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Essentials oils & kids



Benefits for the Whole Family

Once you have personally experienced the power of essential oils, incorporating them into your lifestyle and daily routine is the natural next step. For many people, their daily routine includes children.

Many parents wonder, "Are essential oils safe to use with children?" The simple answer is yes! It is important to remember that there are certain safety guidelines and recommendations to consider when it comes to using essential oils with children. As children are smaller and more sensitive than adults, the rules of essential oil usage are different. In addition, the issue of purity becomes more important than ever. With children, only use essential oils that you know are completely pure.

In this eBook, you will learn the do's and don'ts for using essential oils with children. We will discuss important topics like diluting dosage amounts for essential oils, how to adapt application methods, using essential oils during pregnancy and more.

Once you have learned the specific safety guidelines for using essential oils with children, it is easy to help kids reap the benefits that the oils have to offer. If a child has any health conditions or concerns, consult with the child's physician before using essential oils.

When you are equipped with the proper knowledge and practices, essential oils will become a staple in your home and safe for the entire family.

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Using essential oils with children

Essential Oil Historic Use

First, those who are new to essential oils should know that essential oils and plant parts have been used for centuries to promote wellness. They are not a new fad or trend, but a tried and true solution for many of life's everyday problems. Families in ancient Egypt used plant extracts and oils for everything from cooking and beauty treatments to embalming and religious ceremonies. For centuries, families in China have continued practices that promote wellness by using plant extracts and materials. Plant extracts and oils were a major staple in the households of ancient Rome, as plant parts were used for their fragrance and calming properties. After centuries of safe use, you can rest easy knowing that essential oils have been proven safe and effective time and time again.

Essential oils are likely in many of the products you already use

Essential oils are naturally occurring compounds found in plants, so are a popular ingredient for many commercial products. Essential oils are often used in perfumes, soaps, candles, lotions and skincare products to add fragrance. Due to their powerful purifying properties, essential oils are also frequently added to cleaning agents. Chances are, you most likely already have products in your home that contain essential oils. The benefit of using pure essential oils on their own is that it allows you to avoid the harmful toxins and chemicals that are often added to household products.

Essential oils are also found in many of the foods that we regularly eat. This means that our bodies are already equipped to process essential oils when taken internally. Although the essential oil internal dosage for a child is far less than that of an adult, children have probably already been exposed to small amounts of essential oils through their diet and other household products.



Essential oils are natural, and can be safe when used properly

High quality essential oils are pure, potent, natural and safe when used properly. As with anything we use on our bodies, there are special safety guidelines that can help us stay within the perimeters of safe use. Even seemingly harmless substances like water can be damaging to the body when used in excess amounts — and essential oils are the same. As long as you educate yourself about the proper uses, you can safely and effectively use essential oils on yourself and around your family. Just as you wouldn't allow a child to eat something, drink something, or rub something on their skin without knowing what it is or what it does, the key to safe essential oil usage is to educate yourself. We will discuss proper application, dosage and other safety guidelines in more detail in chapter two.

High quality oils go through testing to ensure safety

Before you use essential oils on children (or on yourself), it is important to understand that not all essential oils are created equal. Typically, high quality essential oils go through rounds of rigorous testing to ensure that the product is safe to use. Not all companies use these testing methods, and many essential oil distributors will use synthetic fillers that alter the efficacy of the oils. It is important to use essential oils that have been carefully produced and thoroughly tested to ensure safety for you and your family. For example, dōTERRA essential oils are put through a rigorous testing process where they are checked for contaminants, potentially harmful substances, and any other components that could compromise the safety and quality of the oil. It is important to choose a high quality essential oil that has been tested and cleared for safe use before using it with your family.



Safety guidelines

As mentioned, the key to safely and successfully using essential oils on children is observing the special safety guidelines that have been set to protect children from overexposure. It is important to remember that the rules for using essential oils with children are different than those for adults. By observing specific guidelines when it comes to essential oil dosage, dilution, application, storage and more, you can help children safely and effectively enjoy the benefits that essential oils have to offer. Here are some basic rules to follow when using essential oils on or around children. Each of these guidelines will be covered in greater detail throughout this chapter.

