

Essential Oils and Kids

Dilution

(diluted in 10ml carrier oil)

0-6mo --- 1 drop

6-12mo --- 1-3 drops

1-4yrs --- 4-8 drops

Sleep & Calming

Lavender

Cedarwood

Peace & Calming

Sleepylze

Immunity

Thieves

Lemon

Tummy Troubles

Lavender

TummyGize

Ginger

Get Rid of the Stink

Purification

Orange

Lemon

Stressed Mama

Stress Away

Peace & Calming

Lavender

Bug Spray

Cedarwood

Citronella

Geranium

Lavender (use on bug bites)

Allergies

(mix all 3 together in 1 roller bottle)

Lemon

Lavender

Peppermint