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Babies & Children

Aromatic

- Affects Mood
- Cleans Air
- Opens Airways

Topical

- Works fast! Enters the blood stream within 30 seconds
- Systematic, localized effects
- Massage
- Immediate Comfort
- Immune Support

Internal

- Detoxifies the body
- Digestive System
- Mouth
- Throat
- Liver
- Urogential Tract

Ear Infections

What to use:
- Melaleuca
- Lavender
- Basil
- Frankincense

How to use:
Apply diluted behind the ears. Rub on outside of ear, swipe inner ear, but NEVER put oil inside ear. Apply oils to a cotton ball and put in ear.

Frequency: 3-5 times per day.

Colds & Flu

What to use:
- OnGuard
- Breathe/Peppermint
- Melaleuca/Oregano

**For babies, dilute 1-2 drops of Thyme or Lemon in FCO and massage onto neck and chest*

How to use:
Diffuse oils in air. Apply diluted to bottoms of feet. For fever, apply Peppermint diluted. **Runny nose - dilute 1 drop of Lemon and put under nose*

Frequency: Hourly

Coughs

What to use:
- Breathe/Peppermint
- OnGuard
- Lemon
- Basil/Thyme/Rosemary in a diluted rollerbottle

How to use:
Diffuse oils in air. Rub diluted oils on chest. Apply diluted to the bottoms of the feet. Rub on bronchioles under big toe and also along top of toes where they meet the foot. Drink lemon water.

Frequency: As needed.

Croup

What to use:
- Breathe
- Eucalyptus
- Marjoram

How to use:
Apply diluted to the bottoms of the feet, on the chest, and the back.

Frequency: 2-3 hours or as needed. Continue for a few days after child is feeling better.

Stomach Ache

What to use:
- DigestZen
- Ginger
- Peppermint

How to use:
Apply diluted to the tummy or the bottoms of the feet. Also works well for constipation, diarrhea, and digestion.

Frequency: Every 2-3 hours or as needed.

Sleeping

What to use:
- Lavender
- Serenity
- Balance
- Basil/Thyme/Rosemary in a diluted rollerbottle

How to use:
Diffuse oils in air or rub diluted on the bottoms of the feet

Frequency: At nap or bedtime.

FCO = Fractionated Coconut Oil

Moisturizer

2 oz. of FCO and two drops of Lavender (or other favorite oil.)
Combine in a dark bottle and apply to clean, damp skin.

Hand Sanitizer

4-6 drops of OnGuard
added to a spray bottle.

Sore/Strep Throat

What to use:
- Melaleuca
- OnGuard
- Oregano
- Frankincense

How to use:
Dilute 1 drop of Oregano and 2 drops of Melaleuca or OnGuard topically on throat, around ears, and on feet. You can also gargle OnGuard and swallow or spit out.

Frequency: 3-4 daily for 2-3 days

Cuts & Scrapes

What to use:
- Lavender
- Melaleuca

How to use:
Circle the cut or scrape with a drop of one or both oils, no need to dilute.

Frequency: As needed.

*Helichrysum is great for stopping bleeding, including bloody noses. It surpasses all oils in its anti-inflammatory properties.

Lice

What to use:
- Melaleuca
- Lemon
- Eucalyptus/Geranium/Lavender

How to use:
2-3 drops of Melaleuca & Lemon diluted with FCO. Apply to scalp and let stand for at least 30 minutes. Shampoo with 2-5 drops of Melaleuca in 1 tsp of shampoo. Continue Melaleuca shampoo for 1 week.

Frequency: As needed.

Pink Eye

What to use:
- Lavender
- Frankincense
- Melaleuca

**For babies, dilute 1-2 drops of Thyme or Lemon in FCO and massage on neck and chest.*

How to use:
Apply 2-3 drops diluted around the socket of the eye. NEVER place oils in the eye. Rub diluted oils on feet (big toe & next two toes.) At night, rotate from Eucalyptus to Oregano.

Frequency: 2-3 times a day

Skin Conditions/ Exzema

What to use:
- Melaleuca
- Lavender
- Geranium

How to use:
Dilute two drops of each oil and apply topically to affected area

Frequency: Morning and night or as needed.

**Note: If your child's skin flares up with the use of Lavender, consider doing a cleanse as candida is likely.*

Insect Bites/ Stings

What to use:
- Lavender
- Melaleuca

How to use:
Apply directly to the site, no dilution

Frequency: As needed.

Insect Repellant

What to use:
- TerraShield

Frequency: As needed.

Teething

What & How to use:
- Clove - apply diluted on site
- Deep Blue - apply diluted to jaw line
- Roman Chamomile - dilute and massage gums
- Lavender - apply to the bottoms of the feet

Read this blog:
http://www.naturalmedicemom.com/teething-pain-solutions/

Temper Tantrum/ Anxiety

What to use:
- Balance
- Lavender or Serenity
- Vetiver or Peppermint

How to use:
Diffuse oils in the air. Apply diluted to the bottoms of the feet

Frequency: 3-5 times daily.

Bed Wetting

What to use:
- Cypress
- Balance

How to use:
Massage 2-4 diluted drops of Cypress on bladder area before sleep. Massage 2-4 drops of Balance on the feet at bedtime.

Frequency: At nap or bedtime.

For more help and ideas, visit www.sourcetoyou.com