Rules for using essential oils with children

1. Always supervise children during essential oil usage
2. Always give a child smaller doses of essential oils than you would give an adult
3. Dilute essential oils before using them on children to reduce the risk of sensitivity
4. Avoid any sensitive areas during essential oil application
5. Beware of sunlight exposure after topical application of certain oils, particularly citrus oils
6. Children should not take adult supplements without consulting a healthcare professional
7. Always store essential oils in a safe place, out of the reach of children
8. Educate yourself; always read labels and manufacturer recommendations
9. Consult with the child's physician before using essential oils, particularly if there are health concerns



Always supervise children during essential oil usage

Perhaps the most important safety guideline when it comes to essential oils and children is to ensure that children only use essential oils under adult supervision.

Even if children are used to essential oils and know how to apply them, it is always best to supervise any oil application to ensure safety. Essential oils are extremely potent and powerful, and many children do not understand concepts like dosage, dilution and sensitivity. In addition to teaching kids about applying essential oils safely, it is important to always be present when any essential oils are being used around children.

Dosage

Children have a smaller body mass, thinner, more sensitive skin, and are still developing, so their dosage level of essential oils should always be smaller than an adult dose.

Remember to always consult a physician about any specific health conditions or concerns before using essential oils.

As oils are so potent, you will only need a very small amount for them to be effective. When using essential oils with children, start with small doses—smaller than what you would use on yourself—and then give the child ample time to experience the benefits of the oil before applying more.

Dilution

You may have concerns about the topical use of essential oils with children because of their sensitive skin. The best way to protect a child's delicate skin when using essential oils topically is to dilute before application. Diluting an essential oil with a carrier oil like dōTERRA Fractionated Coconut Oil before applying it to the child's skin will help reduce the risk of sensitivity.



Sensitivity testing

It is usually a good idea to do a sensitivity test with a child when trying a new oil, to ensure that it does not cause any irritation. To perform a sensitivity test, simply dilute the oil that you want to use, apply it to an inconspicuous spot (the feet are usually the best place because that is where the skin is thickest), and observe the spot over the course of a few hours. This will give you the chance to see how the child's skin reacts to that particular oil.

Avoid sensitive areas

In addition to sensitivity testing, you can help avoid irritation or sensitivity when it comes to using essential oils by avoiding application in any sensitive areas. As mentioned, any application of essential oils on children should always be supervised—with younger children, you should be the one to apply the oils; with older children, you should always be present during application.

When applying essential oils topically on children, there are a few areas that should be avoided to help prevent sensitivity:



Eyes



Skin around the eyes



Inner ears



Broken, injured or damaged skin



Inner nose

All of these areas of the body tend to have more sensitive skin, and should be avoided when applying oils topically. Remember, a child's skin is even more delicate than an adult's, so application methods will always be a little different when it comes to using essential oils with children.

Sunlight exposure

Some essential oils, particularly citrus oils, can cause sunlight sensitivity if exposed to sunlight after applying the oil on the skin. The risk for sunlight sensitivity is especially prevalent for children, because they tend to spend a lot of time outside. Before topically applying essential oils on children, it is wise to consider first how much time the child will be spending in the sun over the next 12 hours, and second, whether or not the oil you are applying includes a caution for potential sunlight sensitivity. As mentioned, it is typically the citrus oils that present a risk for sunlight sensitivity; however, adults must always read essential oil labels to see if an oil comes with a warning about sunlight exposure.

When an essential oil or essential oil product contains a sunlight sensitivity warning, it is best to avoid sunlight and UV rays for at least 12 hours after the product is applied.



Essential oil supplements

Supplements that contain essential oils can be extremely beneficial for adults; however, children should not take adult supplements unless the product has been designated as safe for children. Luckily, there are many essential oil supplements (including dōTERRA products) that are designed specifically for children. Kids can reap the benefits that essential oil supplements have to offer, and can still take some adult supplements when they are designated as safe for the whole family. Before giving a child any supplement, read all labels or instructions to ensure that it is appropriate for children. It is always wise to consult with your healthcare provider if you have any questions about giving children any supplement of any kind.

