



Release Form

I understand that the Youngevity® Essential Oils consultant does not diagnose, prevent or treat any illness, disease or other physical or mental condition.

I understand that the use of essential oils does not substitute for medical treatments and/or diagnosis, and it is recommended that I see a qualified professional for any physical or mental condition that I may have.

I understand this treatment is not a substitute for medical care.

I have read the "**Responsible Precautions Document**" and agree to follow these guidelines.

I understand the following:

- Essential oils are renowned for their immune-supporting and emotion-balancing qualities. When used safely, aromatherapy is a simple and pleasant way to support optimal health.
- Oils should be stored in a cool, dark place.
- Essential oils may irritate the skin if not stored or used properly. If an essential oil or blend causes irritation on your skin, immediately apply carrier oil to the affected area, then lather with liquid SOAP, and then wash with water.
- The recommended doses and uses should be followed EXACTLY.
- Essential oils should be kept out of the eyes, ears, and other openings. If essential oil does contact these areas, immediately flush with Colloidal Silver or carrier oil and wipe off excess. DO NOT USE WATER.
- Replacing the cap as soon as you finish with the bottle will help to extend the life of your oils. Unnecessary exposure to air may cause the oils to oxidize.
- Be sure to drink plenty of filtered water when you're using essential oils
- Essential oils should always be kept out of reach of children and pets, with the orifice reducer in place and the lid tightly closed.

I DO NOT hold my essential oil consultant, (*Name of consultant*) _____ liable for any injuries or negative effects I may experience as a result of using the products I receive from this consultation.

I DO NOT hold Youngevity® liable for any injuries or negative effects I may experience as a result of using any products I receive from this consultation.

Client Name _____ Consultant Name _____

Signature _____ Signature _____

Date _____ Date _____



Responsible Precautions Information

Essential oils are renowned for their immune-supporting and emotion-balancing qualities. When used safely, aromatherapy is a great way to support your health. In order to ensure safe use of essential oils, please take note of the following precautions:

1. Some oils should NOT be used on individuals who have a history of epileptic seizures. These oils include: Birch and Rosemary.
2. Essential oils should be used with caution during pregnancy and while breastfeeding. There are several essential oils that should NOT be used during pregnancy, while many others are restricted. When used, they should be used at a 1% dilution and only under strict guidance of a medical or Aromatherapist professional.
3. Overall, it is recommended that you dilute essential oils in Carrier Oils before applying them to the skin. For general use, 5 – 10 drops of essential oil in 1 oz. of Carrier Oil is recommended. If an oil or blend causes irritation to the skin, you should immediately apply Carrier Oil to the affected area. Then wash it off with soap and water.
4. For children, elderly individuals, pregnant women, and those with serious health conditions, essential oils should be diluted to a maximum of 1%; a total of six drops of essential oils to 1 oz. of Carrier Oil.
5. Children of 5 years or less should never directly inhale any essential oil. However, ambient inhalation is generally considered safe (oils that have been diffused in the air). Birch should NOT be used or given to children in any amount.
6. We do NOT recommend the use of essential oils directly on the fur or skin of animals as small animals can have toxic reactions to essential oils that are applied to their fur or skin. You can, put the oil on your hand, rub together, and then rub on fur.
7. Some oils may be phototoxic and sunlight or exposure to UV light (especially from tanning beds) should be avoided for at least 12 – 18 hours after application. The application of the following oils, in any dilution, will likely increase the chance of severe burns from ultraviolet light: Bergamot, Lemon, Grapefruit and Orange.
8. Do NOT put essential oils in or around the eyes, ears, or other openings on the body. If essential oil comes in contact with any of these areas, immediately flush with carrier oil and wipe off excess. If irritation persists, seek medical attention.
9. Individuals with asthma and allergies should use essential oils cautiously.
10. Individuals who have sensitivities to perfumes or other chemicals should use essential oils cautiously.
11. Always keep essential oils out of the reach of children as they can be poisonous if swallowed.
12. When using essential oils internally, always seek guidance from a medical or Aromatherapist professional who understands pharmacodynamics, pharmacokinetics, appropriate formulation techniques and the safety issues related to each route of applications.

If you have any other questions on the safe use of essential oils, please contact your Aromatherapy specialist.