



Essential Oil Protocols for Babies & Kids



Recommended dosage: Infants- 1 drop of oil to 10 drops of Fractionated Coconut Oil (1:10, or just touch the top of the lid and mix with coconut oil), 6-24mths ratio is about 1:8, 2-6yrs ratio is about 1:6 and 6-10yrs ratio is about 1:4. Blends are based on infant's dosage. Multiply ratios for older kids.

Bed Wetting/Toilet Training

Blend 5 drops of cypress, 4 drops of juniper berry, 3 drops of ylang ylang with 2 tsp of fractionated coconut oil (10mls) and apply on lower abdomen and reflex points on feet before bed or throughout the day when toilet training. Put 2 drops on pillow before sleeping.

Birth Support

Combine 10 drops of frankincense with 2 tsp of fractionated coconut oil (10ml) and apply on the head at birth to connect with father/spiritual father. Combine 10 drops of myrrh with 2 tsp of fractionated coconut oil (10ml) and apply on the umbilical cord twice a day for protection against germs and to connect with mother/mother earth. Combine 10 drops of Balance Grounding Blend with 2 tsp of fractionated coconut oil (10ml) and apply on the baby's feet for feelings of safety and calming when entering into this new world.

Cradle Cap

Combine 1 drop of geranium with 2 tsp of fractionated coconut oil (10ml) and apply on the head once a day.

Cough

Apply Easy Air (Breathe) Touch Respiratory Blend or Easy Air (Breathe) Vapour Stick over chest and back every 3-4 hours. Alternatively, blend 7 drops of lavender, 5 drops of spearmint and 5 drops of tea tree (melaleuca) with 2 tsp of fractionated coconut oil (10mls) and apply over chest and back every 3-4 hours.

Calming feelings of Stress/Anxiety

Diffuse oils such as lavender, roman camomile, balance (grounding blend), lavender peace (serenity), rose, neroli, jasmine or bergamot. Apply oils such as Calmer (Kid's Restful Blend), Steady (Kid's Grounding Blend), lavender touch, rose touch, neroli touch, or jasmine touch. Alternatively, you can dilute 20 drops of any oils above with 2 tsp of fractionated coconut oil (10mls) and apply onto the chest, the feet and tummy every few hours.

Ear aches

Combine 1 drop of tea tree (melaleuca), 1 drop of lavender, 1 drop of basil with 2 tsp of fractionated coconut oil (10ml) and put 1 drop onto a cotton ball and apply around the ear, the back of the ear and the reflex points on the feet, then hold the cotton over the outside of the ear canal (not inside). Never put oils inside the ear canal.

Easy Breathing (Respiratory Relief)

For clear noses and breathing, use Easy Air (Breathe) Touch or Vapour Stick, or 15 drops of Easy Air Blend mixed with 2 tsp of fractionated coconut oil (10ml), apply on chest and back every 2-4 hours. Alternatively, blend 7 drops of peppermint, 4 drops of siberian fir, 4 drops of basil with 2 tsp of fractionated coconut oil (10mls), apply on chest and back every 2-4 hours.

Encouraging/Empowering

Diffuse 4-6 drops of oils such as Brave (Courage blend), Motivate (encouraging blend), wild orange, citrus bliss, Cheer (uplifting blend), Elevation (joyful blend), melissa, ginger, manuka or litsea. Apply Motivate Touch on chest and wrists for encouragement. www.jamieta.com/empowering-blend/

Overheating

Blend 2 drop of peppermint and 2 drops of eucalyptus in 2 tsp of fractionated coconut oil (10ml) and massage on the forehead, neck, feet and back. Can use a wet cloth to wipe down or take a tepid bath.

Healthy, Clean, Focused Brains

Diffuse oils such as lemon, frankincense, peppermint, In Tune/Thinker (focus blend), rosemary, turmeric, copaiba, balance (grounding blend), or sandalwood. Apply Thinker (focus blend) on the neck and soles of the feet (massage into big toes) every few hours.