Essential oil storage

One of the best ways to ensure safe use of essential oils is to practice safe storage habits—always keep your essential oils and essential oil products out of the reach of children. Kids do not understand how powerful and potent essential oils are, or how important it is to follow dosage guidelines. By keeping your essential oil collection in a place where it cannot be accessed by children, you will help ensure their safety.

Remember, essential oils should not be stored in direct sunlight or anywhere they will be exposed to heat, as this can damage the delicate chemical profile of the oils and even detract from their benefits. With essential oil diffusers, always make sure that they are placed in a safe area where children will not be overexposed to an oil and cannot reach the diffuser. While it might seem convenient to keep essential oils out in the open, proper storage is a key component of successfully and safely using essential oils in a home with children.

Many essential oil bottles come with an orifice reducer, which allows only a small amount of oil to be released at a time. You can remove this extra lid to make for easier pouring or diffusion of essential oils. While it is tempting to leave this lid off for convenience, it is best to make sure that the orifice reducer is on when storing your essential oils. This helps to limit the amount of essential oils that a child can get if they do happen to find a bottle.



Educate yourself

As with anything you would give a child—food, medicine, treatments, topical products, etc.—the best way to safely use essential oils on or around children is to educate yourself. If you are new to essential oils, educate yourself about how they work, best practices and safety guidelines. Once you have learned how to properly use essential oils yourself, you'll be better equipped to share the benefits of essential oils with your entire family—including children.

While learning about and staying up to date with safe essential oil application methods is a major part of responsibly protecting children, it is also important to always carefully read warnings, labels, cautions and instructions before using essential oils with children. By combining your essential oil knowledge with safety guidelines you can create a safe, enjoyable essential oil experience.

Consult with a medical professional

Consulting with a healthcare professional before using essential oils is a safety guideline that applies to both adults and children. This rule is even more important if there are specific health concerns. Each person has a different health history, and specific health conditions may change the way that you use essential oils. By consulting with the child's physician before using essential oils, you can be prepared for any special conditions that may change how you use the oils in your home.

By following these general safety guidelines, or suggestions from your physician, you can enjoy the safe use of essential oils around children. Remember, as the adult, you set the example for children when it comes to safe and proper use of essential oils in the home.



Uses and applications

Now that you know that essential oils are in fact safe to use with children, and have educated yourself about the safety guidelines, it is time to learn about some of the best application methods for children. While children can enjoy essential oils in many of the same ways as adults (with proper dilution and dosage), there are plenty of usage methods that are unique to children. Here are some of the top essential oil uses for kids and families:



Arborvitae

Before you spend time outside, dilute Arborvitae oil and apply to the wrists and ankles for added motivation.



Basil

Next time a recipe calls for dried basil, try using Basil oil instead. By simply adding one drop of Basil oil to your meal, you can create a tasty and refreshing culinary masterpiece.



Cedarwood

Cedarwood oil has relaxing properties that can soothe the body and mind. To support feelings of peace after a bad dream, dilute Cedarwood and apply to the bottoms of feet.



Cinnamon

During a nighttime routine, dilute one drop of Cinnamon oil in 60 ml of water, and gargle the mixture for a mouth rinse.





Clary Sage

Before your child goes to bed, apply one drop of Clary Sage oil to their pillowcase to help them prepare for a restful night of sleep.



Clove

Clove is widely used for flavouring dental preparations, candy and gum. Try adding one drop of Clove oil to toothpaste for a warm, spicy twist.



Copaiba

Whether your children play football, rugby, basketball, swimming, or any other sport, try applying Copaiba oil with a carrier oil for a soothing massage.



dōTERRA Air™

To promote feelings of clear airways for your child, dilute dōTERRA Air™ oil and apply it topically to your child's chest. As your child breathes deeply, the oil will provide an invigorating vapour.



Eucalyptus

Whether your child plays football, tennis, hockey, or any other sport, you can keep the unpleasant odour of their sports kit at bay by putting a few drops of Eucalyptus oil on a cotton ball and placing it in their bag.



