

Timestamp	Who were the essential oils used on? State age and gender (if known):	What essential oils were used (list all individual and blends):	How were they used (oral ingestion, topically, bath, diffusion, etc.):	Were the essential oils diluted or used undiluted (neat application, then diluted):	What was the percentage of essential oil used (how many drops, ounces, etc. if known):	How many applications:	Essential oil brand (if known):	Was the oil over 6 mos. old:	What was the experience during symptoms, general feelings of discomfort, adverse reactions:	What was the experience immediately afterwards:	What was the experience sometime later (how much time (days passed):	tests, etc.: include name of hospital/clinic/DC, day of exam(s)):	What type of essential oil session did you receive (massage, nursing, spa, etc.):	Dates of essential oil application(s) (if known):	Personal Testimonial Page (please use this space for additional details that you would like to share to make your experience more clear):
1/3/2019	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	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 practices but 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 5D state of mind. She thought she could control energy through these frequencies and that she could "transform magic." She spent 4 days in the state and became extremely paranoid and attempted to cut her throat with a knife. She was committed to the ER. Most recently she is in a care center at 4 am, threatened the manager when she demanded she put it out, led the crowd when she realized the fire department was coming, leaving burning trash in an interior bin. (This was my condo, I was not there and she was alone). She still believes 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 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.	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.	
2/15/2019	Female, 27	Essentials: Forgive Touch Clove Touch Ice Blue RB Clary Calm Thieves eSfleges Onguard scotchape Onguard cleanser concentrate Onguard foaming hand wash Dolera shampoo and conditioner Lemon oil Bergamot oil Lime oil Onguard body wash	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 has been using them for at least 3-4 years and did not use nearly all products distributed by Young Living. Red Shot seasonal oil has been used frequently in her water for the last several months.	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 has been using them for at least 3-4 years and did not use nearly all products distributed by Young Living. Red Shot seasonal oil has been used frequently in her water for the last several months.	
2/22/2019	Female, 40	Essentials: Forgive Touch Clove Touch Ice Blue RB Clary Calm Thieves eSfleges Onguard scotchape Onguard cleanser concentrate Onguard foaming hand wash Dolera shampoo and conditioner Lemon 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 Cleanser concentrate for cleaning was diluted with vinegar as per their recipe online I capsule of the soft gels over 2 days but I got a stomach ache and felt too so discontinued use.	multiple times a day	Dolera	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 get 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 feel pained like sunburn regardless of hat, sunblock and clothing. I never had that reaction before starting Dolera. Dec 2018 - Feb 2019 looks like - tingling and palpitations in chest	January 2019 24-48 hours later I would experience sunburn like symptoms on face. 2019 With the ice blue rub I got palpitations and tingling	I did not make a connection between the oils and symptoms at the time. I was on other medication at the time so attributed it to that. Once I had a rash, blood tests and got the all clear regarding my medications, I realized I was due to overexposure to the oils. So I stopped and now I am sensitive to them.	She drops them on areas of her clothes 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.		
3/28/2019	Female, 7	frankincense, melaleuca, aroma touch blend, lemongrass, saffron 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	dolera	Yes	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.	3/28/2019				
4/5/2019	Female, 26	Cassia	Topically	Undiluted (Neat)	Unknown	One	Dolera	No	Warming	Hot	Heart palpitations happened regularly throughout the entire day until the evening. I did consider an ER visit but my heart rate was fine.	4/6/2019			
4/24/2019	Female, adult	Dr. Teal's epsom salt with essential oils (lavender)	Bath	Diluted	Unknown	First time	None	No	No reaction during the bath.	After the bath, slight itching. By later that night, full-blown hives whatever the water had touched.	Three days of intense hives. 3 days eyes and face burn got better. However, child has had eye sensitivity for months.	Eye Doctor Pediatrician		Because I use epsom salts with no problem, I suspect the oils were to blame.	
5/18/2019	Female, 5	Thieves (Young Living)	Topically	Diluted	Unknown	Many	Young Living	No	Child had sensitivity to light for months.	Eye swollen shut	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	Herbal throat lozenges with essential oils used for flavoring and anti-inflammatory benefits	2018 1st time was around Christmas time, 2nd time was in March.	Teachers should not allow any EO in their classroom. 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 menthyl. Client experienced improvement quickly, but can no longer tolerate peppermint in oral application, including dental products, lip balm, cough drops, etc.
5/29/2019	Male, 37	Peppermint (Mentha pipperita), 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	Florhana	No	Painful throat was soothed, so client took more than recommended number of lozenges per day.	Relief from painful throat.	I am fine and healthy when I stay away from them.	Beaver Dam Community Hospital, Beaver Dam, WI.			
