

ESSENTIAL OILS

for HEALTHY, HAPPY KIDS



A gentle alternative for your family

We love our kids, but sometimes everything seems to be going wrong. No one is getting a good night's sleep, they can't focus, they're throwing tantrums, and everyone has tummy aches—again. It's overwhelming, and you want to hide in the closet. Sound familiar? Well, let's talk about how essential oils can help save your sanity and benefit your whole family.

TO ACHIEVE RESULTS, QUALITY IS EVERYTHING
CHOOSE OILS FROM A TRUSTED COMPANY



Essential oils • Induce sleep and relaxation • Uplift bad moods • Open airways for clearer breathing and respiratory health • Soothe aches • Support focus and mental clarity • Promote digestion • Boost immune function and response • Soothe skin issues • **And so much more!**

Calm Mama Mist

Add 2–3 drops each: clary sage, orange, and peppermint to a 1 oz. misting bottle. Top with purified water. **To use:** mist into the air and inhale during moments of stress, exhaustion, or overwhelm.

Research shows children who inhaled a mixture of essential oils had improved respiratory health. (Kilina and Kolesnikova, 2010)

Diffusing lavender oil helped promote longer, sounder sleep (Lillihei and Halcon, 2014) and reduced postsurgical discomfort in children who had their tonsils removed. (Soltani et al., 2013)

Diffusing chamomile oil supported focus and decreased hyperactivity in teens who typically struggle in those areas. (Niederhorfer, 2009)

Brushing with toothpaste containing essential oils supported a healthy mouth. (Lobo et al., 2014)

A thirty-minute treatment with melaleuca oil supported healthy scalp and defended against insects. (De Campij et al., 2012)

5 FAVORITE ESSENTIAL OILS FOR KIDS



Lavender

Calming
Restful sleep
Discomfort
Irritated skin



Lemon

Clears airways for easier breathing
Removes sticky residue, gum, and crayon marks



Spearmint

Upset stomach
Clear breathing
Energy boost
Cooling



Frankincense

Calming
Irritated skin
Immune boost
Clear breathing



Melaleuca

Cleansing
Immune boost
Wounds
Scratchy throat

How do I use essential oils for children?



Aromatically—Inhaling or diffusing

IDEAL FOR uplifting emotions, respiratory support, and boosting the immune system.

Inhale from an open bottle, mist into the air, or diffuse (see right).



Topically—Applying oils to the skin

IDEAL FOR areas of discomfort or irritation, immune boost, a comforting massage.

Apply to the affected area or to the bottoms of feet.



ESSENTIAL OIL on the skin is usually enough

TO DILUTE

Start with 1 drop of essential oil in 1 teaspoon of carrier oil (such as almond, olive, or coconut oil).

Diffusing

Diffusing creates a microfine mist of essential oils that purify the air, provide healthy benefits, and smell amazing—all without harmful fragrance chemicals.

Try these combinations—

Bedtime: lavender, orange, juniper berry, or frankincense

Freshen up: lemon, orange, and spearmint

Under the weather: lemon, melaleuca, or frankincense

Calm and happy: lavender and orange



REMEMBER: Do not use oils in the eyes, ear canals, or on mucous membranes. If irritation occurs, apply carrier oil; do not add water.



GENTLE OILS FOR AGES 6 MONTHS–2 YEARS Frankincense, lavender, lemon, melaleuca, Roman chamomile

GENTLE OILS FOR AGES 2+ YEARS Bergamot, black pepper, cedarwood, clary sage, coriander, cypress, frankincense, geranium, ginger, grapefruit, juniper berry, helichrysum, lavender, lemon, marjoram, melaleuca, orange, patchouli, Roman chamomile, sandalwood, spearmint, tangerine, vetiver.

DILUTE AND START WITH SMALL AMOUNTS. Certain oils, such as cinnamon bark, oregano, clove, cassia, and lemongrass can irritate tender skin. Avoid these oils or dilute them VERY heavily. Though not common, peppermint, rosemary, and eucalyptus oils can potentially slow respiration in young children. Always use essential oils with awareness, know your child, and find routines that are right for you.

