



TAKE A MORE PROACTIVE APPROACH TO YOUR CHILD'S HEALTH!

BURNS (MINOR): Immerse burned skin in cold water for 10 minutes to cool the skin. If the skin is not broken, apply 2 drops of lavender directly on the burned area; if the skin is broken, apply 2 drops of lavender around the burned area. Then put 5 drops lavender on a cold, dry cloth, and hold it over the area of the burn.

CHICKEN POX: Add 10 drops lavender and 10 drops Roman chamomile to 4 oz. calamine lotion. Mix, and apply twice a day over body.

COLDS: Dilute 1–2 drops thyme or lemon in 2 Tablespoons carrier oil, and massage a little on neck and chest.

CONSTIPATION: Dilute 1–2 drops of rosemary, ginger, or orange in 2 Tablespoons carrier oil, and massage on stomach and feet.

CUTS & SCRAPES: Add 5 drops lavender and 5 drops melaleuca to a small bowl of warm water. Use this water to clean the cut. Then apply 1 drop of lavender to a Band-Aid before using it to cover the wound. Do not apply the lavender directly in the cut, as this will cause it to sting.

DRY SKIN: Dilute 1–2 drops sandalwood in 2 Tablespoons carrier oil, and apply a small amount on location.

EARACHE: Combine 2 Tablespoons carrier oil with 2 drops lavender, 1 drop Roman chamomile, and 1 drop melaleuca. Put a drop on a cotton ball, and apply in ear, behind the ear, and on reflex points on the feet.

FEVER: Dilute 1–2 drops of lavender or peppermint in 2 Tablespoons of carrier oil, and massage a small amount on the neck, on the feet, behind the ears, and on the back.

FLU: Dilute 1 drop cypress or lemon in an unscented bath gel, and use for a bath.

INSECT BITES: Add 5 drops German chamomile and 5 drops lavender to a small bowl of cold water. Soak a cloth in the water, and then hold the cloth over the insect bite for one minute.

SUNBURN: Mix 5 drops lavender with 1 teaspoon aloe vera. Apply over sunburnt area.

ESSENTIAL OILS MOST COMMONLY RECOMMENDED FOR CHILDREN:

cypress, frankincense, geranium, ginger, lavender, lemon, marjoram, melaleuca, orange, rosemary, sandalwood, thyme, and ylang ylang.

Safety Precautions: It is a good idea to dilute all essential oils before applying them on a child's skin, so as to avoid any possible skin irritation. The recommended dilution is one drop of essential oil with 1 teaspoon of a carrier oil such as sweet almond oil, jojoba oil, avocado oil, sunflower oil, extra-virgin olive oil, etc. Keep oils out of children's reach. Young children should not ingest essential oils.

