

## PHOTOTOXIC OILS

Phototoxicity is a topical reaction caused when essential oils on the skin are exposed to UV light. This light can come from the sun or artificial source like a tanning bed. There is almost no phototoxic risk if the oils are diffused rather than applied to the skin. Reactions which can occur due to phototoxic oils:

- severe sunburn
- blistering
- changes in pigmentation
- swelling

These reactions can occur up to two days after phototoxic oils are applied to skin and exposed to UV light. To prevent a reaction wash skin after application of oil before going into UV light.

Known Phototoxic Oils	Possibly Phototoxic Oils	Non-phototoxic citrus and leaf
Bergamot Fig leaf Grapefruit Expressed lemon Expressed lime Mandarin leaf Expressed bitter orange Rue Angelica root Cumin	Clementine Combava fruit Skimmia Angelica root absolute and C02 extract Celery leaf and celery seed absolute Cumin seed absolute and C02 extract Khella Lovage Opoonox Parsnip	Bergamot (FCF) Distilled lemon Lemon leaf Distilled lime Mandarin Sweet orange Orange leaf Expressed tsatsuma Tangelo Tangerine Yuzu

### Dilutions

Expressed lemon	6 drops to 15 ml (standard essential oil bottle)
Expressed lime	2 drops to 15 ml (standard essential oil bottle) Bitter
Orange	4 drops to 15 ml (standard essential oil bottle)
Grapefruit	12 drops to 15 ml (standard essential oil bottle)
Bergamot	1 drop to 30 ml (large essential oil bottle)

*Resource:* Thompson, C. (2012) Aromatherapy Certification Course Level 1 revised 2014  
Tisserand, R and Young, Essential Oil Safety Second Edition (2013) Elsevier Health Sciences  
Adjusted from: <http://essentialoilblogging.com/2014/07/30/be-safe-in-the-sun/> (Linked with written permission)

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