Frankincense

After an adventurous day, dilute a few drops of Frankincense and massage on hands and feet. This massage will provide a soothing, warming effect to help any child be ready for another active day.



Juniper Berry

If you have a teenager who is struggling with skin imperfections, add a drop of Juniper Berry oil to their facial cleanser or moisturiser to help improve the appearance of blemishes.



See individual labels for ingredients, cautions and instructions for use.



Lavender

Add Lavender oil to your child's bath*, or dilute and massage on your little one's abdomen to promote calming and soothing feelings.



Lemon

As an alternative to sugary juices or sodas, add a drop of Lemon oil in a glass of water for a fresh, flavourful beverage. This can also be done with Lime, Grapefruit, Wild Orange and other essential oils.



Marjoram

Harness the calming properties of Marjoram by applying diluted Marjoram oil to a fussy child's feet before their nap.



Peppermint

When your child feels overheated, add a drop of Peppermint oil to a cold water compress, or to a cold foot bath to help them cool down.



Sandalwood

Help promote relaxation and enhance your child's mood by adding one drop of Sandalwood oil (Indian or Hawaiian) to your child's evening bath.



Tea Tree

To help with occasional skin irritations, dilute Tea Tree oil and apply to your child's affected areas.



Vetiver

When your child is having a rough day, dilute Vetiver oil and apply to the child's neck and bottom of the feet to help promote calm feelings.



ZenGest™

Before flying or taking a road trip, add a drop of ZenGest™ oil to water for convenient support.



See individual labels for ingredients, cautions and instructions for use.

*To help prevent any sensitivity when bathing, always dilute essential oils before adding them to your bath water.

Helping Children Use Essential Oils

It's no secret children can be picky. Whether a child is particular about tastes, smells, or routines, this rigidity can make it difficult for them to enjoy the benefits of essential oils in the same way as adults. There are some fun ways to help your children to enjoy essential oils, no matter their personal preferences.



Cooking with essential oils

If a child is selective when it comes to taste, texture or smells, you can always add essential oils to their favourite foods, drinks, and treats to help them experience certain benefits. Essential oils can help to add flavour to beverages, baked goods, breakfast foods and more—and most of the time, they won't even notice the difference. Remember, essential oils are potent, so it doesn't take much to add a burst of flavour. You can use a toothpick to start and add more as you go.

Smoothies

For smoothies or slushies, you can simply add a drop of an essential oil that has been approved for internal use into a favourite blended beverage. Lemon and Tangerine are excellent additions to smoothies and add deliciously fresh flavours to yogurt as well.

Baked goods

Essential oils can help add extra flavour to a favourite cookie, brownie or bread recipe. Add Peppermint to your next batch of brownies, Lime to sugar cookies, or Rosemary to your homemade rolls.

Dips, salsas and sauces

You can easily add a drop of essential oil to hummus, salsa or a favourite dipping sauce for some extra flavour. Perfect to accompany an after-school snack! Cilantro, Black Pepper or Coriander each add a delicious twist, depending on the snack.



This recipe for black bean brownies with Peppermint oil is the perfect example of a fun way to use essential oils when cooking for or with children:

dōTERRA Peppermint Black Bean Brownies

Ingredients

1 (400 g) can black beans, drained and rinsed.
2 large eggs.
25 g cocoa powder.
225 g honey.
70 g coconut oil.
1/2 teaspoon baking powder.
Pinch of salt.
4 drops **Peppermint** essential oil.
120 g chocolate chips, divided.

Directions

1. Preheat oven to 175°C.
2. Place all ingredients, except for chocolate chips, in blender or food processor and blend until smooth.
3. Pour batter into large bowl and stir in 80 g chocolate chips.
4. Pour into greased 20x20 cm pan and top with 40 g chocolate chips.
5. Bake 30–35 minutes or until toothpick comes out clean.



For a simple, healthy breakfast, try making this Wild Tropical Fruit smoothie for your kids in the morning:

Wild Tropical Smoothie with Tangerine Oil

Ingredients

5 drops **Tangerine** oil.
145 g frozen strawberries.
165 g frozen mango.
375 ml pineapple juice.

