

What to do if a child gets into your bottle of essential oil

We all know that our essential oils are potent and powerful and that we should keep them out of reach of children. If you buy Oregano oil from us it even comes with a lecture on how strong it is and how it can cause third degree burns if not applied properly. But, we also know kids, they can find things now matter how high you put them, how hard you hide them, or how difficult to open of a container you put them in. So, what do you do if a child (or adult) gets into your bottle of essential oil?

Your first impulse will be to wash the affected area or, if the child ingested the oil, to have them drink lots of water to flush their system. This is not necessarily the course of action we want to take. Essential oils and water don't mix. When you put an essential oil on your skin and then put water on the skin (like when you body brush and then take a shower) the water drives the essential oil deep into the skin. If there's too much oil on an area or if you have a "hot" oil (oregano, thyme, peppermint, etc) then you may actually feel a burning sensation. It is a natural reaction due to the friction caused by the oil entering the body so speedily (or it's just because the oil is a naturally warm or hot oil).

Think of it this way. If you eat a hot, hot pepper you don't want to drink water to cool the pepper heat down. It will only make it hotter. That's because what causes the heat of a hot pepper is the pepper's natural essential oil. You want to drink a glass of milk to cool the burn.

So, if a child (or adult) spills a bunch of essential oil on their skin you want to use a carrier oil to slow down the absorption of the oil. You want a fairly thin carrier oil because you want it to react with the essential oil quickly. Olive oil is a thick, heavy carrier oil and won't get absorbed into the skin fast enough. Vegetable oil is a thin, easily absorbed carrier oil that will slow down that essential oil quickly.

If a child (or adult) consumes too much of an essential oil you can have them drink milk to slow the oil down, feed them something fatty (a cookie is a good bet, or French fries) something with butter or oils in them to help slow down the absorption of the essential oil.

If they spilled the essential oil on their clothes, simply change their clothes and wash the clothes as normal. I add essential oils to my laundry on a regular basis; it helps disinfect the clothes and keeps my washer and dryer smelling wonderful.

Okay, now you have dealt with the immediate panic, now, how do you deal with the side affects? Chances are you will have a) no noticeable reaction b) a rash, this indicates toxins are being eliminated or c) a good flushing of the system.

If you encounter a rash caused by too much use of essential oils

- Discontinue current use of essential oils until the rash clears up
- Drink plenty of water to flush the system
- Do a soak in Epsom salts (1/4 – 1/2 cup) and rinse off afterwards
- Apply a carrier oil to the affected area to help soothe it while it heals (aloe vera gel or Gergelim Baru are especially good for this)

If you have a good flushing of the system you can ease this by

- Discontinuing current use of essential oils until the body catches up
- Drink plenty of water to flush the system
- Do a soak in Epsom salts (1/4 – 1/2 cup) and rinse off afterwards
- Drink Masaji daily to help the body even out

Now you know what to do, but an ounce of prevention is worth a ton. Teach your children about the essential oils, help them understand their power and potency. Teach them to respect the oils by example, too. If you treat your bottle of essential oil with respect and caution your children will too.

To order, for class information, or if you have questions contact:

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