



Essential Oils

CHILDREN + BABIES

DILUTION + SAFETY

ESSENTIAL OILS + DILUTION FOR CHILDREN

The most wonderful features of essential oils is that their safety and benefits extend to all members of the family, literally no one is excluded, even young children, infants and even our pets. Because of their potency, you will find that essential oils are capable of offering immediate benefits and relief to your child. For the same reason, a very low dose is all that is needed to induce powerful therapeutic effects. Although therapeutic grade Essential Oils come from the earth and in general are very safe to use, some precautions need to be taken with children. Just as you would never give a young child an adult dose of pain medication, we need to be mindful of how TRULY POTENT one drop of Essential Oil is, and make sure to dilute Essential Oils with a carrier oil such as coconut Oil for example. Good “carrier oils” are: sweet almond oil, coconut oil, olive oil, avocado oil, apricot oil or jojoba oil.



DILUTION BASICS

Dilution is a process in which essential oils are mixed with a carrier oil, a pure vegetable oil that helps “carry” the essential oil onto the skin. There are many benefits to dilution, including increasing the surface area of absorption, enhancing absorption through dry skin, and preventing sensitivity responses.

CLASSIFICATIONS OF OILS FOR TOPICAL USE

Neat: Oils categorized as “neat” can be applied topically without dilution because of their exceptionally mild chemistry. Frankincense, Lavender, Melaleuca, Melissa, and Sandalwood are good examples of “neat” essential oils.

Dilute: Oils in this category have potent chemistry and should be diluted with a carrier oil before topical application in every case. “Dilute” oils include Cassia, Cinnamon, Clove, Oregano, and Thyme. Sensitive: “Sensitive” oils are those that should be diluted before use on young or sensitive skin. Bergamot, Black Pepper, Eucalyptus, Ginger, and Peppermint are examples of “sensitive” oils.

APPLICATION SAFETY

Although unusual, occasionally it is possible to have a sensitivity response to an essential oil. This occurs when there is heightened reactivity of an essential oil that may result in an unwanted response in the body or on the skin. Awareness of your body and how it reacts to different essential oils, amounts applied, and location applications can help minimize risk and ensure safe usage.

Essential Safety Tips:

- Citrus oils contain a unique category of photosensitive compounds called furocoumarins, so it is important to avoid exposure to sunlight, sunlamps, or other sources of UV light for up to 12 hours after topical application of these oils.
- When it comes to using Young Living's oils, a little goes a long way. In most cases you only need 1-2 drops for each application. Use smaller amounts and frequent application for greater results, especially at the onset of symptoms. You should experience some relief quite quickly after application. If you don't notice any changes, try moving on to another oil.

- Dilute, dilute, dilute! Dilution in no way diminishes the efficacy of essential oils and offers many benefits that can enhance your application experience.
- If you ever need to dilute an essential oil because of sensitive skin, and you don't have a carrier oil available, do not use water; use anything that contains a 'fat'... such as yogurt or nut milks, ie. almond or coconut milk. It's the 'fat' that dilutes your essential oils.
- Mixing essential oils with sea salt or Epsom Salt prior to adding them to your bath water allows the essential oil to stay evenly dispersed in the water (instead of floating on top). My favorite bath recipe for young children is 1 cup of Epsom salts, 1/2 cup baking soda + 5 drops of Lavender or Peace + Calming.
- Never get Essential Oils directly in your eyes. If you do, use a carrier oil on the bone around the eye to dissipate the oil. Flushing the eye with water will just spread the oil and not bring relief. Similarly, essential oils should never be applied into the ear canal.

- The feet are one of the safest and best places to apply essential oils, especially for babies and children. The pores are larger (for easier absorption) and the skin less sensitive. Although application to any part of the foot is good, you may find even greater results with incorporating vita-flex into your application.

DILUTION RATIOS

To ensure you are using Essential Oils properly with children, follow the dilution guidelines listed below:

- Newborn to six months: 1 drop Essential Oil in 4 tsp. of carrier oil.
- Six months to two years: 1 drop Essential Oil in 2 tsp. of carrier oil
- Two to five years: 1 drop Essential Oil in 1 tsp. of carrier oil.
- Five to ten years: 1 to 2 drops Essential Oil in 1 tsp. of carrier oil.
- Ten to eighteen years: 1 to 5 drops Essential Oil in 1 tsp. of carrier oil.

When creating your own roller bottle blends to use with children, use the following ratios to ensure proper dilution:

- Under two years: Fill the roller bottle 1/4 of the way with Essential Oils and then top off with carrier oil.
- Two to six years: Fill the roller bottle 1/3 of the way with Essential Oils and top off with carrier oil.
- Six years and up: Fill the roller bottle 1/2 of the way with Essential Oils and top off with carrier oil.



OIL SAFETY

As you begin to integrate Essential Oils into your child's daily living and routines, it is important to follow Essential Oil safety guidelines like mentioned above, as well as referencing good books; we recommend the book called Gentle Babies or the Essential Oil Desk Reference Guide, link in comments.

Some oils are considered to be "HOT" and never to be used without diluting, These oils can used at parents discretion. If you're cautious person by nature, then dilute more or don't use these oils, start with smaller amounts or simply smell the oil; there are many other oils with similar benefits that can be used in replace of these oils mentioned below. These include:

- Birch
- Cassia
- Cinnamon
- Clove
- Eucalyptus
- Ginger
- Lemongrass
- Oregano
- Peppermint
- Thyme
- Wintergreen