



## Safe Essential Oils for Infants, Babies and Children

Use extra caution with newborns, and children up to 10 years of age.

### Essential Oil Recipes for Babies

**Body Heat:** Mix 1 drop of **Lavender** with 2 TBSP of carrier oil. Massage a small amount onto the bottoms of the feet and apply to the back of the neck and behind the ears, cover the feet with socks.

**Colds:** **Tea Tree (melaleuca), Lemon, or Lavender.** Diffuse 2 drops of either at bedtime or during the day. Or mix 1 drop of either with 2 TBSP of carrier oil and massage the upper chest and back at each diaper change.

**Colic:** Mix 1 drop of **Lavender** with 2 TBSP of carrier oil. Gently massage a few drops into the abdomen in a clockwise direction following the natural movement of the colon.

**Congestion:** When choosing a healthy alternative to aid with congestion, for children over age 2, **Pine, Spruce, Fir, or Cypress** essential oils are good alternatives to Eucalyptus and Peppermint essential oils. Avoid Ponderosa (Huon) Pine.

**Constipation:** **Lavender or Roman Chamomile.** Add a drop of either to 2 TBSP of carrier oil and massage in a clockwise motion on the tummy.

**Coughs:** Mix 1 drop of **Lavender** with 2 TBSP of carrier oil and rub a small amount on the chest and back.

**Crying:** Place 1 drop of **Lavender or Roman Chamomile** on your hand or a tissue and just let the baby smell the oil.

**Diarrhea:** Mix 1 drop of **Roman Chamomile** with 2 TBSP of carrier oil, gently massage 2-3 drops of the mixture on the tummy in a clockwise motion following the natural movement of the colon.

**Diaper Rash:** Combine 1 drop of **Roman Chamomile** and 1 drop of **Lavender** with 1 drop of jojoba oil. Add to baby's bath water and swish around before bathing baby. Or add 2 drops **Lavender** to 2 oz. Essanté Organics Baby Lotion: apply to skin. Or add 8 drops of **Lavender** to 8 oz. Essanté Organics Baby Wash & Body Foam: apply to skin (Baby Wash & Body Foam includes Stabilized Oxygen which can help kill bacteria: see the efficacy sheet next to the product inside "Info & Studies").

**Jaundice:** Mix 1 drop of **Geranium** with 2 TBSP of carrier oil. Apply to the bottoms of feet and over the liver area. Do not apply oils within 1/2 hr before or after UVA bili-light treatment.

---

**Teething:** Mix 1 drop of **Roman Chamomile** or **Lavender** with 2 TBSP of carrier oil. Use a small amount to gently massage outside of the face along the jaw line. Mist diluted **German Chamomile** on baby's gums for teething relief.

**Tummy Ache:** Mix 1 drop of **Roman Chamomile** and 1 drop of **Sweet Orange** with 4 TBSP of carrier oil. Add 1 tsp. of mixture to warm bath water, swishing around before bathing baby. Avoid getting oils in baby's eyes.

## How to use Essential Oils Safely

**In the Bathtub:** It is important to note, when adding essential oils to a child's (or adult's) bath water, the essential oil must first be diluted in a water-soluble carrier, such as raw unfiltered honey or vegetable glycerin. Adding essential oils straight to bathing water, without a carrier, can cause skin irritation, as the oil will sit on top of the water.

**On the Skin:** It is ideal to massage a young baby's feet with a diluted essential oil. Avoid applying oils to the neck, chest and back. Avoid getting oils in baby's eyes.

**Misting and Diffusing:** Misting or diffusing essential oils is safer than topical application.

**Dilution is mandatory:** All essential oils must be diluted before use on children of all ages, without exception. Dilute one essential oil in 1 oz (2 TBSP) of carrier oil as follows:

- Newborns: 0-1 drop
- 2-6 months old: 0-1 drop
- 6-12 months old: 1-2 drops
- 1-4 years old: 1-5 drops
- 5-7 years old: 3-6 drops
- 8-12 years old: 5-10 drops

Child's Age	Safe Essential Oils To Use When Diluted
Newborn	Roman Chamomile, German Chamomile, Lavender, Red Mandarin
2-6 months	Neroli, Dill Seed, Geranium, Rose (and all oils listed above)
7-12 months	Palmarosa, Petitgrain Bigarade, Tangerine, Helichrysum italicum, Myrtle, Cardamom (and all oils listed above)
2-5 years	Ginger Root, Lemon, Grapefruit, Coriander, Blue Yarrow, Cucumber Seed, Eucalyptus citriodora, Tea Tree, Ravinsara (and all oils listed above)
6-8 years	Frankincense, Bergamot, Sweet Marjoram, Tea Tree, Eucalyptus radiata, Eucalyptus globulus, Helichrysum gymnocephalum, Pine, Myrrh, Spikenard, Blood Orange, Sweet Orange, Carrot Seed, Peppermint (and all oils listed above)
9-11 years	Cypress, Melissa, Ylang Ylang, Elemi (and all oils listed above)

