In January 2018 I consumed lemongrass EO (1 drop in a veggie capsule filled with coconut oil) twice a day for 5 days on the advice of my upline in a MLM EO company for indigestion issues. I burped the oil all day and all night, pure as it smells from the bottle. I continued to burp the oil for another two days after I stopped for a total of 7 days. I visited my allergist during time; he knew the instant he came into the exam room what I had ingested. With a history of food allergies and my symptoms, he diagnosed this incident as an allergy event. A day later I started experiencing the symptoms of narcolepsy, and fell asleep randomly and for long periods of time (16-18 hours) for a week. I gradually went back to a normal sleep pattern, sleeping less and less, over a 5 week period. At that point, I also started to experience new food allergies, and since then have developed more allergies to food.
291	5/25/2018	Female, 59	Breathe Again - Caprylic/capric triglyceride, Eucalyptus staigeriana† leaf oil, Eucalyptus globulus† leaf oil, Laurus nobilis† oil, Rosa rubiginosa† (Rose hip) seed oil, Mentha piperita† (Peppermint) oil, Eucalyptus radiata† leaf oil, Copaliba officinalis† (Balsam copaiba) resin, Callitris intratropica† (Blue cypress) wood oil, Eucalyptus bicostata† leaf oil, Myrtus communis† (Myrtle) oil	Topically	Undiluted (Neat)	Roll-on Forehead and face- over sinuses	3	Young Living	No	I had used it for a year with good results, then I bought a new bottle. After 3 days my skin started feeling burned, which I assumed was from the sun. After 5 days there were definitive burns in exactly the location where the product was applied.	warmth, then burning	It slowly went away after 4 days.	none	April 2017	After using the product for a year and finding the result somewhat beneficial. I was surprised that the next bottle would burn my skin. I assumed it was because I was traveling and outside in the sun all day. I ceased using the product for a month, and then applied it one more time. It went to an immediate deep burn on my face. I contacted Young Living to let them know of my adverse reaction to this new bottle. They basically said it was my fault for letting it oxidize. When I replied that it was a brand new bottle and its first application, they first asked if I had medical proof. I said I'll send pictures of the burns on my face. He said some people have allergies and shouldn't use a product if they do, and that they'd give me my money back.	
292	6/8/2018	Female, 25	Lemon and Orange	Oral Ingestion	Undiluted (Neat)	5-10 drops in 22 ounces of water twice a day for roughly 1 year	Roughly 120	DoTerra		Horrible stomach pain, vomiting, feeling of not being able to swallow food fully	Extreme chest/stomach pain, insomnia	After 1 week of pain I was hospitalized...about two weeks later the pain finally went away	Nurse gave me water with lemon essential oil in it I was in the hospital having a baby and the nurse asked if I wanted some lemon water. I didn't know what essential oils were at the time and figured she was a nurse and so I had to be safe. She told me it's great to detox your body. So I did this on and off for a while and then consistently for a year			
293	6/10/2018	Female, 40	Franciscense, OnGuard, Peppermint, Lavender, DigestZen, Breathe	Oral Ingestion, Topically, Diffusion	Diluted	2-4	1	doTERRA	No	Heart Palpitations	Immediately discomfort in my heart	I would have heart palpitations for about 30 mins. Every time I would be exposed to an oil.	I haven't been to the doctor for the heart palpitations. I did get constipated after 2 weeks of putting 1-2 drops of lemon in 20 oz water bottle and went to doctor with severe stomach pain.	I purchased these oils online		I got into oils about 6-7 weeks ago. Never have I experienced heart palpitations on this level since I started using oils on myself or around my house for cleaning. I follow the dilution chart and only use a few drops. I've reduced the amount I use in a day and I do see improvement but I'm getting very leary with the oils.
294	6/11/2018	Female, 62	DoTerra: Lemon, Orange Bliss, Lime, Jade Bloom: Trim, Lemon, Lime, grapefruit, orange	Oral Ingestion	Undiluted (Neat)	In My tea I would use Trim was told to add 6-7 drops in my water 1-2 drops in 12 Oz	Every day		No	My throat was getting very sore Dry. Thought it was allergies as I was outside working in the garden and yard daily I did this for 3 months. My throat was getting really sore. Was taking tablespoons of honey to relieve the dry irritated feeling. I did call the company and talked to the wellness advocates and asked how many drops as I was a newbie. Also said I was concerned as a cancer survivor I wanted to make sure I was doing everything right. I was told from both companies their oils were safe to ingest		After 3 months of adding trim to my tea daily and a drop to every glass of water (I drink almost a gallon of alkaline water daily) I was having severe dryness in my throat. I was soon taking tablespoons of honey to help with the irritation. I would wake up a few times a night to get honey. I now have not added any oils for ingestion for 2 months now. My throat is SLOWLY starting to feel better. It is not totally healed I'm hoping I didn't damage my esophagus			Jan - April 2018	
295	6/12/2018	Male, 4	Love and peace blend	Topically	Undiluted (Neat)	2 drops	1	Jade Bloom	No	Burn on his neck after going in the sun	Blister	2 weeks	None	None		
296	6/27/2018	Female, 50	Lemongrass	Topically	Undiluted (Neat)	Several drops were applied to foot after massage for plantar fasciitis, so there was a small bit of oil on skin.	1	Young Living	Yes	Bottom of foot was red hot and burned feeling. Felt nauseated and itchy. About an hour after massage.	When I got home I didn't feel well, was strangely sick to my stomach, felt warm all over like I had a fever. My foot itched and burned intensely. I looked and everywhere oil was applied was lobster red. I took a Benadryl and washed the area with soap and water applied carrier oil, repeated a few times.	Several days later the redness remained.	Message	January 2018	If you are using a oil on someone you need to ask first. This person had no idea if I had allergies, on medication, or had an issue with this particular oil. I since have not been able to use anything with this oil in it. This particular MLM teaches internal use, neat application, tells reps oils never expire and refuses to give go/m reports. This person stores her oils on a shelf in lobby which is exposed to sunlight and heat. These open bottles are sitting there until used up which in it's self is an issue even if used properly. I reported this to my massage therapist with instruction to not use any oils on me again. But she still continues to diffuse oils even during my session. It is scary that this is happening. I don't blame people for being scared to use oils. I have enrolled in Aromahead to educate myself on safety and to help teach it to others.	