Directions

1. Mix all ingredients in a blender.
2. Pour and enjoy.



Essential Oil DIYs

Another way to use essential oils with your children is by getting creative with essential oil do-it-yourself projects at home. You can use essential oils for crafts, to create aromatic jewellery, during bath time, and more.

These essential oil confetti bath bombs provide a fun way for your children to enjoy the benefits of essential oils during bath time:

dōTERRA Essential Oil Confetti Bath Bombs

Ingredients

180 g bicarbonate of soda.
60 g cornflour.
250 g citric acid.
120 ml **dōTERRA Fractionated Coconut Oil**.
10 drops of your essential oil of choice*.
Party sprinkles.
Food colouring.
Silicone mould.

Directions

1. Place citric acid, bicarbonate of soda, cornflour and Fractionated Coconut Oil into bowl. (Note: citric acid can be found in most supermarkets.)
2. Add your essential oil of choice. Oils like **Lavender, Clary Sage** and dōTERRA blends like **Citrus Bliss™** or **dōTERRA Serenity™** work well.
3. Mix well until soft dough is formed. It should have the consistency of mildly-damp sand and should hold together when pressed. If mixture is too wet, add bicarbonate of soda and cornflour.
4. Add food colouring and mix until colour is evenly distributed.
5. Press mixture firmly into silicone mould and sprinkle the top with your favourite party sprinkles. Let dry for 24 hours before removing from mould. (If you don't have a silicone mould, cupcake liners will also work).

And the bath bombs are ready to use! Simply drop in tub full of water and allow to dissolve completely.

*See individual labels for ingredients, cautions and instructions for use.



Make playtime even more fun with this essential oil play dough:

Essential Oil Play Dough

Ingredients

240 g flour.
250 ml coloured water.
270 g salt.
1 tablespoon olive oil.
1 teaspoon cream of tartar.
5 drops of your essential oil of choice.
Food colouring (optional).
Parchment paper.

Directions

1. Combine all ingredients, except for essential oils, in a large saucepan and stir until combined.
2. Once combined, put over medium heat. Using a spatula, continue to stir ingredients together until it forms a ball. (Note: don't overcook as it will lead to dry play dough.)
3. Remove from heat and cool on parchment paper.
4. Once cool, add five drops of your favourite essential oil, and if desired food colouring, and knead until thoroughly combined.

You're done! Store in an air-tight container in the fridge for months of fun.

See individual labels for ingredients, cautions and instructions for use.



Essential oils and pregnancy

People often ask, “Is it safe to use essential oils during pregnancy?”

While we rely on the history of safe use to decide which oils can be used during pregnancy, there are some important guidelines to consider before using oils during pregnancy. Due to the potent, powerful nature of essential oils, you should always consider your personal health status before using oils in any capacity—this is especially true during pregnancy.

Just as it is wise to modify essential oil use for children, modifications must be made when using essential oils during pregnancy, breastfeeding, or during other special circumstances.

Using essential oils during pregnancy and breastfeeding

Essential oils can help maintain a healthy bodily routine, soothe feelings of discomfort, and more. Due to their powerful benefits, essential oils are useful and effective during every phase of life—even during pregnancy. By following proper safety guidelines, you can feel confident in using essential oils during pregnancy.

During pregnancy, the body goes through a wide variety of changes. These changes often bring feelings of discomfort and sensitivity throughout the body.

While every pregnancy is a little different, the goal is to support the healthy, proper function of the entire body. Along with good nutrition and regular exercise, essential oils can be used during pregnancy to provide support.



Talk to Your Doctor

Even if you've used essential oils before without incident, you should still inform your doctor of any essential oils you plan to use during pregnancy and when breastfeeding. Your doctor knows you, your specific health concerns, and the status of your pregnancy, and therefore, should be aware of any and all essential oil products, including cosmetics and supplements, you plan to use during pregnancy.

