

# Essential Oils

Infants, Toddlers, Children

# Safety

**-Eyes, Nose, Ears, or Sensitive Areas**

**-Glass Bottles**

**-Dilute the Oils**

**-Bottoms of Feet First**

**-Forms**

**Internal**

**Oral**

**Topical**

dōTERRA wellness advocate

## Where To Apply Oils

Aromatic: Apply oils to the skin close to the nose—back of neck, temples, nose itself – or somewhere you can smell when necessary, such as jewelry, wrists, or tissues.

Topical: Apply oils to troubled areas of the body, while avoiding sensitive areas.

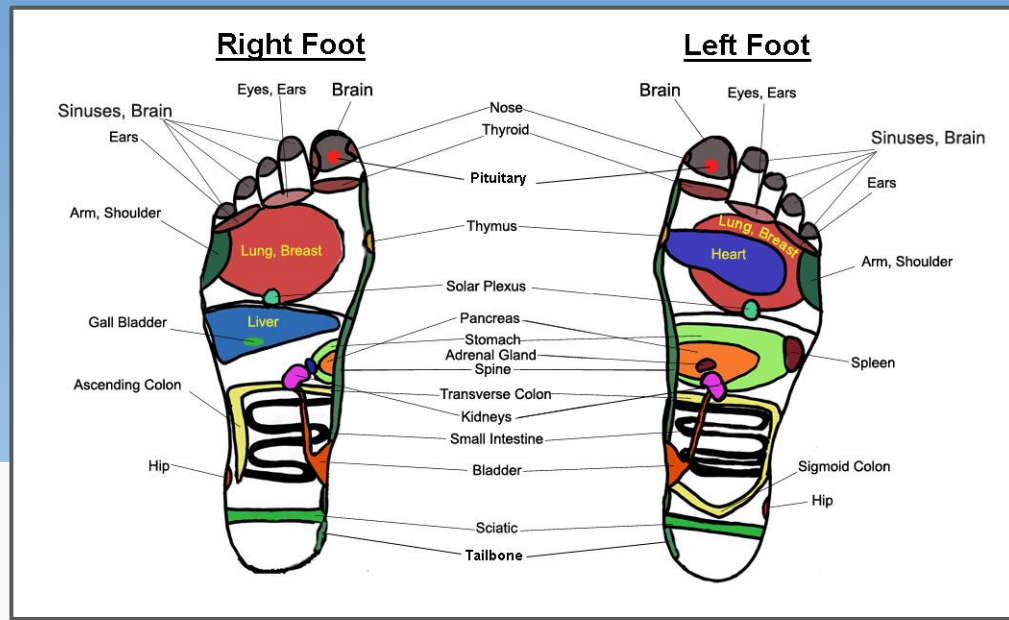
When applying oils topically, a carrier oil may be used to dilute the oil for young or sensitive skin.



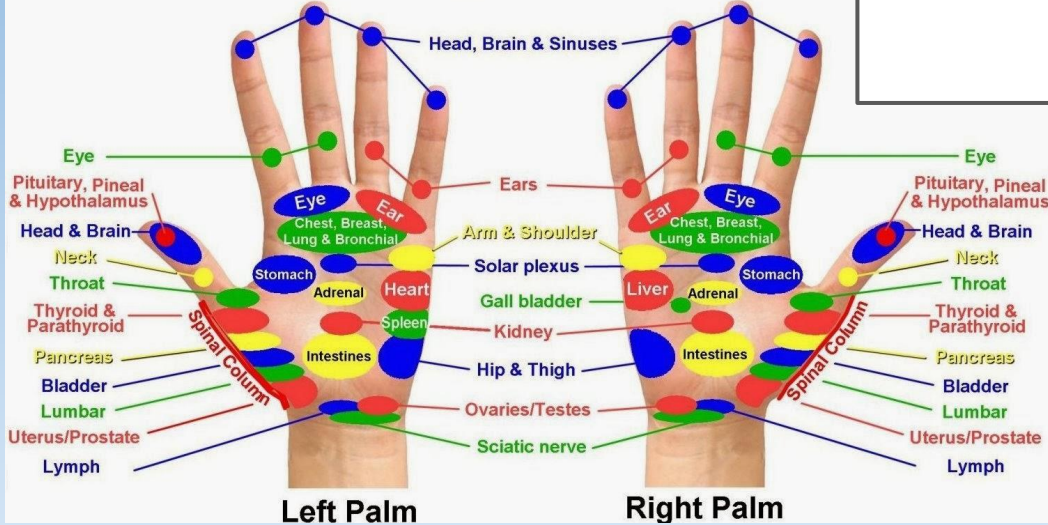
# How Much Can We Use?

	<u>Ideal Amount</u>	<u>24 hr Max</u>
Internal	1-2 drops	3-12 drops
Topical	1-2 drops	3-12 drops
Oral	-----	-----

# Reflexology



## Reflexology Hand Chart



# Peppermint Safety

Do not use **undiluted** Peppermint on children under 30 months on **chest or throat**. It can cause them to inhale quickly and hold their breath.