297	6/28/2018	Female, 50	Peppermint	Bath	Undiluted (Neat)	8 - 10 drops onto epsom salts	One	Doterra	No	Foot soak using epsom salts with oils on it. Tingling, heat and redness (initially thought this was from hot water)	Tingling, itchy and Rash appeared. Only on reddened skin	Redness slowly faded, itchiness and rash lasted 4days till completely gone	Antihistamines administered.	Foot soak	June/July 2017	I now know EO do not dilute in epsom salts contrary to what I was told. When I informed my supplier they said was "detoxing"
298	6/28/2018	Female, 50	Peppermint	Topically	Undiluted (Neat)	3-4 drops	One	Doterra	No	Tingling, burning, itching	Redness and rash appeared. FCO applied to try to dilute it. Itchiness/burning continued	Symptoms slowly receded. Rash lasted a few days	Antihistamines		October 2017	This was my second reaction to peppermint, and still wont use it as I am not sure if I react to it or it was because the application was undiluted. I was never specifically told by supplier about dilution ratios or even that it was needed.
299	7/4/2018	Female, 40	M Grain, Palo Santo, Deep Relief and lavender	Topically	Undiluted (Neat)	One drop of each	1	Young Living	Yes	Received a red swollen blotchy painful each on chest and back and migraine worsened as well as extreme nausea	Symptoms are going away as time passes	It's been three days no more headache or nausea however rash is still present just not raised and burns	None		7/2/18	
300	7/9/2018	Female, 32	Anchor steady blend from the doTERRA yoga collection Contains cinnamon bark oil	Topically	Undiluted (Neat)	Several drops	3 separate areas	doTerra	Yes	Burning sensation, heat, bright red skin, abrasions, pain	Burning sensation, bright red skin, hot to touch, heat in skin, pain	Fine after several hours	None	Self	7/8/2018	doTerra makes this oil blend with a high concentration of cinnamon oil and there is no warning on the label about it. The oil is pre-blended and diluted in a carrier oil meant to be applied directly to skin. I feel that they could prevent further incidents by providing a warning label and asking people to do a test on skin first before use
301	8/3/2018	Female, 40	Slim & Sassy Blend	Oral Ingestion	Diluted	1 drop to 250ml/8.5 fl oz (recommended 1 drop/4 fl oz) in water.	2	Doterra	No	Nothing at the time.	Not long after I developed a chemical burn on my lip in the evening, black scab over night, and small white blisters the next day.	It's only the next day at this stage.			3 AUG 18	

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
302	8/7/2018	Female, 54	Progressence Plus	Topically	Undiluted (Neat)	1drop a night	Nightly For almost a year	Young living	No	None	None	About 8 months later I had my progesterone level drawn and it was very high. I had been taking progesterone bioidentical capsule for years and my levels were never high. I stopped using the oil and cut my progesterone bioidentical amount in half. This was in about March of 2017. In Oct of 2017 I was diagnosed with breast cancer that was highly progesterone positive and somewhat estrogen positive.	I had a biopsy which showed estrogen positive, progesterone positive, Her 2 neg breast cancer. I had a lumpectomy and 6 weeks of radiation treatment. I was tested for all genetic markers for disease including breast cancer which were negative. My breast surgeon was Dr Mary Bryan at Texas Health HEB hospital in TX. My oncologist is Dr Heidi Jordan and my radiation oncologist was Dr Tomberlin both of Texas Oncology, Grapevine, TX	None	2016-2017	
303	8/24/2018	Female, 58	Lavender, Eucalyptus, peppermint, Thieves	Bath, Diffusion, Vaporizer	Diluted			Young Living		Lipoid Pneumonitis			Wake Forest Baptist Health. I told my spouse I would need a lung transplant. I was not healthy enough so I was Put into a medical coma and was put on a ventilator in ICU for four days. A total of 12 days in Hospital. On Home oxygen x 3 months and Prednisone as well. Took well over a year to recover. Doctor was amazed that I had healed.		Maybe it won't happen to everyone...but it did happen to me and the possibility is present.	
304	8/29/2018	Male, 9	Melaleuca, onguard blend	Oral Ingestion	Diluted	Dont know, friend added them to milk	3 or 4	Doterra	No	Child didn't eat other foods besides drink essential oils with milk. He had a horrible upset stomach. His mother's words were "his stomach was just tore up"	I believe after eating and stopping dosage he felt better by next morning				8/17/2018	Second hand testimony. I had a mother friend tell me this incident about her son. The growing rate of MLM companies and their affiliates promoting ingestion and undiluted application is concerning. Unfortunately most people don't have proper training or education and trust an uneducated friend for their information.
