



got kids?  
**KID ESSENTIALS**

EO	USES
<b>Cedarwood</b>	respiratory balance and clarity, grounding, a key oil for combining as it melds and exemplifies other oils' qualities
<b>Citrus</b> Lemon, Sweet Orange, Grapefruit, Lime, Bergamot	happiness, energy, balance, calm, supports healthy respiratory clearing, digestion discomfort or irregularity <b>**Please note that some citrus oils are UV sensitive (phototoxic) so do not expose to sunlight for 24-48 hours after topical application.</b>
<b>Conifers</b> Pines, Spruces	respiratory health, sinuses irritation, joint and muscle discomfort
<b>Frankincense</b>	sinus irritation, nagging respiratory imbalance, focus, balance, supports respiratory health, supports healthy immune function
<b>German Chamomile</b>	peace of mind, discomfort in the jaw or teeth, respiratory spasms, skin dryness
<b>Ginger</b>	stomach imbalance, circulation (warmth), digestive balance
<b>Helichrysum</b>	relief from discomfort, restorative, eases the discomfort of bruising, supports healthy tissue restoration
<b>Lavender</b>	peaceful, promotes sleep, helps focus, seasonal irritation, supports health immune function
<b>Palmarosa</b>	supports the body's natural restoration, respiratory support, balancing, supports a healthy immune system, supports a balanced mind
<b>Roman Chamomile</b>	peaceful, digestive spasms, ear imbalances, bowel imbalance, pain relief due to jaw or teeth discomfort, muscle spasms
<b>Rosalina</b>	respiratory imbalance, aids in restorative sleep, supports healthy respiratory clearing
<b>Rose Otto</b>	seasonal irritations, skin imbalances, supports a healthy mind and self image
<b>Sandalwood</b>	balancing, throat chakra, quieting the mind, settling into sleep, respiratory imbalance, helps fight feelings of worry or edginess
<b>Spearmint</b>	supports healthy digestive and respiratory function, aids in motion aversions
<b>Tea Tree</b>	ear imbalance, throat chakra, skin imbalances, respiratory imbalance, supports a healthy immune system

*This is not an exhaustive list of oils that are safe but is a list of common "must haves for families". It is also not a complete list of areas these oils can be helpful but gives you ideas of their strengths. Oils on this list are safe for use to diffuse in a well ventilated space after 3 months of age for 30 minute periods and safe to begin topical diluted application of no more than 1% after 6 months of age. Many hydrosols can be found for these recommendations as well and are safe for application/use after 3 months of age.*

**Questions?** Contact Shannon Dennis

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