

Essential Oil Applications



Here are the amount of drops that you should use for each application. Vary them according to your child/baby's health, size etc.(i.e if your child is smaller and weaker, more sensitive, has certain health condition etc use less drops)

Diffusers

Babies 1-5 drops

2-6 year old 5 drops

6 and over 5-8 drops

Personal inhalers

6 and over 5-10 drops

Massage Oils/lotions (topical applications)

2-6 year old 30 mls carrier oil (1 fl.oz) add 3-4 drops essential oils(0.5% dilution)

6 and over 30 mls carrier oil (1 fl.oz) add 6-9 drops essential oils(1% dilution)

Roller Bottles

2-6 year old 10 mls carrier oil (1/3 fl.oz) add 1 drop essential oils(0.5-1% dilution)

6 and over 10 mls carrier oil (1/3 fl.oz) add 3 drops essential oils(1% dilution)

Steam (for 5 years and older)

1-2 drops in water

Essential Oil Safety



Please read all of these carefully!

Safety Information

When used safely, Aromatherapy is a simple, natural, delightful way to support health.

In order to ensure you're using essential oils as safely as possible, I am sharing safety guidelines from Robert Tisserand and Rodney Young's extraordinary book *Essential Oil Safety*, and from the experiences of Aromatherapists around the world.

Please take note of the following precautions:

1. The following essential oils are potentially convulsant for anyone who might be vulnerable to epileptic seizures:

- Western Red Cedar (*Thuja plicata*)
- Wormwood (*Artemisia absinthium*)
- Genipi (*Artemisia genipi*)
- Hyssop (*Hyssop officinalis* ct. pinocamphone)
- Sage (*Salvia officinalis*, *Salvia lavandulifolia*)
- Thuja (*Thuja occidentalis*)
- Pennyroyal (*Mentha pulegium*)
- Buchu (*Agathosma betulina*)
- Calamint (*Calamintha nepeta*)
- Tansy (*Tanacetum vulgare*)
- Mugwort (*Artemisia vulgaris*)
- Lanyana (*Artemisia afra*)
- Ho Leaf (*Cinnamomum camphora* ct. camphor)
- Boldo (*Peumus boldus*)
- Wintergreen (*Gaultheria fragrantissima*)
- Birch (*Betula lenta*)
- Rosemary (*Rosmarinus officinalis* ct. camphor)
- Yarrow (*Achillea millefolium*)
- Spanish Lavender (*Lavandula stoechas*)
- Feverfew (*Tanacetum parthenium*)
- Spike Lavender (*Lavandula latifolia*)

2. Essential oils should be used very cautiously during pregnancy and while breastfeeding.

During these times, keep your dilutions at low concentration (1% is good).

It's wise for pregnant women to use essential oils under the guidance of a Certified Aromatherapist or medical professional knowledgeable about essential oils.

There are approximately 50 essential oils that are contraindicated during pregnancy, and another 15 that should be restricted during pregnancy and lactation.

These are some of the most commonly used oils that are *contraindicated* during pregnancy:

- Anise (*Pimpinella anisum*, *Illicium verum*)
- Birch (*Betula lenta*)
- Black Seed (*Nigella sativa*)
- Carrot Seed (*Daucus carota*)
- Cinnamon Bark (*Cinnamomum zeylanicum*)
- Blue Cypress (*Callitris intratropica*)
- Fennel (*Foeniculum vulgare*)
- Ho Leaf (*Cinnamomum camphora* ct. camphor)
- Hyssop (*Hyssopus officinalis* ct. pinocamphone)
- Myrrh (*Commiphora myrrha*)
- Spanish Lavender (*Lavandula stoechas*)
- Oregano (*Origanum vulgare*)
- Sage (*Salvia officinalis*, *Salvia lavandulifolia*)
- Wintergreen (*Gaultheria fragrantissima*)

3. High blood pressure

There is no evidence to support the contraindication of topical use of essential oils.

4. I always recommend diluting essential oils in carrier oils before applying them to the skin.

If an essential oil or blend causes irritation on your skin, immediately wash it off with soap and water, and then apply carrier oil to the affected area.

5. For special considerations, begin with a low dilution of essential oil.

This applies to children who are 5–12 years old, elders on multiple medications, pregnant women, and those with serious health conditions. It makes sense to begin with a low concentration of essential oil. Essential oils can be diluted at 1% or less (a total of 6–9 drops of essential oil for every 1 oz/30 ml of carrier oil).

There are various opinions about the best age to start using oils for babies and kids.

Babies and young children tend to be very sensitive, so I recommend that you always lean toward the cautious side as I teach you in this course. In most cases, rather than using essential oil, you can use hydrosols, aloe vera gel, butters, and carrier oils for kids under five years old (when doing a topical application). Hydrosols, carriers, and carrier oils can often give a child the necessary nudge toward rebalancing their health.

Diffusing gentle essential oils around babies and younger children is a good option. Ambient inhalation (inhaling oils that are diffused into the air and away from their face) is generally safe. You can diffuse intermittently 10–15 minutes, then stopping for an hour, making sure the room is well ventilated.

6. I do not recommend the use of essential oils directly on the fur or skin of small animals.

Small animals can have toxic reactions to essential oils being applied to their fur or skin.

7. *Phototoxic essential oils

Sunlight or tanning bed rays must be avoided for up to 18 hours after application of the following phototoxic oils.

- Bergamot (*Citrus bergamia*)
- Lemon (*Citrus limon*)
- Cold-pressed Lime (*Citrus aurantifolia*)
- Grapefruit (*Citrus paradisi*)
- Bitter Orange (*Citrus aurantium*)
- Mandarin Leaf (*Citrus reticulata*)
- Cumin (*Cuminum cyminum*)
- Angelica Root (*Angelica archangelica*)
- Laurel Leaf absolute (*Laurus nobilis*)
- Rue (*Ruta graveolens*)
- Taget (*Tagetes minuta*)

8. Do not put essential oils in or around the eyes, the ears, or other orifices.

If an essential oil does contact your eye, immediately wash your hands with soap and water and then put some carrier oil on a paper towel and gently wipe your eye. You may need to do this a few times. You can also flush with saline solution. If irritation persists, seek medical advice.

9. People with asthma and seasonal or skin allergies should proceed cautiously with essential oils.

10. People with multiple chemical sensitivities or who have had an allergic reaction to perfumes should proceed cautiously with essential oils.

11. Cancer treatment

Because of possible and unpredictable effects on immune mechanisms, Robert Tisserand recommends that essential oils are avoided from one week before to one month following a course of chemotherapy or radiotherapy.

12. Keep all essential oils out of the reach of children.

They can be poisonous if swallowed.

13. Birch or Wintergreen should not be used on or given to children in any amount.

With Birch (*Betula lenta*) and Wintergreen (*Gaultheria fragrantissima*), there's the possible risk of developing Reye's syndrome, and its known connection with salicylates.

14. Essential oils may be safely used internally if you have appropriate medical guidance from a trained Clinical Aromatherapist who understands pharmacodynamics, pharmacokinetics, appropriate formulation techniques, and the safety issues related to each route of application.

Do NOT take essential oils internally without doing this.

Avoiding phototoxic reactions:

The risk of phototoxicity increases if you put several oils with photosensitizing properties in a blend.

For example, if you use Bergamot, Lemon, and Grapefruit, the phototoxic reaction will increase if the site of the application is exposed to the sun or a tanning light for a length of time. (We're not talking about a quick walk from the car to the house.)