As each pregnancy is different, your doctor is the best resource for making a treatment plan and determining which essential oils are best to use during pregnancy for each individual. Your doctor can give you a good idea of what to avoid during pregnancy, and any other safety measures you should take based on your personal health and the health of your growing baby.

Due to the ethical issue of testing expecting mothers and their fetuses, limited clinical studies address the safety of essential oils during pregnancy. However, we can rely on a history of safe use to determine which essential oils to use while pregnant.

Other safety guidelines

As mentioned, it is not uncommon for pregnant women to experience increased sensitivity to essential oils. You might consider adapting the amount of oil you use or application methods to help with any sensitivities that arise.

It is also important to remember that not all essential oils are created equal. It is crucial that you use pure essential oils during pregnancy—you will want oils that are free of adulteration or contamination. When used appropriately, such high-quality essential oils are a safe option during pregnancy.



Which essential oils are safe to use during pregnancy?

Once you've talked with your doctor, you can start to safely use essential oils during pregnancy. Here are a few ways that essential oils can be used:

Essential oils for occasional morning sickness

- **Peppermint*** and **Cardamom*** essential oils can alleviate occasional stomach discomfort when taken in Veggie Caps or added to water.
- **Spearmint*** essential oil offers many of the same benefits as Peppermint oil, but serves as a milder option to help with sensitivity or stomach upset that occurs during pregnancy.
- The **ZenGest™*** Supportive Blend combines Ginger, Peppermint, Caraway and Fennel essential oils and is beneficial for stomach discomfort.
- **DigestTab™*** Chewable Tablets are calcium carbonate tablets infused with the ZenGest blend that can be taken as needed or as a daily supplement.

Essential oils and massage for back discomfort

Massaging soothing essential oil blends on the lower back can be helpful when experiencing back discomfort. When discomfort in the legs or feet arise, rubbing the **AromaTouch™*** Massage Blend on the lower extremities can help these problem areas.

