

# Rosemary Oil Dilution and Safety Card

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**Never swallow rosemary essential oil.** It contains camphor, which can cause seizures if swallowed. Keep bottles capped and out of reach of children and pets. Swallowed? US Poison Control: 1-800-222-1222.

## 1. Dilution chart (healthy adults)

| Strength | Per 1 tsp (5 ml) carrier | Per 2 tbsp (30 ml) carrier | Typical use                  |
|----------|--------------------------|----------------------------|------------------------------|
| 0.5%     | about 1/2 drop           | 3 drops                    | Sensitive skin, older adults |
| 1%       | 1 drop                   | 6 drops                    | Face, daily products         |
| 2%       | 2 drops                  | 12 drops                   | Body oil, scalp oil, massage |

Carriers: jojoba, sweet almond or fractionated coconut oil. Drop sizes vary, so treat these as approximate.

## 2. Know your chemotype (check the label)

| Chemotype | Usual origin            | Main compounds          | Note                                 |
|-----------|-------------------------|-------------------------|--------------------------------------|
| Cineole   | Morocco, Tunisia, Italy | 1,8-cineole 38-55%      | Fresh, eucalyptus-like               |
| Camphor   | Spain                   | Camphor 13-21%          | Highest camphor: avoid with epilepsy |
| Verbenone | France, Corsica         | Alpha-pinene, verbenone | Softer, often used in skin care      |

## 3. Patch test before first use

☐ Mix at the strength you plan to use ☐ Apply a little to the inner forearm  
☐ Wait 24 to 48 hours without washing it off ☐ Redness, itching, burning or bumps? Do not use it

## 4. Who should avoid it or ask a doctor first

| Who                              | What to do                                                                 |
|----------------------------------|----------------------------------------------------------------------------|
| Pregnant or breastfeeding        | Avoid unless your doctor or midwife approves (EMA: safety not established) |
| Children                         | Ask a pediatrician. Never apply to or near a child's face.                 |
| Epilepsy or seizure history      | Avoid camphor-type oils; talk to your neurologist                          |
| Asthma                           | Avoid diffusing near you; stop if you wheeze or cough                      |
| Broken, irritated or eczema skin | Wait until the skin heals                                                  |
| On prescription medicines        | Tell your doctor or pharmacist                                             |

## 5. Pets

The rosemary plant is listed as non-toxic to dogs and cats (ASPCA). Concentrated oil is different.  
☐ Never apply oil to a pet ☐ Short diffuser sessions, door open ☐ No diffusing near birds  
Drooling, vomiting, wobbliness or breathing changes? Call your vet or ASPCA Poison Control: (888) 426-4435.

## 6. Diffuser routine

A few drops, a ventilated room, 30 to 60 minutes, then switch off. Leave an exit open for children and pets.

Hair loss or memory changes? See a doctor first. Rosemary oil is not a proven treatment for either (Panahi 2015; Moss and Oliver 2012; EMA 2024).