If you apply the blend to an area covered by clothing and then go out in the sun, you'll be fine. The phototoxic reaction only occurs if the blend is applied to sun (or tanning booth) exposed skin. Please don't hesitate to use these amazing, healing oils. Just be aware of the sun.

[Common phototoxic oils:](#)

Cold Pressed: *(This is important. Some of these oils can be distilled, which means they're not phototoxic. The extraction method is vital, as some methods remove the components that cause phototoxicity.)*

- Bergamot (*Citrus bergamia*)
- Bitter Orange (*Citrus aurantium*)
- Grapefruit (*Citrus paradisi*)
- Lemon (*Citrus limon*)
- Lime (*Citrus aurantifolia*)

Good news!

The following essential oils can be used safely (if used correctly):

- Bergamot (*Citrus bergamia*): 2 drops per 1 oz (30 ml) of carrier
- Bitter Orange (*Citrus aurantium*, cold-pressed): 8 drops per 1 oz (30 ml)
- Grapefruit (*Citrus paradisi*, cold-pressed): 24 drops per 1 oz (30 ml)
- Lemon (*Citrus limon*, cold-pressed): 12 drops per 1 oz (30 ml)
- Lime (*Citrus aurantifolia*, cold-pressed): 4 drops per 1 oz (30 ml)

There is a misconception that all citrus oils are phototoxic. The citrus oils below are *not* phototoxic:

- Distilled Lemon (*Citrus limon*. We are using **cold-pressed Lemon** in this course, as distilled Lemon is not often produced.)
- Distilled Lime (*Citrus aurantifolia*)
- Cold-pressed Mandarin (*Citrus reticulata*)
- Cold-pressed Sweet Orange (*Citrus sinensis*)
- Cold-pressed Tangelo (*Citrus tangelo*)
- Cold-pressed Tangerine (*Citrus tangerina*)

DILUTION GUIDELINES *for Essential Oils*

These values are approximate and have been rounded to whole drops.
For blends, numbers represent total number of drops of all oils combined.
Does not imply that all these dilutions are safe for all essential oils in all situations.

5%	15	22	30	45	75	90
4%	12	18	24	36	60	72
3%	9	13	18	27	45	54
2%	6	9	12	18	30	36
1%	3	4	6	9	15	18
.5%	1	2	3	4	7	8
Volume of base oil	10ml	15ml 1/2 oz	20ml	30ml 1 oz	50ml	60ml 2 oz

Avoiding phototoxic reactions



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- Cold-pressed Tangerine (*Citrus tangerina*)

Wonderful Essential Oils For Focus



I generally use about 5 to 10 drops each time I diffuse, but it depends on the size of your space and the kind of diffuser you're using.

There are no real guidelines for how many drops to use in a diffuser, so just experiment and see how much you like.

Essential Oils That Help with focus and concentration:

- Petitgrain
- Bergamot
- Cedarwood
- Lavender
- Vetiver
- Grapefruit
- Lemon
- Lime
- Pine
- Black Pepper

Stimulating Blend 1:

- 4 drops Grapefruit
- 4 drops Lime
- 4 drops Black Pepper

Calming Blend 1:

- 3 drops Petitgrain
- 3 drops Bergamot
- 3 drops Lavender
- 2 drops Vetiver

ESSENTIAL OIL YIELDS

SD= STEAM DISTILLATION

SW= STEAM and WATER DISTILLATION

SE= SOLVENT EXTRACTION

WD= WATER DISTILLATION

CE= COLD EXPRESSION

AROMATIC PLANT	BOTANICAL NAME	SOURCE	MODE	% YIELD
ALLSPICE	PIMENTA DIOCA	GROUND SEEDS	SD	4.5
ANGELICA	ANGELICA ARCHANGELICA	RHIZOME	SD	0.3 - 1.0
ANGELICA	ANGELICA ARCHANGELICA	SEED	SD	0.6 - 1.5
ANISE	PIMPINELLA ANISUM	SEED	SD	1.5 - 4.0
ARNICA	ARNICA MONTANA	FLOWERS	SD	1.0
ARNICA	ARNICA MONTANA	ROOT	SD	1.0
BASIL, SWEET	OCIMUM BASILICUM	LEAVES & TOPS	SD	0.5 - 1.5
BAY LEAF	LAURUS NOBILIS	LEAVES	SD	3.0
BENZOIN	STYRAX BENZOIN	RESIN	SE	?
BERGAMOT	CITRUS BERGAMIA	YOUNG FRUIT	CE/SE	3.0 - 5.0
CAJEPUT OIL	MELALEUCA CAJEPUTI	LEAVES & TWIGS	SD	?
CALAMINT	CALAMINTHA OFFICINALIS	FLOWERING TOPS	SD	0.5
CALAMUS ROOT	ACORUS CALAMUS	RHIZOME	SD	1.5
CAMPHOR TREE	CINNAMOMUM CAMPHORA	LEAVES & TWIGS	SD	2.0
CARAWAY	CARUM CARVI	SEEDS & FRUIT	SD	3.2 - 7.4

CARDAMOM	ELETTARIA CARDAMOMUM	SEEDS	SD	8
CARROT, WILD	DAUCUS CARROTA	SEEDS	SD	0.1 - 7.1
CASCARILLA	CROTON ELEUTERIA	BARK	SD	3.0
CASSIA BARK	CINNAMOMUM CASSIA	LEAVES & BARK	SD	1.5
CASSIE	ACACIA FARNESIANA	FLOWERS	SE	1.9
CEDAR WOOD	JUNIPERUS VIRGINIANA	WOOD CHIPS	SD	4.5

AROMATIC PLANT	BOTANICAL NAME	SOURCE	MODE	% YIELD
CELERY SEED	APIUM GRAVEOLENS	SEED	SD	3.0
CHAMOMILE, GERMAN	MATRICARIA RECUTIA	FLOWERS	SD	0.3 - 1.0
CHAMOMILE, ROMAN	CHAMAEMELUM NOBILIS	FLOWERS	SD	0.3 - 1.0
CINNAMON	CINNAMOMUM ZEYLANICUM	INNER BARK	SD	0.1
CLARY SAGE	SALVIA SCLARIA	LEAVES & TOPS	SD	?
CLOVE	SYZGIUM AROMATICUM	FLOWER BUDS	WD	14 - 21
COFFEE	COFFEA Sp.	ROASTED BEANS	WD	0.12
CORIANDER	CORIANDRUM SATIVUM	SEEDS	SD	1.0
DILL	ANETHUM GRAVEOLENS	SEED	SD/WD	2.5 - 4.0
DILL LEAF	ANETHUM GRAVEOLENS	YOUNG PLANTS	SD/WD	0.3 - 1.5
EUCALYPTUS	EUCALYPTUS Sp.	ALL PARTS	SD	1.0 - 7.0
FENNEL	FOENICULUM VULGARE	SEED	SD	4.0 - 6.0

FRANKINCENSE	BOSWELLIA CARTERI	RESIN	SD	?
GALANGAL	ALPINIA Sp.	RHIZOME	SD/SE	?
GARLIC	ALLIUM SATIVUM	ROOT BULBS	SD	0.1
GERANIUM	PELARGONIUM GRAVEOLENS	LEAVES	SD	0.3 - 2.0
GINGER	ZINGIBER Off.	RHIZOME	SD	3.0
HOPS	HUMULUS LUPULUS	STROBILES	SD	1.0
HYSSOP	HYSSOPUS Off.	LEAVES & TOPS	SD	1.0
IRIS (ORIS)	IRIS PALLIDA	AGED RHIZOME	SD/SE	0.2
JUNIPER BERRIES	JUNIPERUS COMMUNIS	FERMENTED BERRIES	SD	1.5
JUNIPER LEAVES	JUNIPERUS Sp.	NEEDLE LEAVES	SD	1.0 - 2.5
LAVENDER	LAVENDULA ANGUSTIFOLIA	FLOWER TOPS	SD	0.5 - 1.0
LEMON BALM	MELISSA Off.	LEAVES & TOPS	SD	0.015

