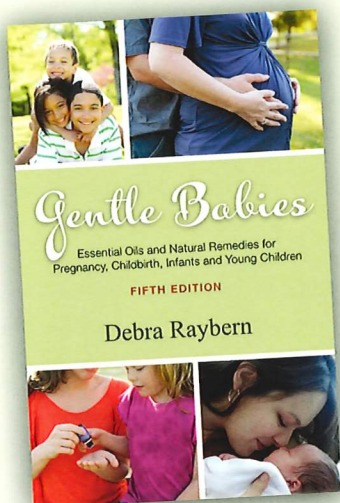


Gentle Babies

Quick Reference Guide to Essential Oils for
Pregnancy, Childbirth, Infants and Young Children



**Many more useful tips may be found in the book "Gentle Babies"
by Debra Raybern, N.D., M.H., C.N.C., I.C.A.**



A baby's skin is very delicate. When dilution is required, a 1:10 ratio or greater is a good rule to follow. One drop of essential oil and ten drops carrier oil such as extra virgin olive, almond oil or Young Living's V6 oil. Neat application means undiluted. If applying essential oils to baby's chest, cover baby's chest with a shirt. Cover feet with socks when oils are applied to the feet. Keep essential oils off baby's hands to avoid getting oils in the eye, which will sting. Strong smelling oils may not be well tolerated by some infants. Essential oils most commonly used with babies are: lavender, peppermint, Roman Chamomile, geranium, tangerine, grapefruit, Ravensara, lemon, orange, eucalyptus, rose, frankincense, marjoram, cedarwood, jasmine, Melaleuca alternifolia, sandalwood, thyme, ginger, cypress and fennel. For safety reasons, we only recommend using Young Living Therapeutic Grade™ essential oils.

Infants and Children Under One Year Old

COLDS: Diffuse Thieves®, Purification®, RC™, rosemary, myrtle or Melaleuca. These oils may be applied to the chest diluted, or to the bottom of the feet neat.

COLIC: Roman Chamomile—Place one drop in bowl of warm water, wet a washcloth, wring and lay over baby's belly. DiGize™ or dill—Place one drop in one tablespoon of a carrier oil and rub on the middle of the baby's back in circular, clockwise motions, over the abdomen and bottom of feet. Repeat as needed.

CONGESTION: Eucalyptus globulus, Eucalyptus radiata, or myrtle—Diffuse all to decongest. Refer to COLDS.

CONSTIPATION: Peppermint, fennel or DiGize™—For babies and children, dilute one or two drops and apply to the abdomen and rub in circular, clockwise motions. Apply neat to bottom of the feet in the center and heel area.

COUGHS: Lemon & Purification®—Diffuse several drops 15 to 20 minutes in the bedroom before bedtime. Melaleuca, lavender, Melrose™ or Peace & Calming® diluted 1:10 ratio applied to the chest and upper back.

CRADLE CAP: Lavender, Melrose™—Dilute or use neat on affected area. KidScents® Tender Tush ointment may also be used.

DIAPER RASH: Gentle Baby™ oil diluted 1 drop in a 1/2 teaspoon V6 or KidScents® Tender Tush ointment applied to area.

DIARRHEA: Lavender, geranium, ledum or Roman Chamomile—Apply one drop of selected oil over abdomen.

EAR INFECTIONS: Melrose™, lavender—Dilute 1:10 and apply one or two drops around on the outer ear, down the neck and on the feet several times daily.

FEVER: Peppermint—Diluted or neat and apply to the navel. Lavender or Thieves®—Apply 1 or 2 drops to the bottom of the feet.

FUSSY BABY—Peace & Calming®, lavender, Stress Away™, Joy™—Diffuse, place a drop on baby's clothing or on mom's neck for baby to smell.

TEETHING: Dilute 1 drop clove oil 1:30 ratio and apply a scant amount over tooth. PanAway® or lavender diluted 1:10 applied along jaw line.

Pregnancy & New Mom

During this very special time in a woman's life, many will opt to use natural remedies for symptoms associated with pregnancy. While essential oils have been used safely for centuries, please seek the advise of your doctor, midwife, doula or other qualified healthcare provider before using unfamiliar products during pregnancy.

FATIGUE: NingXia Red® fruit infusion drink, 1-2 ounces daily; Master Formula HERS Vitamins™, Multigreens™. One to two drops peppermint oil on back of neck.

MORNING SICKNESS: One drop of peppermint oil dropped into the hands, rub together and then smell. Progescence™ Plus Serum used as directed by caregiver. Moms with hyperemesis may benefit from taking Young Living's PD 80/20. Contact care giver.

LACTATION: Fennel to increase. Apply one drop on breasts, may also take 1 drop orally.

MASTITIS: Warm compress over Melrose™, Melaleuca or lavender applied to nipple.

MUSCLE ACHES:

Lavender, marjoram, frankincense, Deep Relief or PanAway® applied to the area of concern. May dilute with carrier oil if skin is sensitive.

PREMATURE LABOR: Lavender and Peace & Calming®, 1-2 drops massaged over belly. Seek professional assistance.

UMBILICAL CORD: Myrrh or frankincense—Dilute with carrier oil or apply neat to the end of umbilical cord for better healing until it falls off, generally in one week.



Essential Oil Remedies for Young Children

BUG BITES: Apply Purification® neat to the bite. As a repellent, mix 10 drops each Purification® and peppermint with 2 ounces of distilled water in a spray bottle. Spray skin and clothing as often as needed. An open bottle of Purification® on a picnic table keeps most insects away.

BURNS: Lavender applied neat to the area. Lavaderm Cooling Mist may be sprayed on a sunburn.

CUTS & SCRAPES: Lavender, Melaleuca or Melrose™ a few drops applied to the area.

COLDS & FLU: Thieves®, thyme or oregano on bottom of feet several times during the day. Many moms will give ailing children a Raindrop Technique. *Instructions are in the Essential Oils Reference Book, and on the DVD—Raindrop Technique by David Stewart, PhD (www.raindropttraining.com/resources)*

DIGESTIVE UPSET: DiGize™, fennel, lavender massaged over abdomen and on bottom of feet.

MUSCLE ACHES, GROWING PAINS: PanAway®, lavender, Deep Relief, Aroma Seiz™ or Idaho Balsam Fir applied topically over area of discomfort. May dilute for sensitive skin.

SKIN RASH: Lavender Lotion after bathing. Remove household chemical cleaning products from home and replace bath and body products with products from Young Living.

SORE THROATS: Frankincense, lavender, Palo Santo, myrrh applied to the throat; dilute for sensitive skin. Gargle with Thieves® Mouthwash, use Thieves® Lozenges for temporary relief.



For more information, contact:


Essential Health
Theresa A Nelson LMT
11514 Canover Rd
Ph 937.564.7424 Versailles Oh 45380

Gentle Babies book, e-book and other related resources available at GrowingHealthyHomes.com.


growing
HEALTHY
HOMES