



Essential Oils to AVOID in Children

**Disclaimer: Essential oils should ONLY be used under medical supervision. This is simply a guide of essential oils that should NOT be in children. Before using any essential oils on children, seek medical advice.*

**Compiled by Lea Harris from the book, Essential Oil Safety: A Guide for Health Care Professionals. Used with permission from the excellent list at LearningAboutEOs.com/children.*

Essential Oil	Latin Name	Recommendation
Anise/Aniseed	<i>Pimpinella anisum</i>	Avoid using (all routes) on children under 5
Anise (Star)	<i>Illicium verum</i>	Avoid using (all routes) on children under 5
Basil (lemon)	<i>Ocimum x citriodorum</i>	Avoid topical use on children under 2
Benzoin	<i>Styrax benzoin, Styrax paralleloneurus and Styrax tonkinensis</i>	Avoid topical use on children under 2
Birch (sweet)	<i>Betula lenta</i>	Avoid using (all routes) on children
Black Seed	<i>Nigella sativa</i>	Avoid topical use on children under 2
*Cajuput	<i>Melaleuca cajuputi, Melaleuca leucadendron</i>	Avoid using on children under 6
*Cardamon	<i>Elettaria cardamomum</i>	Avoid using (all routes) on children under 6
Cassia	<i>Cinnamomum cassia, Cinnamomum aromaticum</i>	Avoid topical use on children under 2
Chaste Tree	<i>Vitex agnus castus</i>	Avoid using (all routes) on prepubertal children
Clove Bud, Clove Leaf, Clove Stem	<i>Syzygium aromaticum, Eugenia caryophyllata, Eugenia aromatica</i>	Avoid topical use on children under 2
*Cornmint	<i>Mentha arvensis, Mentha canadensis</i>	Avoid using (all routes) on children under 6
*Eucalyptus	<i>Eucalyptus camaldulensis, Eucalyptus globulus, Eucalyptus maidenii, Eucalyptus plenissima, Eucalyptus kochii, Eucalyptus polybractea, Eucalyptus radiata, Eucalyptus Australiana, Eucalyptus phellandra, Eucalyptus smithii</i>	Avoid using (all routes) on children under 10
Fennel (bitter), Fennel (sweet)	<i>Foeniculum vulgare</i>	Avoid using (all routes) on children under 5
*Galangal (lesser)	<i>Alpinia officinarum,</i>	Avoid using (all routes) on children under 6