305	8/31/2018	Female, 35	Lemon	Oral Ingestion	Diluted	3 drop mix with water. It was supposed to be the digestible lemon essential oil and the instructions it said mix 2 to 3 drops with your water and enjoy	1	Young living	No	Anaphylactic reaction Sweating Nervousness shaking when I got to the emergency room I couldn't even sign my own name! My throat started closing in	Heart racing, sweating, nervousness, shaking, throat started closing in.	This horrific experience happened in May and we are in August and I am still feeling the effects. My anxiety is worst and I feel like it did something to my nervous system	I'm currently in the process of doing heavy-metal testing and bloodwork	5-4-18		
306	9/1/2018	Female, 39	Onguard	Topically	Undiluted (Neat)	1 drop either side of my neck.	once a day for 2 weeks.	Doterra	No	Nil	Nil	I had an ultrasound the day before my daughter started kindy. I then put Onguard on both of us each morning. 2 weeks later I was medicated to a major hospital as my baby (30wk gestation at that time) was 1 week away from death with Chylothorax, a form of Foetal Hydrops.	I was hospitalised and had to have numerous operations and procedures to save my sons life. The dr's said that everything in my bloods etc seemed perfect and they could not find a reason for the sudden onset of his condition. They said there was no way to test for EO damage, but to not use it for the rest of my pregnancy. I later found out that Onguard contains Cinnamon bark which is known to be fetotoxic.	Nil.	February 2017	Onguard is NOT safe for pregnancy! Cinnamon bark is NOT safe. I wish I had have known this but I believed their propaganda.
307	9/5/2018	Female, 55	DiGize	Topically	Undiluted (Neat)	(Note: I actually went though an entire bottle of DiGize before symptoms began.) I used neat, applying 1 drop to neck at site of reflux pain plus 1 drop to abdomen when symptomatic. OR 1 drop per bottom of each foot at bedtime as preventative.	Not sure, but very many!	Young Living	No	Symptoms began with start of second bottle. At neck and abdomen application site skin became very warm feeling and began itching severely		The symptoms lasted 1 week to 10 days after application!	No doctor visits	Used personally after advice from Young Living related blogs and upline	Thru 2017	I had suffered from pretty intense reflux. I used DiGize with success for many months using the bottle (DiGize Vitality 5 ml) that came with the starter kit. Symptoms began with the second bottle (Regular DiGize - because I was told the Vitality version was exactly same as regular version and I never ingest anyway) I am still able to use it on the bottoms of my feet but only do so if I have a reflux flair up.
308	9/5/2018	Female, 55	Lemon	Oral Ingestion	Diluted	2 drops in 24oz water	1	Young Living	No	No immediate symptoms	about 5-10 minutes after drinking stomach ache, burning sensation under rib cage. Drank maybe 1/2 of the 24 oz.	Severe reflux flair up	Drank a lot a plain water. After an hour of extreme discomfort took reflux medication		2017	I usually would not ingest EO, but the lemon is part of the YL Vitality line and it came with the starter kit. I was told of health benefits of making lemon infused water using the EO and was warned to only a glass bottle (I didn't and yes it ruined my Tervis Tumbler!!! Why wasn't that a clue to me not to ingest it!???)
309	9/9/2018	Female, 39	Purification Blend	Topically	Undiluted (Neat)	100 percent, 1 single drop on a mosquito bite	1	Young Living	No	burning	blister	scab formed a couple days later and eventually fell off about a week later	none	na	July 2018	I was told by a friend to try Purification blend by Young Living on bites. She said just one drop stops the itch. She said use it directly and okay on kids. She is not an essential oils sales person, but a trusted fellow mom with kids my children's ages. I tried it on my own bite and it burned and the itching stopped. Within hours, a small blister formed where the bite was. The blister turned into a hard scab that remained for a week or so. Eventually the scab fell off and I am left with a small white spot where the bite was.
310	9/13/2018	Female, 26	Lavender mixed with something else I don't know.	Diffusion	Undiluted (Neat)	I don't know	One	Young living	No	My coworker defused the oil and I started with a rash and then quickly went into anaphylaxis.	I went into anaphylactic shock and spent six hours on BiPAP at the hospital. I really thought that was going to be the end.	I had scars from the injections pain in my chest from the sternal rub, marks on my face from the BiPAP, and feeling drained for about a week from all the treatment I needed to save my life.	One night in the hospital, six hours on BiPAP, a crash team cutting my shirt off and placing resuscitation pads on my chest, sternal rub, multiple IV lines and epinephrine injection sites. Hospital bill to follow.		Summer 2016	
311	9/15/2018	Female, 67	Slim and sassy	Oral Ingestion	Undiluted (Neat)	8 drops	1	Doterra	No	Very upset stomach, 1 hour felt like I had to vomit	Very upset stomach, 1 hour felt like I had to vomit	Still feel like I need to vomit 3 days later	Called doctor the advised to call the poison control center		9/13/2018	Yes plz advise people do not ingest these oils
312	9/30/2018	Female, 42	Anise (Pimpinella anisum), Coriander (Coriandrum sativum) & Rose Attar (Rosa damascena)	Topically	Diluted	3 drops Anise 3 drops Coriander 3 drops Rose Diluted in 30ml Sweet Almond Oil.	Approximately 5-7	American College of Healthcare Sciences (ACHS) Apothecary Shoppe Essential Oils and Carrier oil.	No	The blend was used over about 4-5 days, with reactions slowly increasing. Did not connect the blend to the reactions initially. There was an immediate affect on breathing however, compressed, tightness, confined. Rash occurred within a couple days of use, NOT where the oil was applied, however. The blend was applied to the lower legs, and once to the shoulders to relieve stress. The rash was appeared on the neck, was raised, horribly itchy, and hot. Described as a prickly, sharp itching irritation, pins and needles-like, and relentless. The rash was worse in the evening.	When the correlation was realized, and blend was discontinued, the rash did continue to bother for a few days. The breathing was still compressed for a few days as well. hives and inflammation spread, still experiencing symptoms 5 days later	After about 3 days, the neck irritation and rash cleared up. Skin patch testing was completed after the rash had cleared, with Anise, and resulted in the same reactions as the initial blend created: the depressed and tight lungs and breathing, and the neck irritation. The neck rash and breathing seemed to take longer to dissipate post skin-patch test.	No medical intervention was used. The area of the rash on the neck (not where the oil was applied), was washed frequently, which helped. A low-dose cortisone cream was used a few times. It helped with recovering after using the blend, but did not seem to give any relief after the skin patch test.	This was a stress-relieving massage oil blend to use in times of stress, to rub on tight muscles.	9/13/18 - 9/18/18	This was a part of a student case study I did for AROMA 504 with ACHS. I have the completed case study available, and can share it as a PDF document containing pictures, via email if you would like. Thank you!
