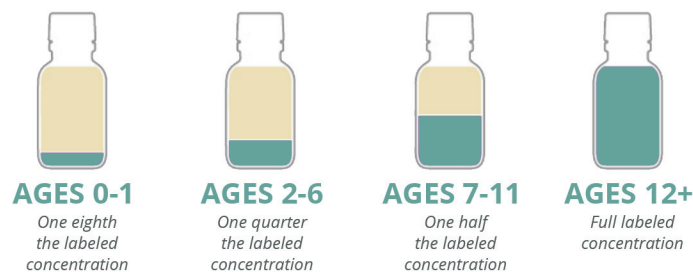


the **A B C**'s of ESSENTIAL OILS FOR KIDS

While there are no hard-and-fast rules for dilution, we do suggest experimenting with these ratios. Use a moisturizing carrier oil such as V-6™ Vegetable Oil Complex to nourish baby's skin while minimizing irritation.



Throughout history, we have passed down wisdom, mom to mom, on how to survive. We choose to use essential oils and oil infused products to support healthy behavior, digestion, skin, immune systems, moods...and all things kids! As with any new product, you may have questions.

ARE THEY SAFE? HOW DO I USE THEM?

Not all oils are created equal. Seed to Seal is Young Living's quality commitment to families. We believe that you and your family deserve products that are genuine, free of harmful synthetics and of unmatched purity.

- Young Living essential oils are powerful and highly concentrated; ingestion is not recommended for infants.
- An ultrasonic diffuser (such as the Kidscents® diffusers) will both humidify and infuse the air next to spaces like cribs or play areas. Diffuse fewer drops of essential oil than you typically would. Start with 1 or 2 drops.
- With every new essential oil, dilute heavily and spot test on baby's arm or leg. If no reaction occurs after several minutes, you should be good to go.
- Avoid adding essential oils to baths. Your baby may splash in or swallow the water increasing the risk that essential oils can be ingested or enter the eyes.
- If your baby has never been exposed to essential oils, you may simply wear the oils (on yourself) to help him or her get used to them at first.

A FEW "MOM MUST-HAVES"

Over 800 moms were polled to find the most loved, tried and true essential oils for their kids! And the winners are...

- LAVENDER** Diffuse at night for a comforting and calming aroma during sleep. Apply to 1-2 drops to promote healthy skin; may add to lotion or carrier oil.
- THIEVES** Diffuse during school season for a clean, fresh aroma. Apply to 1-2 drops to the feet each morning.
- RC** Diffuse to invigorate and awaken your senses. Dilute and apply to chest or back as needed.
- PEACE & CALMING** Diffuse for a relaxed and calming aroma. Apply to 1-2 drops to the bottoms of the feet to unwind before bedtime.
- PURIFICATION** Diffuse to freshen and eliminate odor. Apply topically to enjoy the outdoors annoyance free.
- FRANKINCENSE** Diffuse before school to support healthy behavior and attention span. Apply to 1-2 drops to the feet each evening.
- STRESS AWAY** Diffuse when life (or children) is demanding. Apply 1-2 drops to wrists or a diffuser bracelet or necklace.
- COPAIBA** Promotes wellness. Dilute 1-2 drops and apply to jaw or gums to support a happy, healthy mouth.

ESSENTIAL OILS TO USE WITH CAUTION

The following essential oils can be challenging to a baby's sensitive system. Some people choose to use caution with these oils or blends containing them for infants:*



- Idaho Tansy
- Hyssop
- Sage
- Clary Sage
- Wintergreen
- Eucalyptus

*We encourage you to do your own research when it comes to any product that you are using on your children. Have additional questions about using essential oils with your little one? Be sure to talk with a health care professional educated on essential oils for personal guidance. Find more info at YoungLiving.com/Safety.

WHEN IN DOUBT...

- Start low and go slow.
- Many mamas start out by applying oils to the bottoms of the feet.
- Experiment by diffusing a small amount of oil in a spacious area and see how your child responds.
- Next you could try diffusing a higher concentration of the oil, and consider applying it to the skin after diluting it with V-6 Vegetable Oil Complex.

- Head/Teeth
- Sinuses
- Lungs
- Upper Abdomen
- Lower Abdomen
- Pelvis
- Solar Plexus



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