AROMATIC PLANT	BOTANICAL NAME	SOURCE	MODE	% YIELD
LEMON PEEL	CITRUS LIMON	FRUIT RIND	CE/SD	2.0
LEMON VERBENA	ALOYSIA TRIPHYLLA	LEAVES & TOPS	SD	1.5
LEMONGRASS	CYMBOPOGON CITRATUS	LEAVES	SD	1.0
LIME	CITRUS AURANTIFOLIA	FRIUT RIND	CE/SD	?
LOVAGE	LEVISTICUM Off.	ROOT	SD	0.5 - 1.0
MACE	MYRISTICA FRAGRANS	ARILS	SD/WD	17.0 - 25.0
MANDARIN	CITRUS RETICULATA	FRUIT RIND	CE/SD	0.5

MARJORAM, SWEET	ORIGANUM MAJORANA	LEAVES	SD	0.9
MUSTARD, BLACK	BRASSICA NIGRA	SEEDS	SD/WD	1.5
NEROLI	CITRUS AURANTIUM	BLOSSOMS	SE/SD	0.1
NUTMEG	MYRISTICA FRAGRANS	SEED	SD	15.0 - 25.0
ORANGE PEEL	CITRUS Species	FRUIT RIND	CE/SD	1.5 - 5.0
OREGANO	ORIGANUM VULGARE	FLOWERS	SD	1.2
PARSLEY	PETROSELENIUM SATIVUM	LEAVES OR SEEDS	SD	0.5
PATCHOULI	POGOSTEMOM CABLIN	LEAVES	SD	2.0 - 4.0
PENNYROYAL	MENTHA PULEGIUM	LEAVES	SD	1.5
PEPPER, BLACK	PIPER NIGRUM	PEPPERCORNS	SD/SE	2.5
PEPPER, CUBEB	PIPER CUBEBA	FRUITS	SD	2.0
PEPPER, WHITE	PIPER NIGRUM	POWDERED SEEDS	SD	1.5
PEPPERMINT	MENTHA PIPERITA	LEAVES & TOPS	SD	1.0 - 2.5
PETIGRAIN	CITRUS AURANTIUM	LEAVES & TWIGS	SD	0.5
PINE SAP	PINUS Species	RESIN	SD/WD	15.0 - 35.0
PINE NEEDLES	PINUS Species	NEEDLES	SD	0.5 - 3.0

AROMATIC PLANT	BOTANICAL NAME	SOURCE	MODE	% YIELD
ROSE, DAMASK	ROSA X DAMASCENA	FLOWERS	SD/WD /SE	0.006
ROSEMARY	ROSMARINUS OFFICINALIS	FLOWERING TOPS	SD	2.0
SAGE	SALVIA OFFICINALIS	LEAVES	SD	2.5

SANDALWOOD	SANTALUM ALBUM	ROOT WOOD	SD	4.5
SASSAFRAS	SASSAFRAS ALBIDUM	ROOT BARK	SD	4.0
SAVORY, SUMMER	SATUREJA HORTENSIS	LEAVES & STEMS	SD	0.1
SPEARMINT	MENTHA SPICATA	LEAVES & TOPS	SD	2.0
STAR ANISE	ILLICIUM VERUM	SEEDS	SD	3.0
STYRAX	LIQUIDAMBAR ORIENTALIS	CRUDE RESIN	SD/SE	?
TANSY	TANACETUM VULGARE	LEAVES & TOPS	SD	0.7
TARRAGON	ARTEMISIA DRACUNCULUS	LEAVES & TOPS	SD	0.08 - 1.5
TEA TREE	MELALEUCA ALTERNIFOLIA	LEAVES & TWIGS	SD	?
THYME	THYMUS VULGARIS	LEAVES & TWIGS	SD	2.5
TUMERIC	CURCUMA LONGA	ROOT POWDER	SD	5.0
VALERIAN	VALERIANA OFFICINALIS	RHIZOME	SD	1.0
VANILLA	VANILLA FRAGRANS	CURED PODS	SE	0.5 - 3.0
VETIVER	VETIVERIA ZIZANIODES	ROOT	SD	0.9
VIRGINIA SNAKEROOT	ARISTOLOCHIA SERPENTARIA	RHIZOME	SD	1.2
WINTERGREEN	GAULTHERIA PROCUMBENS	LEAVES	SD	0.6
WORMWOOD	ARTEMISIA ABSINTHIUM	LEAVES & TOPS	SD/SE	0.5 - 0.5 - 2.0

YARROW	ACHILLEA MILLEFOLIUM	LEAVES & TOPS	SD	0.15
YLANG YLANG	CANANGA ODORATA	FLOWERS	SD	2.0

Common Essential Oils Shelf Life



How long will my essential oils keep?

It depends when you start the clock. If you time it from the moment of distillation, you have to know when that was, and most of the time we don't know that. And, an essential oil in a full, unused bottle will stay fresh for a long time. So – start the clock when you first open the bottle, and use the following guidelines for essential oils that are refrigerated:

1 year:

Citrus fruit, neroli, lemongrass, frankincense, tea tree, pine and spruce oils

2 -3 years:

Virtually every other essential oil

4 -8 years:

Sandalwood, vetiver, patchouli

For non-refrigerated oils, halve these numbers, especially in warm climates. Keep it simple: keep them in a fridge! If you haven't kept your essential oils refrigerated up to now, it's not too late to start.

Shelf Life of Common Carrier Oils



Almond Oil (refined, expeller pressed) – 1 year

Aloe Vera Oil – 6 months – 1 year

Apricot Kernel Oil (cold pressed) – 1 year

Argan Oil (cold pressed/unrefined) – 2+ years

Avocado Oil (cold pressed/unrefined) – 1 year

Borage Oil – 6 months (may go rancid more quickly if not refrigerated)

Brazil Nut Oil – 2 years

Calendula Oil (infused) – 1 year

Camellia Oil – 2 years

Carrot Seed Oil (cold pressed) – 1 year

Castor Oil (cold pressed) – 5 years

Chia Seed Oil (cold pressed) – 2 years

Coconut Oil (cold pressed/unrefined) – 2-4 years

Cranberry Seed Oil – 2 years

Emu Oil – 1 year (refrigerated)

Evening Primrose Oil (cold pressed) – 6 months – 1 year

Flax Seed Oil – 6 months (refrigerated)

Fractionated Coconut Oil – 5+ years

Grapeseed Oil (cold pressed) – 1 year

Hazelnut Oil (cold pressed) – 1 year

Hemp Seed Oil (cold pressed) – 1 year (refrigerated)

Hypericum Oil (St John's Wort – infused) – 1 year

Jobba Oil (cold pressed) – 5 years

Macadamia Nut Oil (cold pressed) – 1 year

Moringa Seed Oil – 1+ years

Neem Oil (cold pressed/unrefined) – 2 years

Olive Oil (cold pressed/unrefined) – 2 years

Palm Oil (Red – unrefined) – 2 years

Papaya Seed Oil (cold pressed) – 1 year

Passion Fruit Seed Oil (Maracuja Oil – cold pressed) – 1-2 years

Peach Kernel Oil (cold pressed/unrefined) – 1 year

Pecan Nut Oil (cold pressed/unrefined) – 1 year

Pomegranate Seed Oil – 1 year

Poppy Seed Oil – 1 year

RoseHip Seed Oil – 6 months (refrigerated)