# Sleep

- ❖ Lavender/Serenity- On the bottom of the feet and/or diffused in the room.
  - Blend for diffusing- 8 drops of one of these with 3 drops of wild orange.
  - Roller Bottle blend “Lights Out”- 2 Vetiver, 2 Cedarwood, 2 Patchouli, 2 Serenity, 3 Ylang-Ylang; Blend in a 10 mL roller bottle filling the rest with Fractionated Coconut Oil. Roll on feet and/or along the spine at bedtime.
- ❖ Roman Chamomile- Diffuse- Helps with sleep as well as tummy issues
- ❖ Juniper berry for nightmares

# Teething

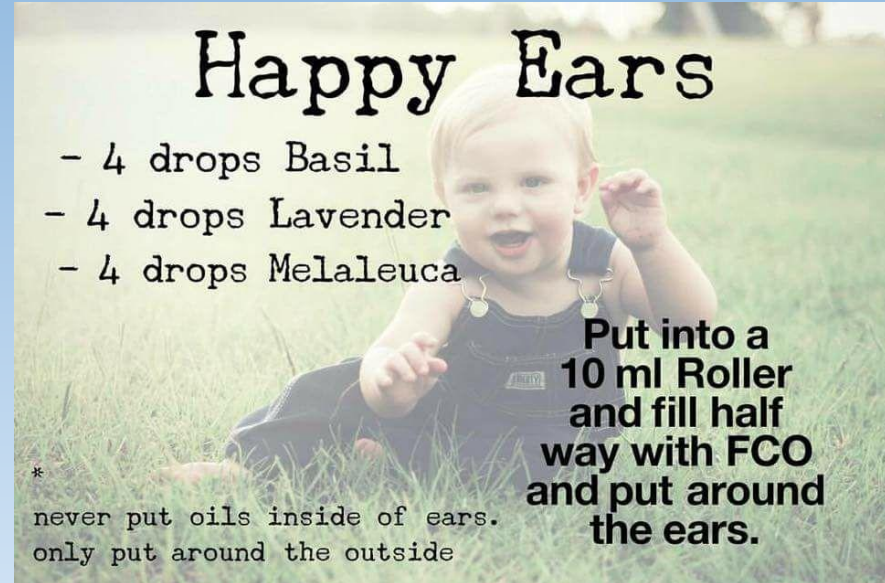
- ❖ Dilute any of the following with FCO and apply/massage directly to the gums
  - Clove, Frankincense, Helichrysum, Lavender, Roman Chamomile, Sandalwood, Yarrow, White Fir

# Thrush

- ❖ Combine the following oils. Apply a small amount of the mixture into the baby's mouth and on tongue with a clean finger. If needed, do the same to nipples before feeding.
  - 8 drops lemon, 8 drops melaleuca, 2 tablespoons garlic oil, 1 mL Vitamin E oil

# Ears

- ❖ Different Oils that can help with Earaches include: Basil, Clary Sage, Cypress, Fennel, Ginger, Helichrysum, Lavender, Melaleuca, Neroli, Roman Chamomile, Thyme, Wild Orange, Deep Blue
- ❖ Earache blend: 1 drop of oil and FCO on a cotton ball placed on the surface of the ear. Avoid the ear canal. Can rub a little around or behind the ear.





# Owies

- ❖ Blend for owies uses equal parts Frankincense, Melaleuca, and Lavender.
  - 2 oz spray bottle = 15 drops of each and the rest filled with FCO
  - 10 mL roller bottle = 2-5 drops of each and the rest filled with FCO



# Diaper Rash

- ❖ Can use diluted Frankincense, Lavender, Melaleuca, Patchouli, Roman Chamomile, Ylang Ylang
  - “Combine 1 drop Roman chamomile and 1 drop lavender with FCO and apply directly to the bottom. If the skin is patchy, add melaleuca to the mixture.”

# Illnesses

## ❖ Fever

- Dilute a drop of lavender in FCO and massage to the back of neck, bottom of feet, behind the ears and/or rub diluted peppermint on the bottom of the feet (1 drop with FCO). Patchouli can help as well.

## ❖ Flu

- Diffuse 2 drops of cypress, lemon and melaleuca. You can add 1 drop of each with a ½ cup Epsom salt for a bath treatment as desired instead of diffusing.

## ❖ Cold

- Combine 2 tablespoons of FCO with 2 drops of melaleuca, 1 drop lemon, and 1 drop On Guard. Massage the blend onto neck and chest.

## ❖ Tonsillitis

- Dilute 1-2 drops of oil in 2 tablespoons of FCO and apply a small amount to tonsils and lymph nodes on the neck. (Melaleuca, lemon, Roman chamomile, lavender, ginger)

# Infant Ailments

## ❖ Colic

- Combine 2 tablespoons almond oil with 1 drop of Roman Chamomile, 1 drop lavender, and 1 drop geranium or dill. Mix and apply to stomach and back.

## ❖ Cradle Cap

- Combine 2 tablespoons almond oil with 1 drop of melaleuca or lemon oil and with 1 drop geranium.
- Combine 2 tablespoons almond oil with 1 drop cedarwood and 1 drop sandalwood.

## ❖ Jaundice

- Dilute geranium and frankincense in a carrier oil (FCO) and apply on the liver area and to the liver reflex points on feet.

## ❖ General Stress Reducer

- A drop of frankincense on the crown and down the spine

# Other Issues

## ❖ Headaches

- Lavender, peppermint, frankincense, past tense

## ❖ Seasonal Allergies

- Tri-Ease = lavender, lemon, peppermint - add melaleuca for immune support

## ❖ Growing Pains/Leg aches

- Aroma touch, arborvitae, cypress, lemongrass, and deep blue are a few oils that can help when topically applied

## ❖ Oil Go To's

- Purify, On Guard, Lavender, Frankincense, Digest-Zen, Balance, Citrus Bliss

# Resources

Stephanie Whalberg's Class on Infertility, Pregnancy, Infants

The Essential Life 4th Edition

Modern Essentials 5th Edition