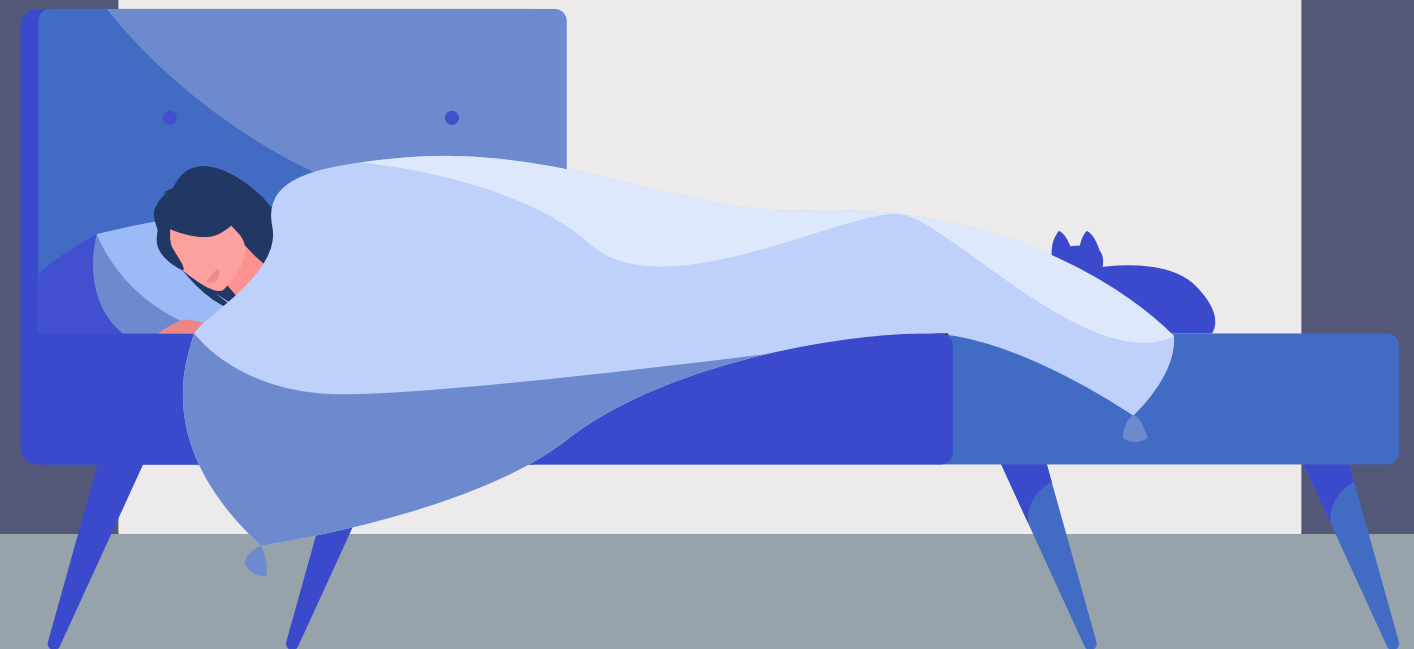


Essential oils for a better sleeping environment

Good sleep and rest are of paramount importance during pregnancy. Incorporating calming essential oils like **Roman Chamomile***, **Clary Sage***, **Lavender*** and **Sandalwood*** in your bedtime routine promotes feelings of calmness and can create an ideal atmosphere for achieving a good night of rest.

For restful sleep during pregnancy, try the following suggestions:

- Place a few drops of essential oil on your blankets or pillows at night.
- Add a few drops of essential oil to the outside fabric of a heating pad or wrap and place on the neck or back for warming comfort.
- Combine one to two drops of essential oil to a cup of hot water with honey for a relaxing tea to help you unwind at bedtime.*



Essential oils for healthy-looking skin

A pregnant woman's body is ever changing, and this includes changes in the skin. As the body works to keep up with a growing fetus, the skin can often become stretched and taut. Another challenge that many women experience during pregnancy is an increase in oil production of the skin. Thankfully, many essential oils can help to reduce the appearance of oily skin, reduce the appearance of blemishes, and beautify the skin.

Incorporate these oils into your skincare routine during pregnancy:

- **Frankincense***
- **Grapefruit***
- **Helichrysum***

Remember to avoid direct sunlight or UV rays for at least 12 hours after using citrus oils on the skin.

Using essential oils during labour and delivery

As essential oils promote an uplifting and calming environment, they can be extremely useful during labour and delivery. You can use them to create a more pleasant or positive experience.

- Use **Black Pepper*** and **Basil*** essential oil diluted with Fractionated Coconut Oil on the lower back to ease discomfort during labour.
- Combine **dōTERRA Balance™*** and **Wild Orange*** essential oil for an especially effective blend during delivery, as they can help create a grounded and positive atmosphere.
- Try using the **AromaTouch™*** blend topically for comforting and relaxing effects. This blend is especially helpful for soothing areas of tension when applied to the back and shoulders.
- **Clary Sage*** essential oil can be used to create a calming atmosphere, which is helpful for when contractions get intense. Consider blending Clary Sage with other calming essential oils like **Lavender*** or **Geranium***.



Is it safe to use essential oils when breastfeeding?

The body changes significantly during pregnancy, and these changes don't end with the birth of the baby. Your body will continue to change as you adapt to post-partum life. Just as you should discuss the use of essential oils with your doctor before using them while pregnant, you'll also want to consult with your physician when you begin nursing.

Your family doctor really is the best resource and source of advice when it comes to your body, your baby, and any special concerns you might have. Just as you would check with your doctor before using any new products when breastfeeding, it is important to discuss your essential oil use with your healthcare professional when you become a nursing mother.

Like pregnancy, breastfeeding places a lot of demands on a mother's body. When nursing, the goal is to maintain a strong and healthy body that will support a newborn. With the help of your doctor, you can use essential oils and related products that support the whole body and your overall wellness.



Help children enjoy the benefits of essential oils

Essential oils can be enjoyed by everyone. By adapting application methods and adhering to safety precautions, you can share your favourite products with children and watch them experience the benefits you love and rely on so much.

By educating yourself, you're preparing the way for you and children to have positive experiences with essential oils, now and in the future. Set an example of responsible, effective use in the home so kids can come to love and benefit from essential oils.





All information correct at time of production.