*Reference: Robert Tisserand's newest edition of Essential Oil Safety*

---

**Child's Age**

0-11 years

**Safe Carrier Oils To Use**

Almond Oil, Coconut Oil, Jojoba Oil

**Do not use the following oils on children under 3 years old:**

Bay Leaf	Helicrysm
Cajeput	Oregano
Cinnamon Bark	Peppermint
Clove Bud	Rosemary
Eucalyptus Radiata	Sage
Eucalyptus Globules	

All blends that include any of above including *Coat of Armor*

**Do not use the following oils topically on children under 5 years old:**

Bay Leaf	Oregano
Cinnamon Bark	Peppermint
Clove Bud	Rosemary

All blends that include any of the above including *Coat of Armor*

**Use extra caution with newborns up to age 10**

Children are smaller in size and have more permeable skin, thus therapeutic essential oils have a quicker and far stronger effect on children. Some powerful oils, including Peppermint and Eucalyptus, can trigger a child's autonomic reflex and can significantly slow down the child's brain, heart, lungs, circulation and breathing. In addition, the child's liver and kidneys should not be overtaxed with anything in excess, including but not limited to essential oils, because much of what goes into their small bodies is processed through the liver and kidneys and, over time, damage can occur to one or both of these organs if they are overtaxed. For these reasons, practice extra caution and understand "less-is-best" when using essential oils on newborns, infants, babies, toddlers, children and adolescents.

**Essential oils are safe for children 10+ years**

By this age, most essential oils are safe for topical use or diffusion for children, though you should always be sure to slowly introduce each oil individually, to be sure there are no adverse reactions or allergies. Peppermint, eucalyptus, and rosemary essential oils are all avoided in younger children because they contain a chemical constituent called cineol 1,8 and menthol. According to Robert Tisserand, in the newest edition of *Essential Oil Safety*.

**One essential oil at a time**

Slowly introduce one essential oil at a time. With all babies, most parents have not yet discovered possible allergies or sensitivities yet. Do not introduce more than one essential oil in one day. Signs of sensitivity, if present, will appear around 15 - 30 minutes after inhaling or applying a diluted essential oil.

**How and when to use Coat of Armor**

Renowned author and Aromatherapist, Robert Tisserand, recommends the oils inside "Coat of Armor" not be used on children under 10 years old. The oils in this blend may be used after age 10, yet they must be diffused or diluted for safe topical application. For example, cinnamon bark essential oil, inside Coat of

---

armor, should be avoided for dermal use in all ages, as it is too irritating to the skin. Dilute Coat of Armor and use it with your 10 year old (or older child) in one of the following ways:

- Use 1 oz of carrier oil with 5-10 drops of Coat of armor & massage feet. Do not apply to the neck, chest or back.
- Diffuse Coat of Armor for 15 minutes at a time.
- Mist Coat of Armor and inhale using 4 oz of Essanté Organics NaPCA Mist (or distilled water) and 15-30 drops maximum of Coat of Armor. This mist makes a great disinfectant. Mist the air, bed linens, etc. Yet remember, less-is-more.
- Apply the mist to a clean, dry washcloth and wipe down: phones, bathrooms, doorknobs, countertops, etc. Yet remember, less-is-more.

### **How and when to use Eucalyptus**

For adults, eucalyptus oil is generally safe when applied to the skin and it's wonderful when diffused. Do not apply eucalyptus oil, eucalyptus salve or eucalyptus chest rub on the face or nose or chest of any child under the age of 2. People with asthma, seizures, liver disease, kidney disease, or low blood pressure should not use eucalyptus without first talking to their doctor and Aromatherapist. Pregnant and breastfeeding women should not use eucalyptus. Eucalyptus oil is toxic when taken by mouth.

### **References for Essential Oils:**

Refer to valid resources for complete safety information on essential oils including:

- NAHA (National Association for Holistic Aromatherapy)
- PubMed.org
- Robert Tisserand's newest edition of Essential Oil Safety

Never allow children to ingest essential oils.

Consult your pediatrician and aromatherapist before using essential oils on children under 10 years of age.

The FDA has not evaluated these statements. Products are not intended to diagnose, treat, cure or prevent disease.
--