	<i>Languas officinarum</i>	
Garlic	<i>Allium sativum</i>	Avoid topical use on children under 2
Ginger Lily	<i>Hedychium coronarium</i>	Avoid topical use on children under 2
*Ho Leaf/Ravintsara	<i>Cinnamomum camphora</i> (cineole chemotype)	Avoid using on children under 6
Hyssop	<i>Hyssopus officinalis</i> (pinocamphone chemotype)	Avoid using (all routes) on children under 2
*Laurel Leaf/Bay Laurel	<i>Laurus nobilis</i>	Avoid topical use on children under 2; avoid all routes for children under age 6
Lemon Leaf/Lemon Petitgrain	<i>Citrus x limon, Citrus limonum</i>	Avoid topical use on children under 2
Lemongrass	<i>Cymbopogon flexuosus, Andropogon flexuosus, Cymbopogon citratus, Andropogon citratus</i>	Avoid topical use on children under 2
*Marjoram (Spanish)	<i>Thymus mastichina</i>	Avoid using (all routes) on children under 6
Massoia	<i>Cryptocarya massoy, Cryptocaria massoia, Massoia aromatica</i>	Avoid using (all routes) on children under 2
May Chang	<i>Litsea cubeba, Litsea citrata, Laura cubeba</i>	Avoid topical use on children under 2
Melissa/Lemon Balm	<i>Melissa officinalis</i>	Avoid topical use on children under 2
*Myrtle (red)	<i>Myrtus communis</i>	Avoid using (all routes) on children under 6
Myrtle (aniseed)	<i>Backhousia anisata</i>	Avoid using (all routes) on children under 5
Myrtle (honey)	<i>Melaleuca teretifolia</i>	Avoid topical use on children under 2
Myrtle (lemon)/Sweet Verbena	<i>Backhousia citriodora</i>	Avoid topical use on children under 2
*Niaouli (cineole chemotype)	<i>Melaleuca quinquinervia</i>	Avoid using (all routes) on children under 6
Oakmoss	<i>Evernia prunastri</i>	Avoid topical use on children under 2
Opopanax	<i>Commiphora guidottii</i>	Avoid topical use on children under 2
Oregano	<i>Origanum onites, Origanum smyrnaeum, Origanum vulgare, Origanum compactum, Origanum hirtum, Thymbra capitata, Thymus capitatus, Coridothymus capitatus, Satureeja capitata</i>	Avoid topical use on children under 2
Peppermint	<i>Mentha x Piperita</i>	Avoid using (all routes) on children under 6
Peru Balsam	<i>Myroxylon balsamum, Myroxylon pereiraw, Myroxylon peruiferum, Myrospermum pereirae, Toluifera pereirae</i>	Avoid topical use on children under 2
*Rambiazana	<i>Helichrysum gymnocephalum</i>	Avoid using (all routes) on children under 6
*Rosemary (1,8-cineole chemotype)	<i>Rosmarinus officinalis</i>	Avoid using (all routes) on children under 6

Saffron	<i>Crocus sativus</i>	Avoid topical use on children under 2
*Sage (Greek)	<i>Salvia fruticosa, Salvia triloba</i>	Avoid using (all routes) on children under 6
*Sage (White)	<i>Salvia apiana</i>	Avoid using (all routes) on children under 6
Sage (Wild Mountain)	<i>Hemizygia petiolata</i>	Avoid topical use on children under 2
*Sanna	<i>Hedychium spicatum</i>	Avoid using (all routes) on children under 6
*Saro	<i>Cinnamosma fragrans</i>	Avoid using (all routes) on children under 6
Savory	<i>Satureia hortensis, Satureia montana</i>	Avoid topical use on children under 2
Styrax	<i>Liquidambar orientalis, Liquidambar styraciflua</i>	Avoid topical use on children under 2
Tea Leaf/Black Tea	<i>Camellia sinensis, Thea sinensis</i>	Avoid topical use on children under 2
Tea Tree (lemon-scented)	<i>Leptospermum petersonii, Leptospermum citratum, Leptospermum liversidgei</i>	Avoid topical use on children under 2
Treemoss	<i>Pseudevernia furfuracea</i>	Avoid topical use on children under 2
Tuberose	<i>Polianthes tuberosa</i>	Avoid topical use on children under 2
Turpentine	<i>Pinus ayacahuite, Pinus caribaea, Pinus contorta, Pinus elliotii, Pinus halepensis, Pinus insularis, Pinus kesiya, Pinus merkusii, Pinus palustris, Pinus pinaster, Pinus radiata, Pinus roxburghii, Pinus tabulaeformis, Pinus teocote, Pinus yunnanensis</i>	Avoid topical use on children under 2
Verbena (Lemon)	<i>Aloysia triphylla, Aloysia citriodora, Lippa citriodora, Lippa triphylla</i>	Avoid topical use on children under 2
Wintergreen	<i>Gaultheria fragrantissima, Gaultheria procumbens</i>	Avoid (all routes) on children due to methyl salicylate content
Ylang-Ylang	<i>Cananga odorata</i>	Avoid topical use on children under 2

*** Indicates essential oils that are high in 1,8-cineole and can potentially cause respiration to slow.**

Tisserand, R., & Young, R. (2014). Essential oil safety: A guide for health care professionals. (Second ed., Vol. 2nd Edition, p. 784). Elsevier.

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