

Essential Oils & Kids Safety Cheat Sheet



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- Essential Oils & Kids Safety Cheat Sheet -

Hey, Katie here!

As a mom of young kids, I know how important it is to keep your home safe. Using essential oils instead of toxic chemicals is one of the ways we can do this, but kids can be sensitive to essential oils and certain considerations need to be made while using them. In this cheat sheet, I'll share safety recommendations and recipes so you can use essential oils confidently with your kids.

- Things to Remember -

- Kids are more sensitive to essential oils than adults.
- Some essential oils are not safe to use with kids.
- Essential oils should only be used with a specific purpose in mind. Example: calming a child
- Overexposure or use of non kid-friendly essential oils can cause negative reactions to the oil. Negative reactions can include difficulty breathing or skin irritation.
- If an essential oil causes your child to have difficulty breathing, take him or her away from the diffuser to allow breathing to calm.
- If an essential oil causes skin irritation, wash the affected area with dish soap and apply a carrier oil or aloe vera gel.

- Diluting Essential Oils -

Essential oils should never be used directly on the skin. Instead they should be mixed with a carrier oil like almond oil, fractionated coconut oil, or olive oil. Here's a handy chart to help make dilution essential oils easy. For a printable version of this dilution chart go to google and search "Simply Earth Dilution Chart".



- 4 Kid-Safe Essential Oils -



Bumps & Boo-Boos Essential Oil Blend

- Calming aroma
- Supports the skin's natural healing properties



Tangerine Essential Oil Blend

- Uplifting and energizing aroma
- Supports immunity, skincare and digestion



Cedarwood Essential Oil

- Calming aroma
- Supports respiration, skin care, rest



Spearmint Essential Oil

- Energizing, fresh aroma
- Soothes digestion and feels cool on the skin

- Essential Oil Safety By Age -

Below is a table outlining the age group, oils, diffusing recommendations, and topical use practices considered safe for that age. All Simply Earth Essential Oils come with a child age safety recommendation listed on the bottle and product page for that oil under “details”.

| Age | Oils | Diffusing | Topical Use |
|---------|---|--------------------|----------------------------|
| Under 2 | none, use hydrosols and carrier oils instead | not recommended | not recommended |
| 2-5 | Child Safe 2+ Oils | 15 minutes or less | 0.5% dilution rate or less |
| 6-9 | Child Safe 2+ Oils | 15 minutes or less | 1% dilution rate or less |
| 10-11 | Child Safe 10+ Oils (all oils except Wintergreen and Birch) | 1 hour or less | 5% dilution rate or less |
| 12+ | All oils | 1 hour or less | 5% dilution rate or less |

- Kids Roll-On Kit -

Now you have an idea of how to use essential oils safely with kids... but it may still seem overwhelming. That's where our Kid's Roll-On Kit comes in! Roll-ons are a simple tool that kids can use to support their emotional and physical wellness.

This kit comes with 4-full size essential oils, six safe recipes, and all the things you need to make the recipes.



The recipes in the kit are formulated at a 1% dilution rate for children 5+. For children ages 2-5 you can adjust the recipes or use them only as needed. Using them only as needed will help prevent sensitization. If you want to use these roll-ons daily with kids ages 2-5, adjust them to a 0.5% dilution rate.



-Fun and Practical Ways to Use Essential Oils with Kids-

Emotional Health

- Diffuser
- Diffuser jewelry
- Aromatherapy Inhaler
- Bath salts or bath bomb
- Roll-ons
- Monster spray

Wellness

- Massage
- Steam
- Bath salts

Skincare

- Natural lotion base
- Lip balm
- Roll-on

Sensory Activities

- Steam
- Bath salts
- Scented bubbles
- Rainbow beans
- Slime
- Playdough
- Scented stress ball

-Essential Oil Recipes-

Details, video demonstrations, and more information on these recipes is available on our blog at blog.simplyearth.com. Recipes that are intended to be used topically are diluted at a 1% dilution rate.

Aromatherapy Inhaler

Ingredients

- Aromatherapy inhaler
- 5-10 drops child-safe essential oil

Instructions

Add 5-10 drops to the cotton insert inside an aromatherapy inhaler. To use, place the inhaler near your nose and inhale. Do not place the inhaler directly inside your nose.

