

## Which oils to use

The following essential oils have been listed as being safe for children from 3 months to 5 years.

As stated in: *The Complete Aromatherapy & Essential Oils Handbook for Everyday Wellness*, Nerys Purchon and Lora Cantele, 2014

**1 Bergamot FCF** - *Citrus bergamia* : Uplifting, calming, cleansing properties, FCF is the sun safe version of Bergamot.

**2 Cedarwood Atlas** - *Cedrus atlantica*: Relaxing, repels bugs, supports respiratory health, antiseptic properties, cuts and scrapes, dry scalp.

**3 Chamomile, Roman** - *Chamaemelum nobile*: Relaxing, calming, revitalizing, helpful for sleep, soothing to skin, eases sore muscles and cramps.

**4 Frankincense** - *all types*: Immune support, relaxing, soothes cuts and bruises, spiritual connection, helpful for sleep, reduces stress.

**5 Geranium** - *Pelargonium graveolens*  
Promotes healthy skin, relaxing, uplifting, eases tension and stress.

**6 Ginger** - *Zingiber officinalis*: Digestive support, warming oil, minor pain relief, respiratory health, eases nausea and motion sickness.

**7 Lavender** - *Lavandula augustifolia*: Relaxing, calming, helps focus, great for all skin concerns, helps fight germs, great for emotional support.

**8 Lemon** - *Citrus x limon*: Mood boosting, supports immune function, cleansing, energizing, refreshing, kids love the scent.

**9 Mandarin** - *Citrus reticulata*: Calming, uplifting, soothes nervous tension, grief support, promotes sleep, citrus and sweet scent.

**10 Marjoram, Sweet** - *Origanum majorana*: revitalizing, calming, sedative effect, restful sleep, eases anxiety, relieves sore muscles and stiffness.

**11 Orange, Sweet** - *Citrus sinensis*: Refreshing, uplifting, cleansing properties, soothing to mind and body, digestive aid, kids love the scent.

**12 Rose** - *Rosa x centifolia* - calming, relaxing, skin nourishing, inner harmony, rich floral scent, grief support, can use rose absolute instead.

**13 Sandalwood** - *Australian, Hawaiian, and Indian*: Calming, relaxing, promotes sleep, supports healthy skin, balances emotional state.

**14 Tea Tree** - *Melaleuca alternifolia*: Cleansing, skin healing, soothes bug bites, disinfecting, first aid oil, respiratory health.

# IT JUST MIGHT WORK

It works for me and it just might work for you.

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### DISCLAIMER

The information provided by *It Just Might Work* is general in nature for personal information and interest only. It is not intended to take the place of professional medical advice or treatment for any condition. Nor should it be used to self-diagnose. We recommend that you consult your doctor or other health professional if you have any health concerns or are unsure if any essential oil is right for you.

Essential oils are highly concentrated, powerful liquids, and must be handled with care. Their potency must be respected and they can be toxic if used incorrectly.

Many essential oils are not suitable for children or should only be used for specific age groups. If you are pregnant, nursing, taking medication or have a medical condition please contact your health care professional before using any our products.

### SAFETY

- Essential oils are flammable so keep them away from any naked flames.
- Store essential oils in a cool dark place.
- Never add essential oils to food or drink.
- Never use essential oils neat (undiluted) on the skin.
- Always keep essential oils away from pets and children.

# Kids Stuff



## Essential Oils for Young Children.



## Essential Oils

Some essential oils can be used with young children as long as they are used with care. The age of a child will determine which oils are most suitable. They can be used for an oil massage, warm bath, diffuser, room spray or inhaler.

Essential oils should always be diluted in a carrier oil such as grapeseed, almond, fractionated coconut, jojoba, virgin olive oil or sunflower.

While some people suggest that essential oils can be used for young babies it is widely suggested to wait until children are over two years of age before exposing them to essential oils.



## Safety

As essential oils are highly concentrated, they need to be used sensibly and diluted properly. They need to be stored in a cool, dark place and kept out of the reach of children. They should be used in accordance with their instructions and expiry dates. Never add essential oils to food or drink as they could be extremely toxic. Do not use undiluted oil on the skin.

When you first use essential oils for your child, make sure that they are used in well ventilated room. Ensure you use only essential oils that are suitable your child's age group and purpose.

Always use essential oils in a low dosage so that any allergic reactions can be tracked. Most allergic reactions are often experienced within the first 30 minutes of application but it is recommended to wait 24 hours before using the skin-tested oil on your child.

## Ways to use the oils

### OIL MASSAGE

Age	Quantity	Dilution Rate
3-24 months	1-2 drops only per 40mls of carrier oil	0.25% - 0.5%
2-6 years	7-14 drops only per 35 mls of carrier oil	1% – 2%

### HOW TO USE

Warm the oil by rubbing it between the palms then lightly massage the oil into the child's skin. Begin with the legs. When massaging the chest and belly, use light outward strokes that start at the centre and spread gently towards the sides or the shoulders. Never use essential oils on a child's face.

### WARM BATH

Age	Quantity
3-12 months	Add 1-2 drops + 20-50ml of liquid soap into the bath water.
12 months - 6 years	Add 2-3 drops + 20-50ml of liquid soap to the bath water.



### HOW TO USE

Blend essential oils with carrier oils, salts or glycerine before adding them to the bath or add the oils to liquid soap. Dilute the oil well and be careful not use the oil infused bathwater on your child's face. Your child may also enjoy using a bath bomb containing diluted essential oil or oil blend.

### INHALER OR AROMA JAR (DREAM JAR)

#### HOW TO USE

Apply a few drops of the oil blend to a cotton pad and insert it into the inhaler or aroma jar.



Attach a seal cap at the bottom of the inhaler or screw the lid securely onto the jar. The child can breathe the aroma of the oils through the small opening in the inhaler or through the small holes in the aroma jar. When not in use insert the inhaler into a container or cover the holes in the aroma jar lid.

### DIFFUSER

Age	Quantity
3-12 months	1-2 drops
12 months - 6 years	2-3 drops

### HOW TO USE

Use a water-based vaporiser in a well ventilated room. Remove the diffuser when the child is ready for bed.

- diffuse for 10 minutes then turn it off for 30 minutes. Repeat two or three times be
- place the diffuser as far away from the child as possible.
- watch the child carefully for any allergic reactions. If this occurs remove the diffuser and the child from the room. Ventilate the room well before bringing the child back in.



### ROOM SPRAY

Age	Quantity
3-12 months	1-2 drops
12 months - 6 years	2-3 drops

### HOW TO USE

Fill the spray bottle close to the top, leaving enough room for the drops of oil. Drop the oil into the bottle, insert the trigger and close the lid. Shake the bottle well before use to combine the oil and water.

Only spray diluted essential oils in an open, well-ventilated room. Avoid spraying it in the child's room. Avoid spraying on pillows, other fabrics, or toys and objects the child could put in the mouth and inadvertently ingest.