313	10/8/2018	Female, 56	Deep Blue,	Topically	Undiluted (Neat)	1	1	doTerra	No	hives, inflammation, swelling, extreme itching, hot,	hives and inflammation spread, still experiencing symptoms 5 days later	horrible itching, hot, swollen,	Benedryl 25 mg orally 3 times each day, Zyrtec daily, mometasone and benedryl topically		10-4-2018	
314	10/15/2018	Female, 28	Thieves "Vitality" oil, DiGize "Vitality"	Oral Ingestion	Undiluted (Neat)	Two drops in 24 oz of water	4	Young Living	No	Digestive pain, internal burning sensation	Nausea for 24 hours	I realized it was the oils after day four and discontinued using them. I was better 24 hours after stopping use.	N/A	N/A	10/9/18 - 10/13/18	I recently purchased a Young Living starter kit, with five "vitality" ingestible oils. I ingested the oils as recommended and felt very ill. I have since noticed my kit was missing items and my diffuser is broken. Customer service has not cared about any of it.
315	10/19/2018	Female, 38	Lemon	Oral Ingestion	Diluted	5 drops on 1.5l	1	doTerra	No	none	none	A few hours later developed nausea and burning of the oesophagus. Vomited a few times.	-	-	september 2018	
316	11/1/2018	Female, 50	Peppermint oil	Oral Ingestion	Undiluted (Neat)	1 drop in a cup of filtered water	One	Essens oil (organic)	No	Within minutes, maybe 15 min., I could feel the back pain just melting away; it was awesome, and my lungs felt more "open" in a good way. But soon (maybe about half an hour or so after initial ingestion), I started to feel funny, anxious, more weak, and breathing a little faster. I prayed I wouldn't die. I felt better in a few minutes, but still have been left with a mild headache, increased fatigue and malaise that has lasted for six days now. I didn't go to a medical doctor because they've never understood the fibromyalgia and never diagnosed the dysbiosis (the ND's did that for me), so I didn't think there was really anything they could do for me at this point. I didn't want to be hurt further, but now I'm wondering what it's done to me and if I will get better.		6 days later, I still feel general malaise, mild headache, increased fatigue, and sometimes see lights at the periphery of my vision, mostly when I am on my phone.	No. I have just remained well-hydrated and rest as much as I can	none	Oct. 27, 2018	
317	11/5/2018	Female, 51	Stress Away blend - Copaiba (Copaifera reticulata), Lime (Citrus aurantifolia), Cedarwood (Cedrus atlantica), Vanilla (Vanilla planifolia), Ocotea (Ocotea quixos), Lavender (Lavandula angustifolia).	Topically	Undiluted (Neat)	It was a roller so I rolled some on my wrist.	two in one day	Young's	Yes	Nothing during	Nothing immediately afterwards	Two days later I experience a red, itchy, bumpy rash at the exact location I used the roller.			11/3	
318	11/18/2018	Female, 40	Thieves oil	Diffusion	Diluted	5 drops in 200ml	2	Young Living	No	Induced panic attack including raised heartbeat, shakes, heightened unease,	Returned to calm after a while.	I tried it again, and the same thing happened.	The first night I had to take something to help me sleep.	None		
319	11/19/2018	Female, 48,	Peppermint	Topically	Undiluted (Neat)	5 drops undiluted on my spine.	1	Young Living		Almost immediate burning sensation, achy burning sensation for 3-4 days later.		Ongoing burning sensation and a very light red mark that lasted 3-4 days	None	Message -- no indications essential oils would be used. They were in a closed cabinet.	11/9/2018	I did speak with the massage therapist about the safety implications. She states that Young Living has assured her neat use of oils is fine and I noted she had oils such as wintergreen and rosemary in her kit as well.
320	12/30/2018	Female, 64	Copaiba	Oral Ingestion	Undiluted (Neat)	1 drop under tongue, advised by a friend /acquaintance of my Dr's 12/12/18. I was miserable seeking detox help. I had been sick since Termin over sprayed my home, poisoning my husband, Boston Terrier & I were worst. Possible bug man brought virus also with poison. My mouth went numb that day & hasn't been right since but My Dr., Poison Control, & the Clinic said the poison is out of my system in a week. 11/28/18. Boston Terrier went into seizures & is now wearing off seizure medication Helmswood Veterian Clinic, Elizabethtown, Ky 42701 11/30/18. Dr's found Virus to run it's course. & a Vit D deficiency, results of blood tests. I had thrush mouth & a yeast infection. Family Care Center, Clarkson, Ky 42726 12/6/18. I went to a Zip Clinic Urgent Care, Elizabethtown, Ky 42701 12/20/18	2 in 2 mornings	Doterra	No	The Medication 12/6 /18 had healed my mouth of thrush. 12/12/18 My mouth became very sensitive again, tongue was swollen a little bit, ears rang. Dr said I had fluid on my ears from allergic reaction. I was given Steroids to overcome it. 12/20/18 I'm now allergic to Copaiba even topically as I had safely used it before. 2 days in the steroids had cleared me up again to tolerable stage, so I tried it topically 2 drops to 1 teaspoon coconut oil, it's all here still, I had 3 days of steroids to finish but it didn't clear it all up. Holidays around lots of sick people.	Under my tongue was a mild burning sensation, my throat felt sore again.	Under my tongue was a medium burning sensation, my throat felt raw, ears starting ringing loudly, my Ears are still ringing, mild sore throat & mouth mildly sensitive 12/30/18	Zyto Bioscan 12/12/18 Both Offices I made aware I use EO's not sure how they may of wrote it up. Both say they are not familiar with EO's at all.	12/12/18	I was going through so much all at the same time. Bottom line Copaiba I can never use again before this, foolishly I was using it neat, not considering Charlotte's Web CBD & Prime My Body CBD are blended already for your mouth, all I ever ingested before this. I was to ill to blend on my own, without being told correctly. Left to myself I diluted most all EO's 2 drops in a teaspoon of medium apply topically or diffuse 4 drops to 200 ml diffuser. Lavender, Frankincense, Copaiba, I've used neat.	