Bath Salts

Ingredients

- 1 cup Epsom salts
- 1 Tbsp carrier oil
- 3 drops child-safe essential oil

Instructions

Mix the essential oil and carrier oil together. Add the oils to the Epsom salt and stir. Pour all ingredients into a bath.

Diffuser

Add 1-2 drops of any child safe oil to a diffuser and diffuse for 15 minutes.

Diffuser Jewelry

Add 1-2 drops of any child safe oil to diffuser jewelry. Allow it to dry and then wear. Refresh as needed.

Lip Balm

Ingredients

- 1 tsp Beeswax
- ½ Tbsp coconut oil (solid)
- 1 tsp carrier oil
- 3 drops child-safe essential oil
- 2 lip balm tubes

Instructions

Melt together the beeswax, coconut oil and carrier oil in a double boiler. Stir in the essential oil. Pour into lip balm tubes.

Massage Oil

Ingredients

- 1 Tbsp carrier oil
- 3 drops child-safe essential oil

Instructions

Mix together the carrier oil and essential oil. Massage oil onto neck, back, feet, or desired area.

Monster Spray (or Room Spray)

Ingredients

- 2 oz Lavender Hydrosol OR 2 oz distilled water + 10 drops child-safe essential oil
- 2 oz spray bottle

Instructions

Add all ingredients to a spray bottle. To use, shake and spray.

-Essential Oil Recipes-

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Playdough

Ingredients

- 2 cups flour
- 2 Tbsp vegetable oil
- ½ cup salt
- 1 ½ cups boiling water
- 5 drops child-safe essential oil
- Natural colorant or food coloring

Instructions

1. In a large bowl, mix together dry ingredients.
2. Add boiling water and stir until it forms a dough.
3. When mixed, allow to cool until it's safe to handle.
4. In a small bowl, mix together essential oils and vegetable oil and pour into dough.
5. Knead mixture until it becomes a workable dough. Add more flour if necessary.
6. Divide dough into different sections to color. Add coloring and knead into section of dough.
7. To use, play and create. Do not ingest. Store in an airtight container.

Rainbow Beans

Ingredients

- 2 lb bag Northern White Beans
- Natural colorant or food coloring
- ½ cup rubbing alcohol (divided)
- 2 ½ Tbsp carrier oil
- 6 drops child-safe essential oil
- 4 bags or sealable containers

Instructions

1. Divide beans into containers.
2. Add a color to each container.
3. Add 2 Tbsp rubbing alcohol to each container.
4. Seal the containers and shake to mix.
5. Mix together carrier oil and essential oil. Pour 2 tsp into each bag.
6. Pour beans onto a lined pan or counter top and allow them to dry completely.
7. To use, create designs, patterns, and pictures with beans or create a sensory bin.

Roll-Ons

Ingredients

- 2 drops child-safe essential oil
- 10 mL carrier oil
- 10 mL roll-on bottle

Instructions

Add all ingredients to roll-on bottle. Shake to mix. To use, apply to pulse points.

Scented Bubbles

Ingredients

- 1 ½ cups warm water
- ½ cup dish or liquid soap
- ¼ cup light corn syrup
- 5 drops child-safe essential oil

Instructions

1. In a jar, combine dish soap and essential oils. Stir to mix.
2. Add water and light corn syrup, stirring to mix.
3. To use, reuse a bubble wand or make your own to blow calming bubbles.

Scented Stress Ball

Ingredients

- Balloon
- Plastic water bottle or soda bottle
- Funnel
- 1 cup flour
- 10 drops child-safe essential oil

Instructions

1. Use a funnel to pour flour and essential oil into bottle. Shake to mix
2. Stretch the balloon by filling it with air and letting it deflate. Place the balloon on the end of the bottle. Squeeze mixture into balloon.
3. Pinch the end of the balloon and remove from bottle. With the balloon still pinched, carefully allow excess air to be released.
4. To use, tie balloon and squeeze.

