

Essential Oil FAQs

What are Essential Oils?

Essential oils are the essences of plants, flowers, roots, fruits, seeds, woods bark and resins. The oils are derived from steam distillation and extraction transporting life energy from the plant into liquid form. Essential oils are both aromatic and known for creating a sense of healthy mind, body, and spirit.

Where are Arbonne essential oils sourced from?

We source our Pure Essentials Oils globally from partners all over the world. To be more specific:

- Peppermint is steam distilled from the leaf and sourced from India*
- Lavender is steam distilled from the flower and sourced from Bulgaria*
- Lemon is cold pressed from the peel and sourced from California*
- Harmony is a blend of 8 pure essential oils that are sourced from all over Europe, Asia, & Africa to name a few*

*Source locations can vary due to availability, harvest conditions, etc.

What makes Arbonne essential oils pure?

Arbonne strictly follows seed to source industry standards and has a series of quality control procedures in place to ensure our standards are met by our distributors and global partners. All the oils are quarantined, inspected, tested and analyzed by independent labs utilizing the latest in technology to ensure their purity.

Are essential oils safe to use?

Essential oils are incredibly potent yet are safe when used specifically according to directions for use. This is important because the safety of essential oils depends on factors such as the amount used, purity of the oil and the application method. If you have any medical concerns, you should always check with your physician first before using any essential oils. Just as plants and flowers can cause an allergic reaction in some individuals, so can essential oils as they are potent essences of that plant or flower. If there is a known allergy or sensitivity to a plant or flower care should be taken in using that type of essential oil. We would always recommend consulting your health care professional for any medical concerns before use, including potential allergies.

Are essential oils safe to use if pregnant or nursing?

We always recommend consulting your health care professional before use for any medical concerns, including pregnancy and nursing.

Are essential oils safe to use on children and babies?

We always recommend consulting your health care professional before using any essential oils on or with a baby or child.

Are Arbonne essential oils safe to ingest?

Arbonne essential oils are intended for topical and aromatic use only. Oils that are intended for ingestion are dietary supplements that require specific labeling to meet regulatory requirements. Arbonne essential oils are not labeled as dietary supplements because essential oils are highly potent, utilizing concentrated amounts of botanical materials in a very small bottle. We recognize the risk of misuse when ingesting essential oils and safety is our priority and concern. There are many benefits to using essential oils topically and aromatically.

While not labeled as dietary supplements, all our single note essential oils (Peppermint, Lavender, & Lemon) have the GRAS designation. **GRAS** (Generally Recognized As Safe) is an American Food and Drug Administration designation indicating that a substance is considered safe for consumption by experts. As previously stated, our essential oils are intended for topical and aromatic use only.

Can Arbonne essential oils be used to treat medical conditions?

Arbonne essential oils are intended for topical and aromatic use only. Although essential oils have been traditionally known to treat ailments, we cannot make any medical claims. If you have any medical concerns, you should always check with your physician first before using any essential oils.

How do you use Essential oils?

Please refer to directions for use on the product label. Specific how to use information can also be found on the Meet the Product Sheets.

Do essential oils interact with prescription medicines?

Yes, there can be a possibility of drug interactions. If you have any medical concerns, you should always check with your physician first before using any essential oils.

How often can essentials be applied? How much do I use?

Please refer to directions for use on the product label. Specific how to use information can also be found on the Meet the Product Sheets. Essential oils can be very potent, so we recommend that everyone start with a patch test on the upper inner arm before use to check for any skin sensitivities or irritation. Watch the area for several hours, wash off if irritation occurs. Excessive use of essential oils may increase the risk for adverse reactions. In most cases, 1–2 drops are adequate, and using more may waste product.

Where should I apply essential oils to the skin?

Please refer to directions for use on the product label. Specific how to use information can also be found on the Meet the Product Sheets. Always be sure to avoid sensitive areas such as eyes, ears, genitals and mucous membranes. Do not apply essential oils to broken, damaged or otherwise injured skin.

How much essential oil should you use in a diffuser?

Follow the instructions for use that came with your diffuser. You can also make your own diffuser by adding 1-2 drops of essential oil to a spray bottle with water and misting throughout your home or workspace.

Can I use candle burning diffuser?

Please be sure to follow the usage instructions on the diffuser package for safety precautions. Never leave a candle burning unattended.

What should I do if I get essential oil in my eyes?

Immediately flush the eye with cold milk or vegetable oil. If stinging persists, seek medical attention.

Can I use essential oils if I have sensitive skin?

If you are new user or using new oil on your skin, we always recommend that you perform a skin patch test on the inside of your arm before use. For any medical conditions or concerns, please consult your healthcare provider.

What should I do if I experience skin discomfort or irritation?

If discomfort or irritation occurs, discontinue use of the product. If irritation continues, please consult your healthcare provider.

How long will essential oils last before they need to be replaced?

Depending on the type of oil, the product can be kept once opened for approximately 12 to 36 months. Oils should be stored away from sunlight to maximize their life.

Can I use more than one oil at once?

We don't recommend applying multiple oils directly on your skin. You can create your own blend by mixing the oils together. Use 1-2 drops from the blend you created to experience the benefits of multiple oils together.

How many drops are in a 15-ml bottle of essential oil?

Approximately 300 drops are in each bottle of essential oil.

Are there restrictions when traveling with essential oils on airplanes?

Essential oil bottles are well below the TSA carry-on limit of 3oz. For checked baggage, we recommend sealing the essential oils in baggies to protect against spills.

Can I diffuse oils when I have pets in the house (dogs, cats, birds?)

Every pet/animal is different and reacts in different manner to aromatherapy. When using for the first time, diffuse for 10 minutes and monitor your pet. If your pet shows signs of discomfort turn off the diffuser and air out the space by opening windows and doors to let in fresh air. If you have any specific pet health concerns, please consult your veterinarian prior to use.

Are Arbonne essential oils organic?

No, Arbonne essential oils are not organic.

Are Arbonne essential oils non-GMO?

Arbonne essential oils do not contain any GMOs.

Are Arbonne essential oils tested for pesticides?

Yes, every batch of our essential oil goes through a strict quality check analysis which detects any chemical residue in the oil such as pesticides, herbicides, extenders and solvents.

Do essential oils increase sun sensitivity?

Essential oils can cause photosensitivity so care should be taken with sun protection if applying oils to the skin.