321	1/3/2019	Female, 49	Lemon, sweet orange, ho wood, German chamomile CO2	Bath	Diluted	2 tsp of oil per pound of melt and pour hempseed butter soap	2	Plant Therapy	No	Severe contact dermatitis - rash that requires steroids to treat. She did not expose the washed skin to sunlight so it was not a photo toxic reaction.	No reaction	72 hours	Visited doctor, prescription steroids and steroid cream. Her doctor is in Oregon.	The oils were in a melt and pour soap that she used in the shower.	December 26	We believe her allergic reaction was to the chamomile in the soap, although she was not aware of any allergies beforehand. I feel it's important to share this because even when diluting oils properly they can still cause a reaction in sensitive individuals.

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
322	2/15/2019	Female, 27	Not known. She has been using them for at least 3-4 years and has used nearly all products distributed by Young Living. Red Shot seasonal oil has been used frequently in her water for the last several months.	Oral Ingestion, Topically, Bath, Diffusion	Undiluted (Neat)	Not known. Likely up to 10 drops in a 2 liter bottle of water. Multiple drops per day applied to the skin directly, undiluted.	up to 10 a day (rough guess)	Young Living only.	No	Not known. She began showing signs of psychosis sometime last year. Last May she was hospitalized after she believed aliens and other people were after her. She has always believed in aliens and metaphysical practice but to that point never mentioned any personal contact. She lived alone in another state so her state of mind is hard to predict during most of 2018. In January she moved home and I witnessed another episode. She believed she was communicating telepathically with myself and others who were not there. She believed the oils intensified a frequency channel that allowed her to operate in a 3D state of mind. She thought she could control energy through these frequencies and that she could "preform magic." She spent 4 days in this state and became extremely paranoid and attempted to cut her throat with a knife. She was committed for one week. Most recently she lit a fire on a condo porch at 4 am, threatened the manager when she demanded she put it out, fled the condo when she realized the fire department was coming, leaving burning trash in an indoor bin. (This was my condo, I was not there and she was alone). She ripped the faces off my books to burn along with her ex boyfriend's belongings. The cops and firefighters searched for 2 hours before they found her hiding in bushes on the property.	Intense paranoia that someone was after her. Aliens, her ex boyfriend, and no one in particular. In every case this was her reaction. Although she shows these signs they are much less intense when oils are not being used.	Refusal to speak, blocking the medical evaluation to show progress. Days later she still believed her ex was messing with her mind (he was not present). She began to come to her senses after about a week without exposure to any oils. After returning home and using oils again the psychosis returned. She uses dozens of oils on any given day.	No drugs found in her system or any irregularities. She has not given doctors enough information for them to issue a diagnosis. I believe she has an underlying case of bipolar or schizophrenia that is intensified greatly by the essential oils. Tests were done the night of her episodes but I am not sure of the hospital.	She drops them on areas of her chakras often. She drinks them mixed with water (many young living reps encourage this) and directly into her mouth. She diffuses them at night and throughout the day.	every day she has not been in the hospital.	for college she became completely healthy and earned a degree as a nurse and was extremely good at her job for years. She began using oils and originally had no effects. Last year after her first episode I suspect she spent time alone, occasionally using lsd and psychedelics. I understand that this does not sound like someone suffering from a reaction to oils. It simply sounds like someone with a personality disorder. However, after the many years of knowing her I truly believe that the oils are magnifying the disorder. She worships them. Her usage is with zero caution. Her mania has become severe in the last 3 months, and she has been using them more during that time. I am interested in the negative effects it has on a person who already has an underlying disorder and think the study is necessary, especially since oils are frequently used to treat anxiety and other symptoms of people suffering some sort of psychosis. I strongly believe the oils induce some of these states and episodes. I saw her go from one of the most dedicated learners of medicine to someone who is unable to identify with reality. She used to dilute them and only ingest occasionally and only ingested the dietary Young Living products. I think by ingesting undiluted oils, and her increased use she has pulled herself into a much more intense condition. She will not respond to doctors or those who do not acknowledge holistic medicine. I do not know how to proceed but feel she might respond to someone who specializes in essential oils and how they can affect the brain. She is an emotionally intense woman and always has been, but not to the extent she is now. She is afraid and wants help but believes she is in another realm where oils, crystals and other metaphysical entities exist fully. I believe that if one were to analyze her usage they would find a direct correlation to her behavior, and that they would find the oils a negative contribution. I am very desperate for help and a proper evaluation, which she will only give to someone who considers oils medicine. If anyone can help her please contact me as soon as possible via email. She is quickly approaching a point of no return. If the oils are not a cause or enabler of any of these symptoms I feel it is important her family knows that and the theory is properly debunked. In her past she has shown signs of bipolar disorder (or some personality
