

Kids! Babies! Pregnancy!

Quick Reference

Anxiety	Lavender, Wild Orange	Diffuse, apply to chest. Also see, "Be Happy" below.
BED-WETTING	CRYPRESS	APPLY OVER BLADDER AREA AT BEDTIME.
Blisters & Burns	Lavender	Cool burns with cold water, apply Lavender
COLDS & SNIFFLES	LEMON, FRANKINCENSE, CYPRESS	APPLY TO CHEST AND BOTTOM OF FEET
Pinkeye	Lavender, melaleuca	Apply to cheekbones, do not rub into eyes.
COUGH	LEMON, EUCALYPTUS	APPLY TO CHEST AND BOTTOMS OF FEET
Cuts and Scrapes	Lavender, Melaleuca	Apply to affected area. Helichrysum closes the wound
EARACHE	LAVENDER, BASIL, MEALEUCA	APPLY BEHIND THE EARS, NOT INSIDE.
Dry, Scaly Skin	Lavender	Apply diluted lavender or juniper berry.
HYPERACTIVITY	ROMAN CAMOMILE, VETIVER	DIFFUSE OR USE ON BOTTOMS OF FEET, BACK OF NECK
Insect Bites	Lavender, Basil	Apply to affected area
NIGHTMARES	LAVENDER, JUNIPER BERRY	DIFFUSE OR USE ON BOTTOMS OF FEET.
Rash	Melaleuca, Lavender	Apply to affected area.
SORE THROAT	MELALEUCA, LEMON	APPLY TO THE NECK OR FEET
Sunburn	Lavender	Apply to the affected area, mist onto tender skin
TROUBLE SLEEPING	LAVENDER AND CEDARWOOD	SEE "SLEEPY TIME" BELOW
Upset Stomach	Ginger, Lavender, Peppermint	See "Tummy Tamer" below
WARTS	HEAVILY DILUTED OREGANO	APPLY ONLY TO WART, NOT SURROUNDING SKIN.

Roller Remedies

Add essential oils to a 10 ml roller bottle, then fill the bottle with fractionated coconut oil. Label and use.

BREATHE EASY

1 drop cypress
1 drop frankincense
1 drop lime
Apply to chest.

SLEEPY TIME

1 drop lavender
1 drop cedarwood
Apply to feet and chest

TUMMY TAMER

1 drop peppermint
1 drop ginger or lavender
Apply to stomach

STUDY TIME/WAKE UP

1 drop peppermint
1 drop wild orange
1 drop rosemary
Apply to chest and back of neck.
For use with older children.

IMMUNE BOOST

1 drop frankincense
1 drop wild orange
Apply to feet.

BE HAPPY

1 drop wild orange
1 drop bergamont
1 drop clary sage or lavender
Apply to chest.

ACHES AND PAINS

1 drop marjoram or white fir
1 drop lavender
Apply to neck or temples or to aching muscles or joints.

CALM CHILD

1 drop roman chamomile
1 drop vetiver
1 drop lavender
Apply to chest and backs of knees.

