

**ESSENTIAL OILS - NEW BABIES** This is a list of general safe and unsafe oils for young ones.

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@DestressAndDetox

\*this is not an exhaustive list, please ask a Certified Aromatherapist if you have any questions or one isn't listed here, and beware of your own body's personal precautionary needs along with this list. (ie. allergies, epilepsy, etc.)

**Use With Caution/Ask a Cert. Aromatherapist**

<b>Do Not Use At Anytime</b>	<b>SAFE for new babies*</b>	<b>SAFE for toddlers</b>
Almond bitter	benzoin	<i>Most oils are safe however, you need</i>
basil	chamomile	<i>to follow the AVOID oils list to the left,</i>
birch	lavender	<i>any oils you do use be careful with ratio.</i>
boldo	myrtle	<i>When using oils for 1-5 yrs old</i>
bucho	orange, sweet	<i>their little bodies can only handle</i>
cade		<i>so much. Please note dilution</i>
calamus		<i>ratios underneath.</i>
camphor		<i>And always use them in carrier oils!</i>
camphor brown		
cedarwood		<i>Also the SAFE for new babies list</i>
cinnamon		<i>list to the left of course will be safe</i>
costus		<i>for toddlers too.</i>
elecampane		
eucalyptus globulus		<b>A coming workshop will include</b>
fennel		<b>best and fav oils for these ages</b>
geranium		<b>stay tuned for this class.</b>
hyssop		<b>With info for oils for runny noses,</b>
jasmine		<b>colds, fevers, flus, cradle cap, etc</b>
marjoram		
mugwort		
nutmeg		
oregano		
pennyroyal		
peppermint		
pine		
rose		
rosemary		
rue		
sage		
sassafras		
tansy		
tarragon		
thuja		
vanilla		
wintergreen		
wormwood		
vitex		

**Precautions Use:**

Use oils with caution. Do not use oils in bathwater unless you speak with a Cert. Aromatherapist on best procedure and which oils not to use.

Do not ingest oil, do not use straight or Neet, and only use with a Carrier Oil.

Do not use on premature infants.

Always start with the lower dilutions then increase if needed.

**\*SAFE DILUTION FOR CHILDREN:**

0.1-0.2% dilution in carrier oil, for up to 3 months old

0.25-0.5% dilution in carrier oil, for 3-24 months old

1-2% dilution in carrier oil, for 2 yrs-6 yrs old

1.5-3% dilution in carrier oil, for 6 yrs-15yrs old

**Notes:**

When in doubt, always ask. Consultations are available.

\*see also our other precautionary lists, sensitive skin needs, diseases and conditions etc.