323	2/22/2019	Female, 40	Doterra - Forgive Touch Cheer Touch Ice Blue Rub Clary Calm Thieves softgels Onguard softgels Onguard toothpaste Onguard cleaner concentrate Onguard foaming hand wash Doterra shampoo and conditioner Lemmon oil Bergamot oil Lime oil Onguard body wash	Oral Ingestion, Topically, Bath, Diffusion	Undiluted (Neat)	With the roller blend one swipe on wrists and on chest under clothes 3 drops in diffuser A squirt into hand for the shampoo, conditioner, body wash Cleaner concrete for cleaning was diluted with vinegar as per their recipe online 1 capsule of the soft gels over 2 days but I got a stomach ache and felt hot so I discontinued use.	multiple times a day	Doterra	No	January - February 2018 I used the Forgive and clary calm roller blends at night time, under clothes particularly with the phototoxic oils. The recommendation was to use them no exposure to sun for 12 hours so I used them at night. I still got burnt the next day. Combined with using their body and hair care products which have citrus in them I became sensitive to the sun. My face would come up in red and flaky patches like sunburn regardless of hat, sunblock and clothing. I've never had this reaction before starting Doterra. Dec 2018 - Feb 2019 Iceblue rub - tingling and palpitations in chest	Tingling, palpitations especially with wintergreen and citrus oils	January 2018 24-48 hours later I would experience sunburn like symptoms on face 2019 With the ice blue rub I got palpitations and tingling. February 2019 I had a facial and immediately got a reaction because it contained citrus oils and I realised that I was sensitive again after avoiding citrus oils. Since then my reactions have got worse and I have to avoid all products with oils and remove every essential oil from the bathroom, kitchen and my room. The oils in my room were kept in a dark drawer in the wardrobe.	did not make a connection between the oils and symptoms as I was on other medication at the time so attributed it to that. Once I had x rays, blood Tests and got the all clear regarding my medications, I realised it was due to overexposure to the oils. So I stopped and now I am sensitive to them.	2018 - 2019.	Since using Doterra products topically and diffusing for 2 years (with 2 days internally) I have become sensitised to citrus oils and wintergreen. My skin becomes patchy and red. The amount of wintergreen in ice blue makes me feel like I am having palpitations. The formulations of their products are unsafe, with large amount of phototoxic oils, not enough safety guidelines and dangerous recommendations for internal use.	
324	3/28/2019	Female 7	frankincense, melaleuca, aroma touch blend, lemongrass, serenity blend, peppermint, deep blue blend, eucalyptus, white fir	Topically	Undiluted (Neat)	The protocol was to place a carrier oil on back and feet and then for children place 1 to 2 drops of each of the oils listed above, for adults 4 to 6 drops of each oil. The protocol was called the Symphony of the Cells	morning and night	doterra	Yes	My hand got burnt, like a sunburn from applying on my daughter, it took over 24 hours to resolve. I also broke out in hives within 30 minutes. I am still trying to get hives under control 2 days later. My daughter did not have a skin reaction. She did wake up congested, but I do not know if that was from the virus or an allergic reaction from oils.	My hand started having a burning sensation.	Heart palpitations happened regularly throughout the entire day until the evening. I did consider an er visit but my heart rate was fine.		3/26/2019		
325	4/5/2019	Female, 26,	Cassia	Topically	Undiluted (Neat)	Unknown	One	Doterra	No	Warning	Hot			4/4/2018		
326	4/24/2019	Female, adult	Dr. Tea's epsom salt with essential oils (lavender)	Bath	Diluted		First time			No reaction during the bath.	After the bath, slight itching. By later that night, full-blown hives wherever the water had touched.	Three days of intense hives.			Because I use epsom salts with no problem, I suspect the oils were to blame.	
327	5/18/2019	Female, 5	Thieves (Young Living)	Topically	Diluted		Many	Young Living		Child had sensitivity to light for months.	Eye swollen shut	3 days eyes and face burn got better. However, child has had eye sensitivity for months.	Eye Doctor Pediatrician		Teachers should not allow any EO in their classroom.	
328	5/20/2019	Male, 37	Peppermint (Mentha x piperita), sweet orange (Citrus sinensis), unknown other	Oral Ingestion	Diluted	7 drops total (3 drops peppermint) in approximately 1/4 cup honey mixed with 1/2 cup slippery elm bark powder for herbal throat lozenges, rolled into approximately 30 lozenges.	5 lozenges per day	Florihana		Painful throat was soothed, so client took more than recommended number of lozenges per day.	Relief from painful throat.	After approximately 5 days of using lozenges, client developed redness and soreness around the mouth, leading to cracked, dry, and peeling skin on the very top dermal layer.	None	2018	Throat lozenges were formulated for 1-2 lozenges per day, but the client took 5 times the suggested amount. When sensitivity developed, the client was advised to stop using the lozenges. Redness continued, and client was advised to stop using any products containing peppermint essential oil, menthol, or mint flavoring. Client experienced improvement quickly, but can no longer tolerate peppermint in oral applications, including dental products, lip balm, cough drops, etc.	
329	5/20/2019	Female, 34	All were Young Living - don't know the scents.	Diffusion	Diluted	unknown. I'm sorry.	1	Young Living	No	Cough, inability to breathe, fever, etc.	I am fine and healthy when I stay away from them.		Beaver Dam Community Hospital, Beaver Dam, WI.		1st time was around Christmas time, 2nd time was in March.	
330	6/17/2019	Male, 33	valerian diffused ... roller blend valerian, clary sage, bergamot, lavender & jojoba oil.	Topically, Diffusion	Diluted	10 drops total	3 with a weeks time	my own made with New Directions essential oils	No	adverse reactions.. became very agitated and made his psychosis worst. He is on prescription Zyprexa for his psychosis.	The reactions was noticed immediately. It took about 20 minutes to seek a reaction.	The next day for sure the adverse reaction was gone.	withdrew all products with valerian.		5/31/2019, 6/3/2019, 6/12/2019	The valerian was diffused at night on several occasions. A roller blend with valerian in it was used 3 occasion. It was discovered that using valerian with zyprexa could cause problems so we stopped. after stopping the adverse reactions ceased. It took many weeks and searches to find this little small piece of very important information. If it was more available I would have known not to use valerian with Zyprexa.