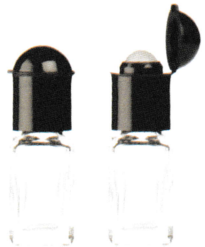
Anxiousness	Lavender, orange	Diffuse and/or apply to chest.
Bad dreams	Lavender, juniper berry	Diffuse or use on bottoms of feet.
Bad mood	Lavender, orange, bergamot	Diffuse or mist into the air.
Bed-wetting	Cypress	Apply over bladder area at bedtime.
Dry, scaly skin	Lavender	Apply diluted lavender or juniper berry.
Ear discomfort	Lavender, basil, melaleuca	Apply behind the ears, not inside them.
Itchy spots	Lavender, basil	Apply to affected area.
Owies	Lavender, melaleuca	Apply to affected area.
Scratchy throat	Melaleuca, lemon	Apply to the neck or feet.
Skin irritation	Melaleuca, lavender	Apply to affected area.
Sniffles	Lemon, frankincense, cypress	Apply to chest and bottoms of feet.
Tight airways	Lemon, eucalyptus	Apply to chest and bottoms of feet.
Trouble sleeping	Lavender and cedarwood	See “Sleepy Time” below.
Upset stomach	Ginger, lavender, peppermint	See “Tummy Tamer” below.



Aromatherapy Play Dough

- 1 cup water
- 1 cup flour
- 1/2 cup salt
- 1 tablespoon cream of tartar
- 2 tablespoons vegetable oil
- Food coloring (optional)
- 3–5 drops essential oils, such as lavender

Mix water, salt, and cream of tartar in a medium pan. Cook on medium-low heat, stirring regularly until mixture is hot. Add vegetable oil, color, and flour. Cook, stirring well, until dough pulls away from pan. Pour dough on counter, let cool a bit, then knead, adding essential oil when dough is cool. Store in an airtight container.



KID’S ROLLER REMEDIES

INSTRUCTIONS. Add essential oils to a 10 ml roller bottle, then fill the bottle with fractionated coconut oil (FCO) or carrier oil of choice. Label and use your remedy. *Bottles available at www.ShareOils.com*

Little Teeth

- 1 drop lavender
 - 1 drop Roman chamomile
- Apply along jawline.*

Sleepy Time

- 1 drop lavender
 - 1 drop cedarwood
- Apply to feet and chest.*

Tummy Tamer

- 1 drop peppermint
 - 1 drop ginger or lavender
- Apply to stomach.*

Study Time/Wake Up

- 1 drop peppermint
 - 1 drop orange
 - 1 drop rosemary
- Apply to chest and back of neck.*

Immune +

- 1 drop melaleuca
 - 1 drop frankincense
- Apply to feet.*

Little Ears

- 1 drop basil
 - 1 drop lavender
 - 1 drop melaleuca
- Apply behind ears and down neck.*

Breathe Easy

- 1 drop cypress or white fir
 - 1 drop lemon
- Apply to neck and temples or to aching muscles or joints.*

Calm Child

- 1 drop orange
 - 1 drop vetiver
 - 1 drop lavender
- Apply to chest and backs of knees.*

Prediluted roller bottles simplify application and are great for kids.

Send labeled rollers with your children to school and their activities.

SUPER SPRAYS

Owie Spray

- 2 drops each: lavender, melaleuca, and frankincense (optional)
- MAKE IT.** Add oils to a 1 oz. spray bottle. Fill bottle with FCO. Shake well. Spray onto cuts or scrapes.

Fresh Hands Spray

- 10 drops melaleuca • 1 teaspoon FCO or aloe vera (optional)
- MAKE IT.** Add essential oil to a 1 oz. spray bottle, then fill with distilled water. Shake before each use. Mist onto hands and allow to air-dry.

Monsters Be Gone

Is your child anxious at bedtime? Spritz a little of this calming mixture around the room to keep the closet and under the bed free of spooky visitors.

- 5 drops lavender (or any oil your child enjoys)

MAKE IT. Add essential oil to a 1 oz. spray bottle then fill with distilled water. Shake before each use.



Other recommendations

For more information about essential oils contact

SAFETY PRECAUTIONS: Keep oils out of reach of children and pets. Do not use in the eyes or ear canals or on mucous membranes. Dilute. If irritation occurs, apply carrier oil; do not add water. Citrus oils can increase sun sensitivity; allow at least twelve hours between application and exposing skin to the sun. **DO NOT INGEST** arborvitae, cedarwood, cypress, eucalyptus, white fir, or wintergreen. If you are pregnant, breastfeeding, or have liver or immune issues, talk to your doctor about ingesting.

DISCLAIMER: This handout has not been evaluated by the FDA. The products and methods recommended are not intended to treat, diagnose, cure, or prevent illness or disease. It is not a substitute for medical advice.