Safflower Seed Oil (high linoleic) – 2 years

Safflower Seed Oil (high oleic) – 2 years

Sesame Oil (cold pressed) – 1 year

Shea Oil – 1 year

Soybean Oil (refined) – 1 year

Sunflower Seed Oil (cold pressed/unrefined) – 1 year

Tamanu Oil (cold pressed/unrefined) – 1 year

Walnut Oil (unrefined) – 2 years

Wheat Germ Oil (unrefined) – 1 year

Qualities Of Carrier Oils



OIL TYPE/MAIN CONSTITUENT	BENEFITS	CARRIER OILS
<p>THIS TYPE OF OIL...</p> <p>Nut Oils</p>	<p>IS REPUTED TO (BE)</p> <ul style="list-style-type: none"> • Extremely emollient and soothing for sensitive, dry, inflamed and sore skin • Efficient in face mask treatments for acne-prone skin • Stimulate circulation • Anti-inflammatory • Facilitate wound healing • Maintain skin tightness and elasticity 	<p>LOOK FOR</p> <ul style="list-style-type: none"> • Almond • Hazelnut • Macadamia • Walnut
<p>Seed Oils</p>	<ul style="list-style-type: none"> • Condition skin to rejuvenate complexion, especially in mature or prematurely aging skin • Repair damage caused by dryness • Soothe itching and discomfort caused by burns • Reduce appearance of scarring 	<ul style="list-style-type: none"> • Baobab • Black Currant • Borage • Broccoli • Carrot

Fruit Oils	<ul style="list-style-type: none"> ● Gentle and nourishing ● Light in texture to moisturize without leaving a greasy residue ● Reduce the appearance of aging skin ● Suitable for sensitive skin ● Cleansing and softening ● Exhibits antioxidant properties 	<ul style="list-style-type: none"> ● Apricot ● Avocado ● Grape Seed ● Peach Kernel ● Olive
Essential Fatty Acid Oils	<ul style="list-style-type: none"> ● Hydrate and soothe itchy, dry, inflamed, and acne-prone skin ● Anti-inflammatory, Anti-bacterial, Anti-fungal, Antiseptic ● Balance essential fatty acid deficiency and skin's oil production ● Balance hormones ● Demonstrate reparative and astringent properties that facilitate wound healing 	<ul style="list-style-type: none"> ● Argan ● Babassu ● Calendula

CARRIER OIL ABSORPTION RATES

ABSORPTION RATE	FINISH ON SKIN	CARRIER OILS
VERY FAST	<p>THESE OILS ARE</p> <ul style="list-style-type: none"> • Considered to be drying, because they are quickly absorbed by skin and do not leave a greasy residue • High in polyunsaturated fats 	<p>LOOK FOR</p> <ul style="list-style-type: none"> • Hazelnut (CP) • Rosehip (Extra Virgin, CP)
FAST	<ul style="list-style-type: none"> • These light oils are quickly absorbed by skin but leave a smooth, silky finish. Skin will feel moisturized rather than greasy 	<ul style="list-style-type: none"> • Apricot Kernel (CP) • Camellia Seed (CP) • Grape Seed • Meadowfoam • Safflower • Canola • Fractionated Coconut • Mango Butter • Prickly Pear • Broccoli Seed
AVERAGE	<ul style="list-style-type: none"> • These oils leave a silky feeling on the skin 	<ul style="list-style-type: none"> • Hemp Seed (Unrefined, CP) • Jojoba (CP) • Argan • Cocoa Butter • Babassu • Raspberry Seed

		<ul style="list-style-type: none"> • Sesame
SLOW	<ul style="list-style-type: none"> • These oils could feel gummy or waxy before they warm up to body temperature. They tend to leave skin with a slight oily residue 	<ul style="list-style-type: none"> • Carrot (Macerated, CP) • Pomegranate (Refined, CP) • Sea Buckthorn (CO2) • Black Currant Seed • Tamanu (Madagascar, CP) • Avocado (Refined, CP) • Castor • Shea Butter • Oat • Flax Seed (CP) • Sweet Almond (Sweet Virgin, CP) • Olive (Extra Virgin, CP) • Sunflower (CP)
VERY SLOW	<ul style="list-style-type: none"> • These oils may need to have gentle heat applied to them before use. They tend to feel heavy on the skin and leave a thick, oily, and moisturizing barrier on the skin but are absorbed by the skin eventually • Higher in saturated fats and have a longer shelf life than those that dry quickly 	<ul style="list-style-type: none"> • Evening Primrose (CP) • Neem (CP) • Palm (Refined, CP) • Borage (Unrefined, CP) • Coconut (Refined, CP) • Macadamia Nut (CP)

Personal Inhalers



Inhalers are a wonderful way to use essential oils!

They're portable, private (no one else smells the oil) and fast-acting. Their effectiveness comes from the quick absorption of essential oils through the olfactory membrane. They are great for:

- Colds and flus
- Allergies
- Sinus infections
- Anxiety
- Concentration and focus issues
- Headaches
- Nausea

The shelf life of an inhaler

How long your essential oil inhaler will last depends on a few factors:

1. The shelf lives of the essential oils you use.
 2. How often you open and use the inhaler.
 3. How the inhaler is stored when it's not in use.
- If you use your inhaler daily and the oils are within their expected shelf lives, it will last 3–6 months.
 - If you use your inhaler for short periods of time, it can last up to a year, as long as it is stored away from heat. For example, if you make an inhaler for travel sickness and only use it every few months, it can easily last a year or more, as long as the oils used have at least year-long shelf lives.

Cold and Flu Inhaler Blend

Making a cold and flu inhaler is a great way to get over a respiratory infection more quickly. They're especially convenient because you can carry them with you in a pocket or your purse. You can also use them preventively if you find yourself near someone who starts sneezing.

Adult

- 4 drops Eucalyptus (*Eucalyptus radiata*)
 - 4 drops Black Spruce (*Picea mariana*)
 - 5 drops Tea Tree (*Melaleuca alternifolia*)
 - 2 drops Lavender (*Lavandula angustifolia*)
-

Child over 5 years old Blend 1:

- 2 drops Cedarwood (*Cedrus deodara*)
 - 2 drops Black Spruce (*Picea mariana*)
 - 4 drops Tea Tree (*Melaleuca alternifolia*)
 - 2 drops Lavender (*Lavandula angustifolia*)
-

Some additional essential oil choices for cold or flu

- Frankincense (*Boswellia carterii*)
- Lavender (*Lavandula angustifolia*)
- Eucalyptus (*Eucalyptus radiata*, use for children over 10)
- Black Spruce (*Picea mariana*)
- Tea Tree (*Melaleuca alternifolia*)
- Lemon (*Citrus limon*)
- Juniper Berry (*Juniperus communis*)
- Mandarin (*Citrus reticulata*)
- Ginger (*Zingiber officinale*)
- Distilled Lime (*Citrus aurantifolia*)
- Clary Sage (*Salvia sclarea*)

Bath Safety



Make sure that if adding essential oils to a bath that you always mix the essential oils with either of these first before putting them into the bath:

Castile Soap

Shampoo

Shower Gel

Vegetable Oils

Solubol (add 4 drops of solubol to every drop of essential oil e.g. 2 drops of lavender 8 drops of solubol) If you do not know what solubol is I explain more about it in more detail later in the course.

