



## Safety Guidelines for Using VINEVIDA Star Anise Essential Oil

**This Certificate assesses the conformity of a fragrance mixture with IFRA Standards and provides restrictions for use as necessary. It is based only on those materials subject to IFRA Standards for the toxicity endpoint(s) described in each Standard.**

<b>Certifying Party</b>	VINEVIDA
<b>Product Name</b>	Star Anise
<b>Botanical Name</b>	Illicium verum
<b>Country of Origin</b>	China

### **Using Vinevida Star Anise Essential Oil Safely**

The International Fragrance Association set boundaries for creating fragranced products to ensure people can enjoy the art of perfumery with confidence. The IFRA Standards ban, limit or set criteria for the use of certain ingredients, based on scientific evidence and consumer insights.

Vinevida Star Anise contains 2 % limonene and 0.8% linalool. IFRA recommends that an antioxidant should be added to new products that will not be used up immediately, at the time of their formulation, if they contain large volumes of limonene or linalool. The addition of 0.1% BHT or alpha-tocopherol, for example, has shown great efficiency.

We certify that it contains no compounds listed as being of concern in the March 2021 listing of California Proposition 65.

### **Practical Usage Notes**

Do not apply this oil neat. Essential oils should always be diluted into carrier oils, and applied over a large surface skin area. We have a number of them for you to choose from on our site. According to *Essential Oil Safety for Health Practitioners* by Robert Tisserand and Rodney Young (2013) maximum dermal level for Star Anise essential oil is 1.75% dilution and should not be used on children under the age of 5.

### **Pregnancy and Breastfeeding**

We would not advise using Star Anise essential oil during pregnancy at all, or during breastfeeding.

### **Other Safety Issues**

Star Anise essential oil can sometimes be problematic to sufferers of endometriosis. We would not recommend using this oil if you have a blood clotting disorder. It has been known to negatively affect anticoagulation and diabetes medications.

### **Care Around Pets**

Star Anise is not a safe essential oil for cats, as they do not possess the correct enzyme to metabolise some of its components in their livers. This means the oil does not break down into smaller parts in their system, so it's as if they have imbibed it undiluted.

Diffusers, evaporators and even reed diffusers propel drops into the air, which could land on your cat. Limit the amount of time you leave it in the room, as the longer it stays, the more chance it has of collecting droplets on its fur and then grooming itself, which could be hazardous for it.

It is safe for dogs, however.

Know that both cats and dogs have profoundly stronger senses of smell than we do, and like humans each has its own individual likes and dislikes, so always make sure the door is open for your pet to leave the room when they have had enough.

As ever, when introducing something new to the home, it's worth keeping an eye out to see how it affects everyone. Some cats can develop a runny nose or itchy eyes from strong fragrances, or burning sensations in their nose and throat. Watch out for them drinking more water than usual. Drooling can be a sign they feel nauseous, and watch for them vomiting or having difficulty breathing. They might seem to be coughing up a hairball, and that too might indicate some kind of respiratory irritation.

If any of these do start, the first thing to do is to get them out into the fresh air. Usually being moved away from the scent will help. If not, then seek urgent veterinary assistance. Remember that what you are witnessing is poisoning and they need immediate assessment..

### **Diffusion**

We recommend that the maximum time you would diffuse for any purposes would be 2 hours before taking half an hour's break. This applies for humans and creatures alike!

### **Dealing With Accidents**

Keep essential oils out of the reach of children. We do not advise ingesting any essential oils, however if it does happen accidentally, Tisserand and Young stipulate a maximum oral daily dose of 53mg of Star Anise essential oil for an adult. Drink milk and seek medical assistance if this does happen, then take this leaflet and the bottle of oil with you to the emergency room.

Avoid inner ears, eyes, and sensitive areas. If you should get it into your eyes, or start to have a skin reaction, we suggest rinsing with vegetable oil to dilute it more. Do not try to rinse with water, since oils and water do not mix so it will merely spread the oil over a larger surface area. Cold full fat milk will work, but it will need to have a high fat content to absorb the essential oil. If you do happen to develop a rash, discontinue use immediately.

If you are unfortunate enough to need to use Star Anise essential oil topically, regularly, for two weeks or more, have a break from it for a week afterwards. (We hope you feel better soon!)

### **Shelf Life**

Star anise has a chemistry that makes it prone to oxidation. Theoretically it has a shelf life of between 2-3 years, however we would recommend replacing it after two years to avoid any potential skin sensitisation issues

### **Long Term Use**

Essential oils have a cumulative effect, which means there are slightly different considerations to the safety of an oil since tolerance will increase over time. Ensure your workspace is well ventilated and you take frequent breaks. Vary the oils you use often. There is a slight risk of skin sensitization with essential oils generally, so perhaps avoid regular use if you have sensitive or damaged hands. Discontinue use if your hands become cracked and sore. *(The Aromatherapy Practitioner Reference Manual, Sheppard Hangar 1994)*

## **Disclaimer & Caution**

This information is provided for documentation purposes only. This Certificate provides restrictions for use of the specified product based only on those materials restricted by IFRA Standards for the toxicity endpoint(s) described in each Standard. This Certificate does not provide certification of a comprehensive safety assessment of all product constituents. This certificate is the responsibility of the fragrance supplier issuing it. It has not been prepared or endorsed by IFRA in any way.

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