

OILS FOR babies + kids

DIFFUSER BLENDS

Sleep sweet

3 PEACE AND CALMING
2 LAVENDER

Bright eyed

4 GRAPEFRUIT
3 LEMON MYRTLE

Welcome home

4 GENTLE BABY
3 LEMON

calm baby

3 LAVENDER
3 BERGAMOT
2 GERANIUM

lullaby

4 FRANKINCENSE
2 CEDARWOOD
1 YLANG YLANG

Baby DIY + TIPS

calm baby balm

MELT ONE CUP ORGANIC COCONUT OIL AND ADD TEN DROPS LAVENDER. STIR TO COMBINE. LET HARDEN IN A CONTAINER. APPLY TO BOTTOMS OF FEET OR BACK AND BELLY AFTER BATH OR BEFORE BED.

thieves hand sanitizer

FOR GUESTS, SIBLINGS AND PARENTS.

teething

COPAIBA ON A CLEAN FINGER AND RUBBED DIRECTLY ON THE AFFECTED GUMS

teething roller

5 DROPS COPAIBA WITH A CARRIER OIL TO THE TOP. APPLY TO THE JAWLINE OR CHEEK.

immune support roller

3 DROPS GENTLE BABY AND FRANKINCENSE TOPPED WITH A CARRIER OIL. ROLL ON FEET IN THE MORNING BEFORE BOOTIES

seedlings wipes

- X DRYER SHEETS
- X BABIES BUMS
- X CLEAN ON THE GO
- X FREEZE AND USE FOR BOO BOOS
- X FREEZE AND USE FOR SENSITIVE
- X BREASTS DURING NURSING
- X WIPE DOWN KIDS TOYS.

*what to AVOID:

PEPPERMINT, WINTERGREEN, EUCALYPTUS, RAVEN.

nursing mama's

- X DIGIZE BLEND CONTAINS FENNEL WHICH HAS BEEN PROVEN TO INCREASE MILK SUPPLY
- X FROZEN SEEDLINGS WIPES FOR SENSITIVE BREASTS
- X JOY OIL: ROLL ONTO NECK AND WRISTS FOR EMOTIONAL SUPPORT WHILE BONDING
- X DEEP RELIEF ROLLER: ALONG ABDOMEN FOR CRAMPING

FOR CHILDREN AGED 4 AND UP, TOPICAL APPLICATION WITH DILUTION IS SUGGESTED. HEAVY DILUTION NEEDED FOR CHILDREN UNDER 4 TO PROTECT SENSITIVE SKIN. DISCONTINUE USE IF REACTION OCCURS.

THE SAFEST WAY TO USE ESSENTIAL OILS TOPICALLY WITH CHILDREN IS ON THE BOTTOMS OF THEIR FEET. THE BOTTOMS OF OUR FEET HAVE THICKER SKIN AND LARGER PORES.

DILUTION CHART

- X 6 MONTHS: 1 DROP OF ESSENTIAL OIL IN 1 TBS OF CARRIER OIL
- X 6MS-2 YEARS: DILUTE 4X WHAT THE LABEL RECOMMENDS
- X 2-5 YEARS: DILUTE 3X WHAT THE LABEL RECOMMENDS
- X 5-10 YEARS: DILUTE 2 X WHAT THE LABEL RECOMMENDS

nesting well