331	6/26/2019	Female, 22	Orange	Topically	Undiluted (Neat)	Several drops	2		No	Burning sensation, mild sunburn	Burning sensation	After a few days my sunburn healed, no problems after	None	4/20/2019	During my massage the therapist kept mentioning how pure her oils were, how you didn't have to dilute them, and asked if I had severely sensitive skin. Aside from my face I don't so I answered honestly and the next thing I knew several drops were placed on my shoulder and used as part of the massage. The rest of the time she mentioned how they're establie, safe for mixing with drinking water, and if I wanted some that she could get me a good deal. I'm more worried about everyone who is naive enough to take her suggestions without researching first.	
332	7/15/2019	Female	Made with jojoba oil, grapeseed oil, vitamin e oil, sweet almond oil, and with added essential oils (in this case, it was lavender. No botanical name provided by creator) and cosmetic grade fragrance oils for scents.	Topically	Diluted	Company does not provide	Daily, 4-5 times	Not provided	No	itch	Fingers blistered where product was applied and under the nails	unknown	None	topical applications several times a day per instructions	unknown	The seller refused to do anything unless we revealed the injured client which we refused to do for privacy sake.
333	8/18/2019	Female, 37	Peppermint	Topically, Bath	Undiluted (Neat)	Unknown	1	Young Living	No	None	Rash, Burning, Pain	None	None	2016	Put oils on bottom of shower floor and forgot and sat down.	
334	8/30/2019	Female, 25	Lemongrass, lemon	Vaginal suppository (Yeah, I know.)	Diluted	Can't remember, but it was way too much.	One.	Essentially	No	Vaginal swelling, abdomen pain	Weird feeling of movement in my abdomen.	About 3 days of general swelling. Nothing permanent.	Went to the doctor, she told me to just wait for the swelling to go down.			started trusting alternative remedies more. This experience really opened my eyes. Basically, I had a smear test that came back as being positive for dyskaryosis. I was really scared (no need to be, but I didn't realise that at the time). I came across a video from a Christian lady who promoted her recipe for vaginal suppositories containing coconut oil and essential oils. Looking back from my new point of view, it's not very convincing. There wasn't really any good explanation as to why lemongrass oil was going to benefit anyone with dyskaryosis. Anyway, I followed the instructions and put the damn suppository up my vagina (this is not where I thought it'd be at age 25, oh man). Immediately experienced this extremely weird feeling of movement in my abdomen. It felt like there was some kind of creature moving around in there (no seriously, that's what it felt like). I guess I was slowly swelling. I was so trustful of these kinds of sources and so mistrustful of medical professionals that I just let it happen. Made no attempt to mitigate it, even though it was weird as hell. Woke up the next morning and I was really swollen. I called the emergency healthcare line in my country, they made me an appointment and I went in. Nurse laughed at me (sure, I'll take it. Can't say I didn't deserve it lol) and just told me the swelling would probably go down, and if it didn't come back in a few days. It did go down after about 3 days. I was extremely relieved because it was painful and very uncomfortable. I was on the road to becoming someone who didn't trust any medical interventions. Vaccines, meds, whatever. I wasn't quite there yet, but that was the trajectory I was on before this happened. Sounds weird, but this stupid experience might have saved me from doing even more questionable things in the future. Maybe I would have died, or seriously hurt myself.
335	8/30/2019	Non-binary, 23,	Mint, Lavender, Orange etc.	Diffusion	Diluted	Unknown	Both settings were in air diffusers.	Unknown.		Feeling like I couldn't breath, immediately getting a headache.	Migraines, nausea, blurry vision, dizziness.	Head was always foggy for a few days afterwards.	None, as I knew where the exposure came from, and what my body was reacting to.	None.	Multiple times a month for the last 6 months, and last year multiple times a month for around 4 months.	I was first introduced to them at a society of work, as my clients daughter had received a diffuser as a gift. I dreaded work as I would always get a headache if it was on. I eventually turned to pulling the plug out. I was not exposed again until we moved my grandmother into an adult family home, where they had one running almost 24/7. I started visiting less and less, due to the physical illness I ended up with because of the diffuser. It definitely didn't go well when they blasted lavender, as I am highly allergic.
336	9/2/2019	Female 23	dōTERRA Frankincense Touch	Topically	Diluted	unknown	1	dōTERRA	No	discomfort	skin bubbled up in the area it was applied, like tiny clear bubbles on the skin, was used to try to heal eczema	Healed on its own after several days		recommendati on from a friend	June 2019	Unfortunately our son was prescribed anti seizure meds before we figured out what the cause was—and has to be weaned slowly off the medication. We don't know what the potential long term of giving these meds to a three year old will be. Even after he started seizure meds, and we came home from the hospital he continued to have auras. Which led me to the realization that the Central Nervous Symptoms and respiratory symptoms and my family were experiencing were environmental—and that the only change in our household was the detergent. I called Poison Control and they confirmed that Eucalyptus poisoning can happen topically and through inhalation with children under three because their skin is thinner and absorbs the oil into the blood stream in higher amounts than adult skin. After we threw out all our clothing and bed/bedding and purged the house of anything washed with the detergent, my headaches went away, max bedded having seizures. Sofia stopped having panic attacks and night terrors, and all of our digestive issues went away.