Dilution Rates:

2-6 year old

1 Tablespoon(15 mls/1/2 fl oz.) any of the substances above and add 2-4 drops essential oils to the substance. Then mix them together thoroughly to disperse the essential oils before putting them into the bath.

6 and over

1 Tablespoon(15 mls/1/2 fl oz.) any of the substances above and add 3-5 drops essential oils to the substance. Then mix them together thoroughly to disperse the essential oils before putting them into the bath.

Then mix them together thoroughly to disperse the essential oils before putting them into the bath.

Do not use:

Milk

Salt

Witch Hazel

Glycerin

Aloe Gel

Cornstarch

All of the substances are water soluble and will dissolve when they are in the water which will release undiluted essential oil globules into your bathtub.

Beautiful Shower Blends



A few drops on the floor in front of where you stand (out of the direct stream of the water) fills the whole bathroom with a beautiful aroma.

Although the recipes below are named for different intentions, they all provide a nice immunity boost. Inhaling oils is a great way to stay healthier overall.

I make blends ahead of time and keep them in the shower shelf.

Make these blends in a 5 ml glass orifice reducer bottle. Use about **3 drops** on the shower floor, in front of where you stand. These blends have 70 drops each, so you can use them for at least 20 showers.

Great start to my day!

40 drops distilled Lime (*Citrus aurantifolia*)

30 drops Mandarin (*Citrus reticulata*)

No more sinus congestion

30 drops Black Spruce (*Picea mariana*)

20 drops Lavender (*Lavandula angustifolia*)

20 drops Cedarwood (*Cedrus deodara*)

Let the sun shine!

30 drops Lemon (*Citrus limon*)

30 drops Mandarin (*Citrus reticulata*)

10 drops Geranium (*Pelargonium × asperum*)

Goodbye headache for adults

20 drops Peppermint (*Mentha × piperita*)

20 drops Eucalyptus (*Eucalyptus radiata*)

30 drops Lavender (*Lavandula angustifolia*)

Woody Citrus Blend for Cough and Colds



This is the adult's version with eucalyptus. Add the drops to a 5ml bottle and use 1-2 drops maximum in your steam and only one drop for children. Do not use the towel over your child's head. Use this at the first sign of a cold or if you have one already 4-5 times per day.

You can also of course use this in a diffuser in the home (5-10 drops), for an inhaler (10-15 drops adults and 5-10 drops children) and also in a carrier oil or unscented lotion using the dilutions recommended for your child's age.

Adults Version:

24 drops Sweet Orange (*Citrus sinensis*)

16 drops Eucalyptus (*Eucalyptus globulus*)

14 drops Balsam Fir (*Abies balsamea*)

Childrens version for years 5 and above:

24 drops Sweet Orange (*Citrus sinensis*)

16 drops Cedarwood (*Juniperus virginiana*)

14 drops Balsam Fir (*Abies balsamea*)

Other great steam blends!

Cold and Flu/Congestion Blend 2 for adults

- 25 drops Eucalyptus (*Eucalyptus radiata*)
- 25 drops Tea Tree (*Melaleuca alternifolia*)
- 25 drops Black Spruce (*Picea mariana*)

Cold and Flu/Congestion Blend 2 for children

- 25 drops Cedarwood (*Juniperus virginiana*)
- 25 drops Tea Tree (*Melaleuca alternifolia*)

- 25 drops Black Spruce (*Picea mariana*)

Allergies

- 25 drops Tea Tree (*Melaleuca alternifolia*)
- 30 drops Cedarwood (*Cedrus deodara*)
- 10 drops Roman Chamomile (*Chamaemelum nobile*)
- 10 drops Lavender (*Lavandula angustifolia*)

Sinus Headache for adults

- 10 drops Peppermint (*Mentha × piperita*)
- 20 drops Lavender (*Lavandula angustifolia*)
- 30 drops Cedarwood (*Cedrus deodara*)
- 15 drops Eucalyptus (*Eucalyptus radiata*)

Sinus Headache for children

- 20 drops Lavender (*Lavandula angustifolia*)
- 30 drops Cedarwood (*Cedrus deodara*)
- 25 drops Tea Tree (*Melaleuca alternifolia*)

For children over five years old, steaming is fine as long as you use very nourishing essential oils. I suggest Cedarwood and Tea Tree.

Babies and Essential Oils



As always when using essential oils, consider everything you learn as guidelines for use, not rigid recipes.

If I recommend something for a five-year-old child, but you know that your child is smaller than the average five-year-old, or is especially sensitive to scents, you may want to modify the recipe to use a little less essential oil. The same goes if your child has any health conditions or needs special care.

Hydrosols

Essential oils are very concentrated plant extracts with strong properties.

Babies' systems are very delicate. They don't usually need such strong substances to support their health.

With babies, I tend to use very gentle products, like hydrosols.

Hydrosols are aromatic waters with therapeutic properties. They are produced during the essential oil distillation process. Hydrosols are very healing, but they're gentler and less concentrated than essential oils.

I love using German Chamomile hydrosol (*Matricaria recutita*) and Lavender hydrosol (*Lavandula angustifolia*) with babies.

You can spray these hydrosols on blankets, in the crib, in bathwater, or on a car seat, and use them on baby's skin without concern.

Hydrosols are great for diaper rash and baby acne, skin irritations that are red and inflamed, cuts, and scrapes.

German Chamomile hydrosol is also great for cracked nipples due to breastfeeding.

I do not apply essential oils topically

I find it's not necessary to apply essential oils topically to a baby's sensitive skin. Just using the oils *around* the baby can bring about the desired healing effects.

One of my favorite things that you can do is to apply essential oils in an unscented cream *to your own back or shoulders* (not to the baby's skin). Then when you hold your baby, the healing oils are inhaled and do not come in contact with the baby's skin. It's just enough essential oil for the baby! Soothing aromas can make a baby feel more secure.

As the child gets older, he or she comes to associate the scent with safety and reassurance, which can be really helpful to ease anxiety issues.

Back and shoulders recipe

2-3 drops of Lavender (*Lavandula angustifolia*) in 1 oz of unscented cream.

This is a great calming essential oil.

Apply a small amount of that cream to your back right before breastfeeding or while holding your baby before bed. All you need is the amount you might naturally scoop out with the tip of your finger.

This is a wonderful way to calm your baby when breastfeeding begins or bedtime arrives. And the baby doesn't need the cream applied to their skin to enjoy the aroma and calming benefits.

Diffusing Essential Oils in the Nursery

Diffusing 5 drops of a calming bedtime blend for 15 minutes is a great way to fill the room with essential oils without going overboard. Essential oil aromas are so concentrated, you need very little for the desired effect.

3 drops of Lavender (*Lavandula angustifolia*)

2 drops of Roman Chamomile (*Chamaemelum nobile*) is nice.

Diffuse for 5-10 minutes

I don't recommend just leaving the diffuser running longer, because a baby doesn't need to breathe that much essential oil. It could get overwhelming for them.

In Summary...

No direct skin application.

Ideas for using essential oils with babies:

- Put 2-3 drops (0.25% dilution) in 1 oz (28 g) of cream or carrier, and apply this to mom or dad's shoulder before holding baby.
- 5 drops essential oil in a diffuser (*Lavender, Roman Chamomile*).
- Use German Chamomile or Lavender hydrosol freely for blankets, bedding, bathwater, car seats, diaper rash, and baby's skin.

Keep essential oils, and your blends, out of reach of your babies and children.

HYDROSOLS ARE SAFER FOR SMALL CHILDREN

Most hydrosols contain a 2000 times lower concentration of aromatic molecules than essential oils. This makes them a good and much safer option for children under the age of 6.

