



Cautionary Oils

The following is a basic list of essential oils are either highly toxic, carcinogenic, or dermal sensitizers/ irritants. Students/ Therapists should study these oils to obtain sound knowledge of their hazards and recognize that there are safe alternatives. These oils are not considered safe and students must be made aware of the risks involved in using these essential oils.

Common Name	Botanical Name (Generalized)
ALMOND (BITTER)	<i>Prunus amygdalus</i>
BIRCH (SWEET BIRCH BARK) (WHITE SILVER EUROPEAN)	<i>Betula lenta</i> <i>Betula alba</i>
BOLDO LEAF	<i>Peumus boldud</i>
CALAMUS	<i>Acorus calamus</i>
CAMPHOR – BROWN AND YELLOW	<i>Cinnamomum camphora</i>
CASSIA	<i>Cinnamomum cassia</i>
CINNAMON (BARK)	<i>Cinnamomum zeylancium</i>
COSTUS	<i>Saussurea lappa</i>
ELECAMPANE	<i>Inula helenium</i>
FENNEL (SWEET)	<i>Foeniculum vulgare</i>
HORSERADISH	<i>Armoracia rusticana</i>
HYSSOP	<i>Hyssopus officinalis</i>
JABORANDI (LEAF)	<i>Pilocarpus jaborandi</i>
MUGWORT	<i>Artemisia vulgaris</i>
MUSTARD	<i>Brassica nigra</i>
PARSLEY SEED	<i>Petroselinum sativum</i>
PENNYROYAL (EUROPEAN) (N. AMERICAN)	<i>Mentha pulegium</i> <i>Hedeoma pulegioides</i>
PINE (DWARF)	<i>Pinus mugo</i>
RUE	<i>Ruta graveolens</i>
SASSAFRAS SASSAFRAS BRAZILIAN	<i>Sassafras albidum</i> <i>Ocotea cymbarum</i>
SAVINE	<i>Juniperus sabina</i>
SOUTHERNWOOD	<i>Artemisia abrotanum</i>
TANSY (COMMON)	<i>Tanacetum vulgare</i>
THUJA (CEDARLEAF) THUJA (WESTERN RED)	<i>Thuja occidentalis</i> <i>Thuja plicata</i>
WINTERGREEN	<i>Gaultheria procumbens</i>
WORMSEED	<i>Chenopodium anthelminticum</i>
WORMWOOD	<i>Artemisia absinthium</i>