337	9/7/2019	Male, 2	Eucalyptus essential oil, in DROPPS "Lavender" detergent (product is less than 2 years old) Was used to wash all bedding and clothing.	Topically, laundry, absorbed through skin in play/sweating, inhaled from bedding	Undiluted (Neat)	unknown. DROPPS states that there are 1-2 drops per pod—but couldn't confirm if the oil washes out with each wash—or builds up in the fabric.	DAILY, all day	DROPPS lavender/eucalyptus detergent	No	1 week after we began to use the detergent my son had a seizure while laying down for a nap. He would go on to have 4 more seizures before we linked his symptoms to the eucalyptus oil in the detergent. 3 of the seizures happened after playing outside in the hot sun, in his clothes, and laying down for nap. While playing he repeatedly asked me "What's that Sme!!?" and after vigorous outdoor play would tell me he could see "stars" and ask me why I was "green." I now know these were focal seizures/ auras.	Since the oil wasn't diffused, or diluted—it was in our clothing and bedding the symptoms of exposure were built up—not immediate.	2 overnight hospital stays, 2 ambulance rides, 2 eggs, an MRI, a CT scan, 2 blood panels. All tests for Epilepsy came up negative—his bloodwork did show some borderline abnormal levels for kidney and liver (eucalyptus toxicity symptom), the dr also noticed his pupils were TINY (eucalyptus toxicity symptom) which was remarkable given that epileptic seizures tend to dilate pupils.	Laundry detergent additive	We used the detergent from 4/14 - 5/30		
338	9/7/2019	Female, 49	Young Living Thieves	Somebody else wore the oil	Diluted			Young Living	No	Urticarial flushing, loss of voice, syncope, tachycardia, migraine prodrome	Anaphylaxis	Migraine, hives, angioedema	ER for epi follow up. Heart monitoring and oxygen	incidental proximity to person wearing oil	June 23, 2018	

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
339	11/12/2019	Female, 38	Clove bud essential oil	Diffusion, I was adding the oil to my diffuser, but was not wearing protective gloves.	Undiluted (Neat)	It was technically the residue on the neck of the bottle I was unaware of.	1	Plant Therapy	No	I was adding 1 drop of clove from the bottle to my diffuser and felt residue on my hand and then saw it. I had no immediate reaction and I covered my finger liberally with a carrier oil, and then washed thoroughly with soap and water.	I had no immediate reaction.	2 days later I have a blister where the residue from the clove bud oil touched my bare skin. It does not hurt, but is filled with fluid.	I did not seek medical assistance, it just diluted liberally and then washed well with soap and water. There wasn't even the scent of clove left.	Does not apply.	October 15, 2019	I know the risks of undiluted essential oils on the skin, and know that I should have been wearing gloves while handling the bottles. I was unaware there had been a small amount of leakage and my bare hand touched it. I was almost afraid to list the brand of oil because it has nothing to do with why I was injured and the company is adamant that safety is essential instead of just a mandatory warning to protect their company.
340	11/12/2019	Female, 48	RC blend	Diffusion	Undiluted (Neat)	4-6 drops	2	Young Living	No	Immediate relief from sinus pressure and inflammation	opened airways, freely breathe again	a fine "crust" formed on the inside of nostril as far as could be reached. For a couple weeks it "weeped" and crusted.	none	home use	January-March 2017	After suffering with head cold symptoms for a couple days, I learned that RC essential oil blend from Young Living could help these symptoms. It was diffusing in a tear drop diffuser and I picked it up and inhaled the vapors. After experiencing immediate nasal clarity and respiratory relief, I did it again. The next day I inhaled at close range as well. Some time later, maybe a week, a fine crust formed on the inside of my nose. After removing it with a tissue, it would "weep" and promptly form again. This lasted a minimum of two weeks before clearing up.
341	11/23/2019	Female, 12	RC, unknown others	Diffusion	Undiluted (Neat)	unknown	multiple	Young Living	No	no discomfort at all	sinus clarity		none	home	January - March 2018	My daughter took a tear drop diffuser to her room to diffuse RC at night after suffering from symptoms of cold or flu. She told me she inhaled the vapor from the diffuser at close range. Only RC can be confirmed but other oils were in her possession. Some time later, she began suffering sore throat, painful swallowing and sinus congestion. She is under the care of an ENT specialist now and testing is being done to determine the cause of her symptoms. Only recently was the connection made between the inhalation of vapors and the throat condition.
342	12/15/2019	Female, 22	Anais, lavender	Diffusion	Diluted	drop into diffuser	1	Young Living, Doterra	No	asthmatic beathing and left side ataxia	After vacating the area,	Worsening	Benedryl	diffused through out area	11/08/19 and 11/23/19	Living inside a dorm, whenever my roommate diffuses essential oils, I experience headaches and difficulty breathing. Lately, I must utilize my emergency inhaler and be administered 50 mgs. of Benedryl and be moved outside to alleviate symptoms. Every diffused exposure induces an increased level of symptoms compared to the previous milder reactions, every inhaled exposure cause red blotches to appear on my face. Secondary inhalation of diffused essential oils is ruining my life.
343	12/15/2019	Female, 20	Geranium, Lemon, Peppermint, Cinnamon Bark, Grapefruit, Lavender, Wild Orange, Lime, Juniper Berry, Lemongrass	Oral Ingestion, Topically, Diffusion	Undiluted (Neat)		Many	dOTERRA	No	I experienced lowered energy, depressive symptoms, weight gain, sensitivity to certain oils (due to friend encouraging me to use neat oils on my fresh self harm injuries), burning on the scars, burning ankles when I put the oils in my bath as instructed, tiredness		I experienced these symptoms for the length of time that I used the oils as instructed by my dOTERRA friend and their official guidelines, about three months. I stopped using them entirely and my health went back to normal.	Blood tests were done and doctor came to a conclusion that the oils have triggered a surge in anti-tpo antibodies, it my thyroid to become attacked she develop hashimoto's symptoms		December 2016- March 2017	