

Essential Oils are Not for Everyone

No Essential Oils at GSL

We kindly ask that all of our clients come free of all scents. This does include Essential Oils.

We want to make sure that everyone that is in our building is comfortable. We understand that essential oils can be beneficial when used correctly.

However, they are not for everyone.

They have a very strong smell that can linger for hours. Some scents stay in our infrared booths for 24-36 hours! The oils and scents also transfer to our towels and sometimes do not come out in the wash.

When a person walks into our facility or takes a treatment in a room that has the essential oils or other scent lingering they may have a physically adverse reaction(s) to the scent.

These physical reactions include: headache, asthma attack/hard time breathing, sneezing and congestion. This can bring discomfort to people for the rest of their day.

Over the years we have had many people thank us for being a Scent Free Facility. We are hoping this article helps to explain why we choose to be scent free.

Symptoms of Essential Oil Toxicity

- Hives/redness of the skin
- Swelling of the skin
- Itchy, watery eyes
- Runny nose
- Sneezing
- Congestion
- Constricted breathing
- Headache

What are Essential Oils?

Natural essential oils are compounds extracted from plants and are obtained through steam or cold pressing. These aromatic chemicals are then combined with a carrier oil to create a product to use on the skin or used in a diffuser to put into the air.

How can essential oils be negative?

Various poison centers across the country have reported a significant increase in calls regarding adverse effects of essential oils. It is hard to imagine a product labeled as natural creating negative effects on people, but natural does not always mean safe.

Essential oils emit a strong odor that contains volatile organic compounds (VOCs), including terpenes. Breathing in the oils, terpenes or any fragrance (natural or not) have been known to trigger bronchoconstriction, the narrowing of airways. This can give people with or without asthma a hard time breathing. VOCs affect indoor air quality just like incense, air fresheners, and scented candles. Poor air quality can make people feel sick, give people headaches, and can trigger asthma, allergies, and other illnesses.

VOCs are in many products, but that is for another day :)

Some studies have shown that certain essential oils can have negative effects on the endocrine system, the hormone system of the body. They can raise or lower the normal hormone levels in the body. This can be a positive or negative depending on if you are trying to change these levels. Keep in mind you might be creating an issue if you are not trying to raise or lower hormones.

"Natural" Does not Always Mean Safe.

Essential oils are typically considered natural because some or maybe most of them are derived from plants. Keep in mind that not all brands are derived from plants, but are made of synthetic materials that mimic the scents of the plants. Regardless of plant based or synthetic both are chemicals. Some just happen to be derived from plants. Because of this, we recommend doing research on the brand you choose and safe ways to use them. It is always good to know what you are putting in your body.

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