Additionally, blend 10 drops of cilantro, 10 drops of copaiba, 7 drops of rosemary with 2 tsp of fractionated coconut oil (10ml) and apply on the feet and big toes, 3 times a day. www.jamieta.com/healthy-brain





Immunity Blend and Invaders

Use On Guard Touch, Stronger (Kid's Protective Blend) or Frankincense Touch. Alternatively, blend 10 drops of on guard (protective blend), 5 drops of frankincense, 2 drops of lime and 1 drop of oregano with 10mls of fractionated coconut and apply on the feet and spine 2-4 times a day. www.jamieta.com/immunity-blend

Indigestion- Tummy Troubles

Use digestzen (digestive blend) Touch or 20 drops of digestzen oil with 2 tsp of fractionated coconut oil (10ml), apply on tummy and arch of feet every 2-3 hours. Alternatively, blend 8 drops of peppermint, 7 drops of basil, 6 drops of juniper berry with 2 tsp of fractionated coconut oil (10ml) and apply on tummy and arch of feet every 2-3 hours. www.jamieta.com/digestion

Motion/Travel Sickness or Vomiting

Diffuse peppermint and ginger in a travel/portable diffuser. Alternatively, blend 10 drops of peppermint, 10 drops of ginger with 2 tsp of fractionated coconut oil (10mls) or use Digestzen Touch and Steady (Kid's Grounding) and apply onto the ears, chest and tummy. www.jamieta.com/travelling

Over Attachment, Clingy Feelings

Diffuse a few drops of oils such as oregano, sandalwood, spikenard, cilantro or lemongrass. Or for fear of abandonment, diffuse oils such as frankincense, myrrh, marjoram, geranium or manuka.

Owie Blend (Minor Injuries)

(Such as for blisters, cuts, burns & bruises). Use Rescuer (Soothing Blend) or Combine 15 drops of lavender, 5 drops of tea tree (melaleuca), 3 drops of roman chamomile, 2 drops of helichrysum, 2 drops of rose with 2 tsp of fractionated coconut oil (10ml) and apply on location regularly.

Negative Grumpy Pants

Diffuse 4-6 drops of oils such as Steady, lemongrass, litsea, balance (grounding blend) purify (cleansing blend), forgive (renewing blend), lemon or zendocrine (detoxification blend). Use forgive touch roll-on on the chest or alternatively dilute any of the other oils they like the smell of, 1:10 with fractionated coconut oil.

Red Bottoms

Blend 4 drops of lavender, 4 drops of roman chamomile and 4 drops of tea tree (melaleuca) with 2 tsp of fractionated coconut oil (10ml) and apply on redness after every nappy/diaper change.

Seasonal Threats

Blend 3 drops of lavender, 3 drops of peppermint and 3 drop of lemon with 2 tsp of fractionated coconut oil (10mls) and apply directly on skin irritation, or on the soles of the feet and chest. *Avoid staying out in the sun after applying citrus oils.

Skin Irritations

Combine 6 drops of lavender, 4 drops of tea tree (melaleuca), 2 drops of helichrysum, 2 drops of juniper berry with 2 tsp of fractionated coconut oil (10mls) or use Stronger and apply on location every few hours. Avoid toxic chemicals in everyday products. See www.jamieta.com/itchy-skin

Sleep

Diffuse 4-6 drops of oils such as Calmer, lavender, lavender peace (serenity), balance (grounding blend), roman chamomile, wild orange or petitgrain. Use lavender touch roll-on or alternatively, blend 10 drops of lavender, 6 drop of juniper berry, 4 drops of vetiver with 2 tsp of fractionated coconut oil (10mls) and apply onto the tummy, feet and spine before bed. Having children on routines helps them sleep when tired, but not overtired (hyper-active & cranky). www.jamieta.com/save-our-sleep

Teething

Dilute 1 drop of tea tree to 10 drops of fractionated coconut oil or use a tiny amount of tea tree (melaleuca) touch and apply directly on sore gums every 2 hours. Blend 10 drops of tea tree, 5 drops of lavender, 5 drops of siberian fir with 2 tsp of fractionated coconut oil (10mls) and apply onto the jawline every 2 hours. www.jamieta.com/teething

Wake Up Happy

Diffuse 4-6 drops of peppermint and citrus bliss in the morning. Alternatively, diffuse other citrus oils such as wild orange, lemon, lime, grapefruit, bergamot or elevation (joyful blend), spearmint, melissa or motivate (encouraging blend). Apply Steady (Kid's Grounding Blend) on chest and feet.

White Tongue

Combine 12 drops of tea tree (melaleuca), 3 drops of lemon, 2 drops of oregano with 2 tsp of fractionated coconut oil (10mls) and apply on the soles of the feet every 3-4 hours for at least 2 months. This is an internal germs issue. Consider a kids cleanse: www.jadebalden.com/kidscleanse

Only pure, therapeutic grade essential oils should be used on children. **Citrus oils can cause photosensitivity so avoid staying out in the sun after applying on the skin. These statements have not been evaluated by the FDA or TGA. This information is not intended to diagnose, treat or cure any disease.

