



got kids? KID ESSENTIALS

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