AROMATIC content

ESSENTIAL OIL	100%
HYDROSOL	0.05%



Recommendations

**APPLY LAVENDER HYDROSOL TO
DIAPER RASH OR TO CALM ECZEMA.
ADD A TABLESPOON OF EUCALYPTUS
HYDROSOL TO A BATH TO HELP WITH
CONGESTION.**



Sweet Dreams Baby Blend



- 25 drops Lavender (*Lavandula angustifolia*)
- 20 drops Sweet Orange (*Citrus sinensis*)
- 30 drops Cedarwood (*Cedrus deodara* or *juniperus virginiana*)

Note: Feel free to make variations on this blend if you like. Just be sure to use calming oils.

Oils that are great for calming, emotional support and sleeping

Lavender (*Lavandula angustifolia*)

Cedarwood (*Cedrus deodara* or *juniperus virginiana*)

Sweet Orange (*Citrus sinensis*)

Roman Chamomile (*Chamaemelum nobile*)

German Chamomile (*Matricaria recutita*)

Essential Oil Applications



Here are the amount of drops that you should use for each application. Vary them according to your child/baby's health, size etc.(i.e if your child is smaller and weaker, more sensitive, has certain health condition etc use less drops)

Diffusers

Babies 1-5 drops

2-6 year old 5 drops

6 and over 5-8 drops

Personal inhalers

6 and over 5-10 drops

Massage Oils/lotions (topical applications)

2-6 year old 30 mls carrier oil (1 fl.oz) add 3-4 drops essential oils(0.5% dilution)

6 and over 30 mls carrier oil (1 fl.oz) add 6-9 drops essential oils(1% dilution)

Roller Bottles

2-6 year old 10 mls carrier oil (1/3 fl.oz) add 1 drop essential oils(0.5-1% dilution)

6 and over 10 mls carrier oil (1/3 fl.oz) add 3 drops essential oils(1% dilution)

Steam (for 5 years and older)

1-2 drops in water

Avoiding phototoxic reactions



The risk of phototoxicity increases if you put several oils with photosensitizing properties in a blend.

For example, if you use Bergamot, Lemon, and Grapefruit, the phototoxic reaction will increase if the site of the application is exposed to the sun or a tanning light for a length of time. (We're not talking about a quick walk from the car to the house.)

If you apply the blend to an area covered by clothing and then go out in the sun, you'll be fine. The phototoxic reaction only occurs if the blend is applied to sun (or tanning booth) exposed skin. Please don't hesitate to use these amazing, healing oils. Just be aware of the sun.

Common phototoxic oils:

Cold Pressed: *(This is important. Some of these oils can be distilled, which means they're not phototoxic. The extraction method is vital, as some methods remove the components that cause phototoxicity.)*

- Bergamot (*Citrus bergamia*)
- Bitter Orange (*Citrus aurantium*)
- Grapefruit (*Citrus paradisi*)
- Lemon (*Citrus limon*)
- Lime (*Citrus aurantifolia*)

Good news!

The following essential oils can be used safely (if used correctly):

- Bergamot (*Citrus bergamia*): 2 drops per 1 oz (30 ml) of carrier
- Bitter Orange (*Citrus aurantium*, cold-pressed): 8 drops per 1 oz (30 ml)
- Grapefruit (*Citrus paradisi*, cold-pressed): 24 drops per 1 oz (30 ml)
- Lemon (*Citrus limon*, cold-pressed): 12 drops per 1 oz (30 ml)
- Lime (*Citrus aurantifolia*, cold-pressed): 4 drops per 1 oz (30 ml)

There is a misconception that all citrus oils are phototoxic. The citrus oils below are *not* phototoxic:

- Distilled Lemon (*Citrus limon*)
- Distilled Lime (*Citrus aurantifolia*)
- Cold-pressed Mandarin (*Citrus reticulata*)
- Cold-pressed Sweet Orange (*Citrus sinensis*)
- Cold-pressed Tangelo (*Citrus tangelo*)
- Cold-pressed Tangerine (*Citrus tangerina*)

Hand Cleanser



Here you can make a wonderful hand cleanser that you can take anywhere with you. This feels and smells amazing! I have two variations for you. One just for adults and another one for kids. You can just make the kids one if you like so that it is great for the whole family!

Note on Solubol: When using aloe vera gel that has xanthan gum as a thickening agent, it acts as a dispersant and an additional dispersant isn't required. If your aloe vera gel doesn't have a thickening agent then you might want to consider a dispersant like Solubol. For this recipe, add 3 ml for the adult version and about 24 drops for the kids version

Note on shelf life: Since we are not using preservatives in this water-based (aloe vera gel) blend, I recommend making a fresh batch every few weeks.

Adults

- 5 drops Eucalyptus (*Eucalyptus radiata*)
- 5 drops Tea Tree (*Melaleuca alternifolia*)
- 5 drops Peppermint (*Mentha × piperita*)
- 5 drops Lavender (*Lavandula angustifolia*)
- 1 oz (28 g) aloe vera gel (*Aloe barbadensis*)
- 1 oz (30 ml) PET bottle w/pop-up cap

Children Blend 1:

- 2 drops distilled Lime (*Citrus aurantifolia*)
- 2 drops Lemon (*Citrus limon*)
- 2 drops Mandarin (*Citrus reticulata*)
- 1 oz (30 ml) PET bottle w/pop-up cap

Children Blend 2:

- 3 drops Tea Tree (*Melaleuca alternifolia*)
- 3 drops Lavender (*Lavandula angustifolia*)
- 1 oz (28 g) aloe vera gel (*Aloe barbadensis*)
- 1 oz (30 ml) PET bottle w/pop-up cap

Children Blend 3:

- 2 drops Tea Tree (*Melaleuca alternifolia*)
- 2 drops Mandarin (*Citrus reticulata*)
- 2 drops Lavender (*Lavandula angustifolia*)
- 1 oz (28 g) aloe vera gel (*Aloe barbadensis*)
- 1 oz (30 ml) PET bottle w/pop-up cap

Directions

Step 1: Pour the aloe vera gel into the bottle.

Step 2: Add the essential oils to the aloe vera and shake gently.

Bruises and Bumps Oil



This is a great oil that you can have on hand to treat those bumps and bruises to help increase circulation, decrease pain and inflammation and ease your little darling's pain.

Ingredients:

Ages 2-6 years:

3 drops Helichrysum (*Helichrysum italicum*)

2 drops Lavender (*Lavandula angustifolia*)

2 drops Cypress (*Cupressus sempervirens*)

2 drops Frankincense (*Boswellia carteri*)

Add 60 mls carrier oil

Ages 6-12 years:

3 drops Helichrysum (*Helichrysum italicum*)

2 drops Lavender (*Lavandula angustifolia*)

2 drops Cypress (*Cupressus sempervirens*)

2 drops Frankincense (*Boswellia carteri*)

Add 30 mls carrier oil

Once you have made this you can use it straight from your bottle or transfer it into a roller bottle as well to have on the go!

Nausea



Make an inhaler to calm your stomach.

Several of these recipes are useful digestive aids as well, and restore your sense of balance.

Adult

- 2 drops Ginger (*Zingiber officinale*)
- 5 drops Peppermint (*Mentha × piperita*)
- 3 drops Lime (*Citrus aurantifolia*)
- 5 drops Lavender (*Lavandula angustifolia*)

Child over 5 years old

- 1 drop Ginger (*Zingiber officinale*)
- 1 drop Roman Chamomile (*Chamaemelum nobile*)
- 4 drops Lime (*Citrus aurantifolia*)
- 4 drops Lavender (*Lavandula angustifolia*)

Some additional essential oil choices for nausea

- Lemon (*Citrus limon*)
- Mandarin (*Citrus reticulata*)

Headache Relief



Make an inhaler to relieve the tension and pain of a headache.

