



December 2017

Dear Member,

IFPA Statement on Internal & Undiluted Use of Essential Oils

The IFPA would like to re-confirm its position on the use of Essential Oils internally and by undiluted topical application, as originally advised to members in March 2015.

The position remains that the IFPA does not endorse the use of essential oils internally or by undiluted application unless carried out by a practitioner ***trained and qualified at the appropriate level***^{1&2} and who holds indemnity insurance to cover their practice, or working with a doctor or clinician who remains in charge of the patient's treatment and is clinically accountable for the care offered by an IFPA member.

Treatments that use Undiluted Essential Oils

The IFPA does not recommend the undiluted use of essential oils on the skin as they are powerful, concentrated substances. Diluting the essential oils in a carrier reduces the risk of irritation, sensitization and possible allergic reactions.

There are several treatments now available in the market that use a large quantity of undiluted essential oils applied to the body. These techniques and treatments do not meet the criteria for safe practice set out by the IFPA because these treatments would appear to be practised as a one-size-fits-all technique, and as such may not be suitable for people with compromised liver or kidney function, heart disease, on blood thinning or other medication, with allergies, or other disorders.

IFPA members are trained to high safety standards in their practise which take account of clients' individual circumstances. ³

Courses that use Neat Essential Oils

The IFPA is also aware of several courses teaching the application of large quantities of undiluted essential oils under the marketing names of Raindrop Therapy, Qi Drop Therapy and AromaTouch. Furthermore, investigation of such techniques has identified claims to treat conditions such as the spinal curvatures of scoliosis and kyphosis.

Such courses are not endorsed by the IFPA and do not qualify for CPD points.

Additionally, the IFPA block insurance scheme, provided by our partner Balens, does not insure attendees on these courses or provide cover for the use of any of these techniques in Practise.

Until scientifically sound research identifies otherwise, the application of essential oils as advocated by such courses remains controversial and currently contravenes what IFPA recognises as the established health and safety aspects surrounding the use and abuse of essential oils.

Suppliers of Essential Oil

The IFPA advises that wherever possible members only use, supply or endorse products from suppliers known personally and who operate in sustainable, ethical ways.

Misinformation on the use of Internal and Undiluted Essential Oils

The IFPA recognises that there is a great deal of misinformation on the use of, and purported therapeutic benefits of, neat or ingested essential oils on digital and social media sites. The IFPA would encourage all members to act as advocates for the safe and best practise our high standard of training provides, continually communicating, informing and discussing with our clients and the wider community on these topics

References & Notes

1. This level of training includes advanced chemistry, formulation training and safety aspects alongside the study of human Anatomy & Physiology.
2. Robert Tisserand and Rodney Young, *Essential Oil Safety* (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 50.
3. IFPA Code of Practice ~ <https://ifparoma.org/code-of-practice/>