Tiber River makes products using both essential oils and fragrance oils. Both have their place in our products and our customers desire them both. This sheet is an explanation of the difference between essential oils and fragrance oils and answers some of the common questions we receive about them.

Both essential oils and fragrance oils have positives and negatives (as everything on this planet does – it’s the yin and yang that is impossible to avoid). Tiber River made a choice many years ago to create products our customers want and for the majority of our customers, scent is an important factor. Because of this, we use fragrance oils in some (not all) of our products. Our customers love smelling a certain way or enveloping themselves in a scent that brings a smile to their face and that doesn’t only happen with essential oils. Many fragrance oils elicit the same response.

The fragrance oils we use are in very small amounts and do not contain any phthalates (as explained in greater detail below). For those customers who do not want to use fragrance oils, we make many products that contain only essential oils or no scent ingredients at all. We have a very wide customer base and want to make sure we are creating happiness for all of them. Our choices revolve around not harming the planet and ourselves more so than just if they come from nature or not. Don’t get us wrong, all our ingredients, except for the fragrances and some colours, are naturally derived, however, we focus on ingredients that do not harm us.

Essential Oils: Essential oils are basically oils extracted from a plant or other natural source. That essence (oil) can be extracted in many different ways, including, but not limited to cold pressing, steam distillation and using carbon dioxide.

Fragrance Oils: Fragrance oils are blends of synthetic and natural components that are mixed together to create a specific scent. Fragrance oils are used primarily because they can replicate most scents that do not have a natural scent essence. For example, even though strawberries smell amazing as a fruit, we cannot extract a strawberry essential oil. Fragrance oils are used to duplicate that scent.
The Difference: Both essential oils and fragrance oils are used to scent products. However, essential oils have the added benefit of bringing aromatherapy and other properties to our bodies, minds and homes. For instance, a drop of cinnamon essential oil can be antibacterial, antiviral and has stress relieving properties (in addition to many other benefits). A drop of cinnamon fragrance oil has none of these benefits. However, cinnamon essential oil is also sensitizing to our skin and can cause many skin reactions. The fragrance oil typically does not do this.

FAQ:
How pure are your essential oils? Essential oils are, by classification, the pure essence of a plant, tree, herb, etc. If it is not pure, then it would be classified as a fragrance oils. All of our essential oils are pure essential oils. They have not been diluted with any other oil. Some of them are blended together with other essential oils.

Are your fragrance oils safe? Yes, our fragrance oils are safe. We use very high quality fragrance oils that are phthalates free. Phthalates are a huge class of varying chemicals that are used as solvents (dissolving agents) for other ingredients – basically, they are ingredients that help other ingredients dissolve into the mix. In 2003, phthalates were identified by the US Center for Disease Control as ingredients that should be studied further in regards to their effect on human health. It took until 2014 for their final study to be completed. According to The Guardian online, "In the past few years, researchers have linked phthalates to asthma, attention-deficit hyperactivity disorder, breast cancer, obesity and type II diabetes, low IQ, neurodevelopmental issues, behavioral issues, autism spectrum disorders, altered reproductive development and male fertility issues." Phthalates are typically the ingredients that cause reactions in people who are allergic or sensitive to fragrances.

Are your essential oils ethically sourced? Absolutely! We are very careful to get essential oils that do not harm either the person or the environment.

Are your essential oils safe to ingest? While essential oils do come from a natural source, we typically advise our customers to limit essential oils to external use for a number of reasons. First, our manufacturer of them does not have a Food Grade Handling facility. It is a separate designation that is required for anyone who sells internally consumable products and they have not received this designation yet.
Second, essential oils are extremely concentrated, as explained above. It takes 256 pounds of peppermint leaves to make one pound of essential oil! As with anything so concentrated, something beneficial can potentially be harmful too.

Unfortunately, research is very limited in regards to the long term safety of ingesting essential oils. For instance, if an oil kills harmful bacteria, there is a high possibility it is also killing good bacteria and internally, those good bacteria are very important!

The best and safest advisement for your customers would be to explain how to inhale them, burn them, bath with them and so on.

**Which products contain only essential oils?** The following is a list of essential oil only products:

- All Baby and Mom products, excluding Sweet Cheeks
- All Facial products (including men’s facial products)
- Honey Beer Shampoo & Conditioner
- Dust A Do
- Some Bath Bombs: Fight Bomb, Cold Relief, Love Bomb and Happiness Bomb
- Muscle Relief Bath Salts
- Nail Growth Stick
- Ureeka Deodorant
- Sweet Orange and Tea Tree Deodorant
- Hydro Hands Lotion
- All Footloose & Fancy Free products
- SOS bar soap
- Zucchini Lemon Peel bar soap
- You Can’t Crack Me Up lip balm
- Cold Sore Terminator
- Save Me Gel & SprayMind Mender
- Fruit & Veggie Spray
- Maid in a Bottle
- Lavender Linen Spray
- Power Play
- Poo-etic Justice