These recipes include some strong analgesic and anti-inflammatory oils, like Lavender and Peppermint. The oils can be very healing individually, but combining them in an inhaler provides a great synergy of benefits.

Adult

- 5 drops Peppermint (*Mentha × piperita*)
- 3 drops Lavender (*Lavandula angustifolia*)
- 5 drops Frankincense (*Boswellia carterii*)
- 2 drops Eucalyptus (*Eucalyptus radiata*)

Child over 5 years old

- 3 drops Lavender (*Lavandula angustifolia*)
- 5 drops Frankincense (*Boswellia carterii*)
- 1 drop Cedarwood (*Cedrus deodara*)

Some additional essential oil choices for headaches

- Roman Chamomile (*Chamaemelum nobile*)
- Lemon (*Citrus limon*)
- Juniper Berry (*Juniperus communis*)
- Clary Sage (*Salvia sclarea*)
- Geranium (*Pelargonium × asperum*)

Immune Boosting Blends



Make an inhaler to boost your immunity.

Getting sick is never fun, but it's especially unfortunate when you're traveling. These recipes boost your immune system, fortifying you for airports, planes or when there are lots of people around with coughs and colds.

They can also help speed your recovery if you do get sick.

Adult

- 4 drops Lemon (*Citrus limon*)
- 4 drops Black Spruce (*Picea mariana*)
- 3 drops Juniper Berry (*Juniperus communis*)
- 4 drops Cedarwood (*Cedrus deodara*)

Child over 5 years old

- 3 drops Lemon (*Citrus limon*)
- 1 drop Black Spruce (*Picea mariana*)
- 1 drop Juniper Berry (*Juniperus communis*)
- 5 drops Cedarwood (*Cedrus deodara*)

Some additional essential oil choices for immunity

- Black Spruce (*Picea mariana*)
- Frankincense (*Boswellia carterii*)
- Eucalyptus (*Eucalyptus radiata*, for children over 10)
- Lavender (*Lavandula angustifolia*)
- Tea Tree (*Melaleuca alternifolia*)
- Lime (*Citrus aurantifolia*)
- Mandarin (*Citrus reticulata*)
- Lemon (*Citrus limon*)
- Ginger (*Zingiber officinale*)

Colds and Flus Relief



Make an inhaler to prevent a cold or the flu, or to feel better fast.

Making a cold and flu inhaler is a great way to get over a respiratory infection more quickly. You can also use them preventively if you find yourself near someone who starts sneezing.

You can also use the steam method putting in 1 drop of either one of the essential oils below or one drop from the blend.

Rub some onto the chest and back, you can make a balm, put it in a carrier oil or lotion or use a rollerball.

Also, don't forget to use your diffuser!

Adult

- 4 drops Eucalyptus (*Eucalyptus radiata*)
- 4 drops Black Spruce (*Picea mariana*)
- 5 drops Tea Tree (*Melaleuca alternifolia*)
- 2 drops Lavender (*Lavandula angustifolia*)

Child over 5 years old

- 2 drops Cedarwood (*Cedrus deodara*)
- 2 drops Black Spruce (*Picea mariana*)
- 4 drops Tea Tree (*Melaleuca alternifolia*)
- 2 drops Lavender (*Lavandula angustifolia*)

Some additional essential oil choices for cold or flu

- Frankincense (*Boswellia carterii*)
- Lavender (*Lavandula angustifolia*)
- Eucalyptus (*Eucalyptus radiata*, use for children over 10)
- Black Spruce (*Picea mariana*)
- Tea Tree (*Melaleuca alternifolia*)
- Lemon (*Citrus limon*)
- Juniper Berry (*Juniperus communis*)
- Mandarin (*Citrus reticulata*)
- Ginger (*Zingiber officinale*)
- Lime (*Citrus aurantifolia*)
- Clary Sage (*Salvia sclarea*)

Allergy Relief



Make an inhaler

Making an allergy inhaler is a great way to get relief quickly. You can also use them preventively.

You can also use the steam method putting in 1 drop of either one of the essential oils below or one drop from the blend.

Rub some onto the chest and back, you can make a balm, put it in a carrier oil or lotion or use a rollerball.

Also, don't forget to use your diffuser!

Adult

- 6 drops Eucalyptus (*Eucalyptus radiata*)
- 3 drops Roman Chamomile (*Chamaemelum nobile*)
- 6 drops Frankincense (*Boswellia carterii*)

Child over 5 years old

- 2 drops Cedarwood (*Cedrus deodara*)
- 3 drops Roman Chamomile (*Chamaemelum nobile*)
- 5 drops Frankincense (*Boswellia carterii*)

Some additional essential oil choices for allergies

- Lavender (*Lavandula angustifolia*)
- Black Spruce (*Picea mariana*)
- Juniper Berry (*Juniperus communis*, only use a few drops, due to potential irritation.)
- Tea Tree (*Melaleuca alternifolia*)

Anxiety Inhaler and Diffuser Blends



Here are some fabulous blends that you can use to calm anxiety whether it is a test coming up, a performance, a sporting event or for any other reason that your child may be feeling anxious.

Personal inhalers should be used with children 5 years and above.

Remember that any of these blends can be used in the diffuser, in a carrier oil or a roller bottle as well.

Just make sure of your dilution rates!

Anxiety Inhaler Blend

Making an anxiety inhaler is a great thing to make for your child. They're especially convenient because they can carry them to school with them in their school bag. My son has his focus calming blend inhaler in his pencil case..

Blend No. 1:

- 3 drops Frankincense (*Boswellia carterii*)
 - 1 drop Roman Chamomile (*Chamaemelum nobile*)
 - 3 drops Cedarwood (*Cedrus deodara*)
 - 3 drops Lavender (*Lavandula angustifolia*)
-

Blend No. 2:

- 2 drops Frankincense (*Boswellia carterii*)
 - 1 drop Roman Chamomile (*Chamaemelum nobile*)
 - 4 drops Sweet Orange (*Citrus sinensis*)
 - 3 drops Lavender (*Lavandula angustifolia*)
-

Blend No. 3:

6 drops Roman Chamomile (*Chamaemelum nobile*)

6 drops Lavender (*Lavandula angustifolia*)

Blend No.4:

4 drops Bergamot (*Citrus bergamia*)

3 drops Lavender (*Lavandula angustifolia*)

3 drops Geranium *Pelargonium x asperum*

3 drops Mandarin (*Citrus reticulata*)

Diffuser Blend

- 25 drops Clary Sage (*Salvia sclarea*)
- 15 drops Mandarin (*Citrus reticulata*)
- 15 drops Frankincense (*Boswellia carterii*)
- 20 drops Lavender (*Lavandula angustifolia*)
- 5 ml bottle with orifice reducer

Directions

Step 1: Pour the essential oils into the bottle drop by drop.

Step 2: Label the bottle something fun and positive.

Notes: Add 5–10 drops to the diffuser. If the anxiety occurs at night, use the diffuser just before bedtime. If it happens more often during the day, use it in the morning or as needed.

Other Essential Oils that you can use:

All Citruses (Grapefruit, Bergamot, Petitgrain, Neroli, Tangerine)

Rosalina

Rose

Sandalwood

Amyris

Ho Wood

Helichrysum

Vanilla

Scrapes and Grazes Remedy



This is a great remedy that you can have on hand to treat those scrapes, minor cuts and grazes. Apply liberally right on the cut or scrape every 15–30 minutes for the first day, then use 3–5 times a day until resolved.

