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Cutaneous implications of essential oils

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#### Abstract

Essential oils as home remedies and for health benefits have been used for millennia, but with the recent surge in the popularity of natural products, these oils have garnered increased attention. Essential oils are complex natural mixtures obtained plant materials, and have demonstrated potent biological effects in vitro. They have commercial value in the food, cosmetics, and fragrance industries, and also have also experienced a steady rise in personal and home use as part of aromatherapy. Currently, widespread acceptance and use of essential oils is limited by a lack of large-scale clinical trials in humans. In addition, they are associated with notable side effects such as contact and allergic dermatitis, among a myriad of rare but serious systemic side effects. This review is intended to provide the clinician with key background information and biology of essentials oils, identify key trials demonstrating benefits, and describe adverse

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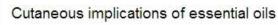
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