6/20/2019	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.	adverse reactions, became very agitated and made his psychosis worse. He is on prescription Zyprexa for his psychosis.	The reactions was noticed immediately. It took about 20 minutes to seek a reaction.	withdraw all products with valentan.	5/31/2019, 6/3/2019, 6/12/2019	The valentan was diluted at night on several occasions. A roller blend with valentan in it was used 3 occasions. It was discovered that using valentan with zyprexa could cause problems to me stopped. After stopping the adverse reactions ceased. It took many weeks and searches to find this little small piece of very important information. It was more available I would have known not to use valentan with Zyprexa. During my massage the therapist kept mentioning how pure her oils were, and asked if I had severely sensitive skin. Aside from my face I don't so I answered honestly and next thing I knew several drops were placed on my shoulder and used as part of the massage. The next of the time she mentioned how my skin was stable, safe to mix 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.	
6/26/2019	Female, 22	Orange	Topically	Undiluted (Neat)	Several drops	2	No	No	Burning sensation, mild sunburn	Burning sensation	After a few days my sunburn healed, no problems after	None	Medically integrated massage	4/20/2019	
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 for scents.	Topically	Diluted	Company does not provide	Daily, 4-5 times	Not provided	No	skin bubbled up in the area it was applied, like tiny clear bubbles on the skin, was used to try to heal eczema	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. Put oils on bottom of shower floor and forgot and sat down.
8/18/2019	Female, 37	Peppermint	Topically, Bath	Undiluted (Neat)	Unknown	Unknown	1 Young Living	No	None	Rash, Burning, Pain	None	None	2016		
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.		TLDR: Do not put essential oils up ya vag.	
8/30/2019	Non-binary, 23	Mint, Lavender, Orange etc.	Diffusion	Diluted	Unknown	Both settings were in air diffuser	Unknown	No	Feeling like I couldn't breathe, immediately getting a headache.	Migraines, nausea, blurry vision, dizziness, skin bubbled up in the area it was applied, like tiny clear bubbles on the skin, was used to try to heal eczema	Head was always foggy for a few days afterwards.	None, as I know 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.	
9/20/2019	Female 23	oTERRA Frankincense Touch	Topically	Diluted	unknown	1 oTERRA	No	discomfort	Healed on his own after several days		recommenedation from a friend	June 2019			
9/27/2019	Male, 2	Eucalyptus essential oil, in DROPPS lavender/detoxed (product is less than 2 years old). Was used to wash all bedding and clothing.	Topically, laundry, absorbed through skin in playsweating, inhaled from bedding	Undiluted (Neat)	unknown. DROPPS states that there are 1-2 drops per post—but couldn't confirm if the oil washes out with each wash—or builds up in the fabric.	DAILY, all day	DROPPS lavender/eucalyptus detoxe No	No	Since the oil wasn't diluted, or diluted—it was in our clothing and bedding the symptoms of exposure were bad! Up to not immediate.	Since the oil wasn't diluted, or diluted—it was in our clothing and bedding the symptoms of exposure were bad! Up to not immediate.	Laundry detergent additive	We used the detergent from 4/14 - 5/30		Unfortunately our son was prescribed and seizure meds before we figured out what the cause was—and had to be weened 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 System and respiratory symptoms me and my family were experiencing were environmental—and that the change in our household was the medication. I called Poison Control and they confirmed that Eucalyptus poisoning can happen topically and through inhalation with children under three because their skin is so porous absorbs the oils into the blood stream in higher amounts than adult skin.	
9/27/2019	Female, 49	Young Living Thieves	Somebody else wore the oil	Diluted	unknown	Young Living	No	itching and bedding the symptoms of exposure were bad! Up to not immediate.	Since the oil wasn't diluted, or diluted—it was in our clothing and bedding the symptoms of exposure were bad! Up to not immediate.	Since the oil wasn't diluted, or diluted—it was in our clothing and bedding the symptoms of exposure were bad! Up to not immediate.	Laundry detergent additive	We used the detergent from 4/14 - 5/30		After we threw out our clothing and bedding and purged the house of anything washed with the detergent, my headaches went away, nose stopped having reactions, Sola stopped having panic attacks and night terrors, and all of our digestive issues went away.	
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	No	I was adding 1 drop of clove from the bottle to my diffuser and felt episode on my hand and then saw it. I had an 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 it itches with fluid.	I did not seek medical assistance, I 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 way to protect their company.
11/22/2019	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 I "weep" 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 hot drop diffuser and I picked it up and inhaled the vapors. Some time later, maybe a week, a fine crust formed on the inside of my nose. After removing it with a tissue, I would "weep" and promptly form again. This lasted a minimum of two weeks before clearing up. My daughter took a ear 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. 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 mg of Benadryl 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 causes red blotches to appear on my face. Secondary inhalation of diffused essential oils is ruining my life.	
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		
12/15/2019	Female, 22	Anais, lavender	Diffusion	Diluted	drop into diffuser	1 Young Living, Dolera	No	No	asthmatic breathing and left side ataxia	After vacating the area,	Worsening	Benedryl	diffused through out area	11/08/19 and 11/23/19	
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	DTERRA	No	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 ears, 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 oTERRA 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-top antibodies. If my thyroid to become antibodies she develops hashimoto's symptoms	December 2016- March 2017			