



# PHOTOTOXIC *Essential Oils*

## Angelica Root

0.8% = 4.8 drops max of Angelica Root per 1 ounce of carrier oil

## Bergamot

0.4% = 2.4 drops max of Bergamot per 1 ounce of carrier oil

## Cumin

0.4% = 2.4 drops max of Cumin per 1 ounce of carrier oil

## Grapefruit

4% = 24 drops Grapefruit per 1 ounce of carrier oil

## Laurel Leaf Absolute

2% = 12 drops Laurel Leaf Absolute per 1 ounce of carrier oil

## Lemon expressed

2% = 12 drops Lemon per 1 ounce of carrier oil (distilled lemon it is not phototoxic)

## Lime expressed

0.7% = 4.2 drops Lime per 1 ounce of carrier oil (distilled lime it is not phototoxic)

## Bitter Orange expressed

1.25% = 7.5 drops Bitter Orange Absolute per 1 ounce of carrier oil

## Mandarin Leaf

0.17% = 1 drop Mandarin Leaf per 1 ounce of carrier oil

## Fig Leaf Absolute

High risk, no safe max dermal use level, should not be used internally or externally

## Rue

0.15% = less than 1 drop Rue per 1 ounce of carrier oil



## Oils to Avoid in the Sun

Here are the phototoxic oils that you should avoid applying topically if you will be in the sun. When properly diluted, you can use photosensitive essential oils in the sun without getting sunburned. I have included the recommended maximum dermal use levels to avoid phototoxic reactions.

## Sun Safe Citrus Essential Oils

Many people are misinformed about citrus oils, not all citrus essential oils are phototoxic. There are several that are safe to use in the sun.

- **Bergamot FCF** - bergapten-free/furanocoumarin-free (Citrus bergamia)
- **Steam Distilled Lemon** (Citrus limon)
- **Steam Distilled Lime** (Citrus x aurantifolia)
- **Mandarin** (Citrus reticulata)
- **Sweet Orange** (Citrus sinensis)
- **Tangerine** (Citrus reticulata, Citrus nobilis, Citrus tangerine)

## How to Avoid Photosensitization

There are some ways to safely use these oil, here are a few suggestions.

- **Use Aromatically Instead**
- **Dilute Properly**
- **Avoid the Sun**
- **Cover Up**
- **Use Essential Oils that are Sun Safe**

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