-Essential Oil Recipes-

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Slime

Ingredients

- 2 cups warm water
- 1 Tbsp psyllium husk powder
- 1 tsp cornstarch
- Natural colorant or food coloring
- 2 drops child-safe essential oil
- 1 tsp carrier oil

Instructions

1. Add water to a medium-sized pot. Stir in psyllium husk powder and corn starch. Add food coloring or natural colorant (optional).
2. On medium-low heat, allow the water to boil for 8 minutes. Keep an eye on your pot as it may boil over.
3. Allow mixture to totally cool.
4. Mix together essential oil and carrier oil. Pour over mixture.
5. To use, remove from pan and play.

Steam

Ingredients

- Hot water
- 1 drop child safe-essential oil

Instructions

Add 1 drop of essential oil to a hot bowl of water. Breathe over the bowl of water. Tip: hold your hand over the bowl to test to make sure it won't be too hot before breathing it in.

- Simply Earth's Child-Safe Essential Oil Blends List -

Below is a list and suggested uses of Simply Earth's essential oil blends that are safe for kids ages 2+.

| Blend | Use | Blend | Use |
|------------------|--|----------------|-----------------------------|
| Bumps & Boo-Boos | supports the skin's natural healing properties | Homebody | calms |
| Candy Cane | holiday aroma | Ladies' Choice | soothes |
| Clean & Fresh | cleans | Lava | uplifts, energizes |
| Clear Skin | improves skin appearance | Sleepy | relaxes, calms |
| Fit | prevents emotional snacking | Sweet Dreams | relaxes, calms |
| Good Vibes | supports natural hormone production | Veins | improves appearance of skin |
| Head Soothing | soothes | Winter Spice | seasonal aroma |

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

- Simply Earth's Child-Safe Essential Oils List -

Below is a list and suggested uses of Simply Earth's essential oils that are safe for kids ages 2+.

| Oil | Use | Oil | Use |
|------------------|--|------------------|--|
| Amyris | calms, cleans, boosts immunity, skin care, soothes | Jasmine | uplifts, soothes, skincare, cleans |
| Baslam Fir | uplifts, refreshes, supports respiration, soothes | Juniper Berry | uplifts, deodorizes, soothes, stimulates, energizes |
| Bergamot | calms, refreshes, soothes, skincare | Lavender | calms, skincare, soothes, supports immunity |
| Black Pepper | warms, calms, boosts circulation | Lemon | energizes, cleans, cools, stimulates, uplifts |
| Blood Orange | uplifts, stimulates, cleans, soothes | Lemon Eucalyptus | calms, deodorizes, supports respiration |
| Cedarwood | calms, supports respiration, skincare, repels insects | Mandarin | uplifts, calms, cleans, soothes, skincare |
| German Chamomile | calms, soothes, skincare | Marjoram | warms, calms, supports respiration, soothes |
| Citronella | uplifts, calms, cleans, repels insects, eases itching | Neroli | calms, uplifts, skincare |
| Clary Sage | calms, supports hormonal production | Orange (Sweet) | uplifts, aids digestion, soothes, cleans |
| Copiaba | uplifts, calms, soothes, supports immunity | Palmarosa | calms, skincare, supports rest, soothes |
| Coriander | uplifts, stimulates, aids digestion, stimulates appetite | Patchouli | calms, skincare, repels insects |
| Cypress | calms, deodorizes, skincare, helps soothe grief | Pine (Scotch) | warms, calms, soothes, supports circulation |
| Fir Needle | calms, soothes, supports respiration, energizes | Sandalwood | uplifts, calms, cools, moisturizes |
| Frankincense | cleans, supports respiration, deodorizes, stimulates | Spearmint | uplifts, aids digestion, stimulates |
| Geranium | uplifts, skincare, calms | Tangerine | uplifts, stimulates, aids digestion, supports immunity |
| Grapefruit | uplifts, energizes, stimulates, skincare, cleans | Tea Tree | uplifts, skincare, cleans, supports respiration |
| Helichrysum | soothes, skincare, supports respiration | Vetiver | uplifts, calms, skincare, supports immunity |
| Ho Wood | calms, cools, supports immunity, soothes, stimulates | | |

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