Lavender, tea tree or chamomile hydrosols are amazing as well.

Remember if you want to add more essential oils to your hydrosol then use solubol at about a 1-4 ratio (1 drop EO to 4 drops solubol)

Ingredients:

Ages 2-6 years:

2 drops Lavender (*Lavandula angustifolia*)

2 drops Tea Tree (*Melaleuca alternifolia*)

30 mls (1oz) Aloe vera(*Aloe barbadensis*)

Use solubol if needed (if it doesn't have a thickener)

Ages 6-12 years:

3 drops Lavender (*Lavandula angustifolia*)

3 drops Tea Tree (*Melaleuca alternifolia*)

30 mls (1oz) Aloe vera(*Aloe barbadensis*)

Use solubol if needed (if it doesn't have a thickener)

Add the essential oils to the aloe vera gel in the PET plastic bottle.

Sinus Infections



Make an inhaler

Making an allergy inhaler is a great way to get relief quickly. You can also use them preventively.

You can also use the steam method putting in 1 drop of either one of the essential oils below or one drop from the blend.

Rub some onto the chest and back, you can make a balm, put it in a carrier oil or lotion or use a rollerball.

Also, don't forget to use your diffuser!

Adult

- 4 drops Frankincense (*Boswellia carterii*)
- 5 drops Tea Tree (*Melaleuca alternifolia*)
- 3 drops Mandarin (*Citrus reticulata*)
- 3 drops Lavender (*Lavandula angustifolia*)

Child over 5 years old

- 3 drops Frankincense (*Boswellia carterii*)
- 3 drops Tea Tree (*Melaleuca alternifolia*)
- 2 drops Mandarin (*Citrus reticulata*)
- 2 drops Lavender (*Lavandula angustifolia*)

Some additional essential oil choices for sinus infections

- Black Spruce (*Picea mariana*)
- Lemon (*Citrus limon*)
- Lime (*Citrus aurantifolia*)

Bug Repellents



Here are some blends that you can use to spray or rub onto your child's skin or clothes to help keep away those nasty insects. Citronella is incredibly well known for its bug repelling properties. Here are some of my favorite essential oils to repel bugs. Remember if you are using citrus essential oils not on my list then make sure that they are not phototoxic if you are going out into the sun.

CEDARWOOD– The wood and oil from cedar are great natural insect repellents. That's why cedar closets are great at keeping away moths, why cedar mulch is great for keeping insects away from plants, and why natural flea and tick treatments often include cedar oil. Cedar is helpful at repelling many pesky bugs like mosquitoes, flies, and silverfish. And it's great for keeping creepy crawling pests away too, like ants, fleas, mites, ticks,

and lice.

CITRONELLA– Citronella is one of the best known essential oils for being able to repel mosquitoes. According to the National Pesticide Information Center, citronella works so well because it masks the scents that are attractive to bugs, namely carbon dioxide and lactic acid.

LEMON EUCALYPTUS– According to the CDC, lemon eucalyptus is the most effective essential oil for a natural mosquito repellent. Although its name can be confusing, lemon eucalyptus isn't two essential oils (lemon and eucalyptus) blended together, rather lemon eucalyptus essential is one essential oil. It's from the eucalyptus citriodora tree native to Australia. Why does it work so well to keep those biting pests away? Lemon eucalyptus essential oil contains a small amount of PMD (p-menthane 3,8-diol). PMD is an effective and long-acting mosquito repellent. Part of the reason it's long lasting is that lemon eucalyptus evaporates more slowly than most other essential oils and will last for several hours.

SWEET ORANGE & OTHER CITRUS OILS- Sweet orange essential oil has 90-95% content of limonene, which is lethal to fleas and flies. Plus, most bugs hate the smell of citrus essential oils (such as lemon, grapefruit, & bergamot). Ants, cockroaches, gnats, head lice, moths, silverfish, spiders, ticks, and weevils all detest scent of sweet orange essential oil.

Essential Oils that Help:

Citronella

Cedarwood

Sweet Orange

Lemon eucalyptus

Rosalina

Geranium

Patchouli

Lavender

Turmeric

Ginger

Robert Tisserand's Blend 1:

4% Turmeric

3% Ginger

3% Citronella

90% base oil

Mix the essential oils with carrier oil and apply to clothes or skin

Robert Tisserand's Diffuser Blend Only

4 drops Lemongrass

3 drops Clove bud

3 drops Cinnamon bark

Or double the drops if outside

Itch Relief Rollerball Blend

If you have been bitten this will help with the itching.

4 drops Lavender

2 drops Helichrysum

1 drop Tea Tree

1 drop Chamomile

Mix and add carrier oil to roller ball.

Robert Tisserand's

Mosquito repellents



safe to use on the skin

4% Turmeric EO or CO₂

3% Peppermint EO

3% Citronella EO

90% Base of your choice

for vaporization

40% Lemongrass EO

30% Clove bud EO

30% Cinnamon bark EO

Some great antibacterial essential oils for cleaning



Here are some of the most effective, antibacterial oils to use for cleaning your house

Black Pepper Oil

Black Spruce

Bergamot

Cedarwood

Grapefruit Oil

Lemongrass Oil

Lemon

Lime

Orange Oil

Oregano Oil

Palmarosa Oil

Ravintsara Oil

Rosemary Oil

Scotch Pine Oil

Tea Tree Oil

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All Purpose Cleaning Spray



Here is a great all purpose cleaning spray for all around your house.

- Distilled water
- 2 Tbsp castile soap
- 2 Tbsp hydrogen peroxide
- Use 15 drops total of essential oil.

Directions

Step 1: Combine all ingredients in the spray bottle.

Step 2: Add your essential oils, close the bottle, and shake.

Step 3: Spray over any household surface and wipe down with a cloth or paper towel.

Shelf life: Since we are not using preservatives in this water-based product, be sure to make fresh every few weeks.

Abrasive Cleaner Paste



Ingredients

- 1 cup baking soda
- 3 tbsp castile soap
- 1 tbsp cornstarch
- 1 tbsp white vinegar
- 15 drops Lemon (*Citrus limon*)
- 15 drops Tea Tree (*Melaleuca alternifolia*)

Step 1: Mix all your ingredients and essential oils together in the wide-mouth container.

Step 2: Add more castile soap as needed to make a smooth consistency.

Use about a teaspoon of this mixture on a sponge to clean the shower, and the kitchen and bathroom sinks.

Citrusy Sanitizer Spray



This beautiful deep cleaning citrus sanitizing spray is an all-natural, healthy solution to effectively clean your home without using harmful chemicals.

Lemon essential oil purifies the air, supports the immune system, and is happy and bright.

Orange sweet essential oil encourages positivity

Bergamot essential oil is deeply relaxing, restorative, and uplifting.

Lime essential oil freshens the air and uplifts the spirit.

Ingredients:

20 drops of Lemon (*Citrus limon*)

20 drops of Orange Sweet (*Citrus sinensis*)

15 drops of Bergamot (*Citrus bergamia*)

5 drops of Lime (*Citrus aurantifolia*)

4 - 4 oz. PET bottle w/ spray cap

1 oz. of alcohol (vodka or everclear)

Directions:

1. Fill empty spray bottle with 3 oz. of water
2. Add 1 oz. alcohol to the water
3. Add the essentials oils one at a time to the bottle
4. Cap your blend
5. Shake gently prior to use