

Dr. Block is highly sensitive to **all fragrances, including essential oils**. If you have any fragrance on your body or clothes, you will be asked to leave The Block Center and you will lose your deposit or you will be responsible for the fee associated with your appointment.

### **What is Toxicity in Aromatherapy?**

Toxicity in general refers to the degree to which any substance can damage a non living or living organism. Toxicity can refer to chemical, biological or physical toxicants. With reference to aromatherapy, essential oils toxicity refers to the misuse of these oils. Toxicity is one of the chief hazards associated with essential oils. The toxic reactions are based on three factors:

- The amount of the oils being used
- The method of administration
- Physiological condition of the person undergoing treatment

Types of toxicity which can occur because of essential oils include:

### **Acute Toxicity**

This can occur after a single strong fatal dose has been administered. Acute toxicity is usually oral or dermal. Oral toxicity occurs when essential oils are taken internally and there is an adverse effect. This could lead to poisoning and death. It is this oral intake of essential oils that has resulted in serious cases of fatalities.

The main toxic outcome is the disruption of nerve cell functioning that can lead to cardiac arrest and respiratory depression. This however needs dosage in excess of 300ml for the toxic effects to be felt. The reason for high toxicity in orally ingested essential oils is that it gets quickly and completely absorbed by the body. Dermal essential oils toxicity can occur when high concentrations of these oils are administered to the skin. Sometimes, this can lead to liver and kidney damage. Since both of these organs are essential, especially to filter out toxic substances, damage to them can be fatal.

### **Chronic Toxicity**

Repeated use of essential oils over many months or even years can produce adverse skin reactions and other health problems. Some common symptoms of chronic essential oils toxicity are nausea, headaches, lethargy and minor skin irritations.

Toxicity depends on the dose and major risk posed by taking these essential oils internally. If they are being administered orally, care must be taken to give the correct dose especially where babies and children are concerned. In countries like the UK, only external administration of these oils is legally permitted. Since oral administration poses the greatest risk, this should only be taken under medical supervision.

### **Phototoxicity**

When UV rays combine with phototoxic oils, a photochemical reaction can take place. The result could vary in degrees from a mild color change to the skin, to extreme tanning and hyper pigmentation. In extreme cases of phototoxicity, deep burns and blisters can occur. Some of the essential oils that can cause phototoxicity are: lemon, bergamot, bitter orange, grapefruit and lime.

I have read and understand the policy on essentials oils and fragrances.

---

Signature

---

Date