

Mindfulness & Essential Oils

for children

Are essential oils safe for children?

Yes.

CPTG Certified Pure Therapeutic Grade®



1

HISTORIC USE

Essential oils & plant parts have been used for centuries to promote wellness. They are a tried & trusted solution for many of life's everyday problems. Egypt, China & Rome are some of the best known countries that made use of essential oils in history.

2

ALREADY USING

Essential oils are often used in foods, perfumes, cleaning agents, soaps, candles, & skincare products to add fragrance & flavour. The benefit of using pure essential oils on their own is that you avoid harmful toxins & chemicals that are often added to household products.

3

100% PURE

Not all essential oils are created equal. dōTERRA® essential oils are put through rigorous testing. The plants are farmed where they grow best in their natural habitat. This is vital when you desire the incredible therapeutic benefit these oils offer.

How can essential oils help me and my child?

- Proactively manage emotions.
- Be prepared to respond.
- Create healthy habits.

Blend Ideas

Slow Down

ground the mind and body and create peace.

Balance and Vetiver

Start the day right

feel energised, focused and uplifted.

Frankincense, Peppermint & Wild Orange

Breathe Deep

give your mind a break when it's time to stop

Wild Orange, Petitgrain/Lavender & Coriander.

Mind Clear

declutter your mind & find clarity

Peppermint, Lavender & Lemon

Real Calm

take time out & feel serene

Lavender, Bergamot & Patchouli.

10ml Roller:
Newborn 1 drop
Baby 1-2 drops
Child 1-4 years 2-3 drops
Child 5-12 years 2-4 drops
Child 12 years+ 3-6 drops





Emotional blends.

dōTERRA has combined single oils to create blends for various emotions.

Cheer - Promotes feelings of **optimism**, **cheerfulness** and **happiness**. Reduces negative emotions of feeling down, blue or low.

Passion - Supports feelings of **excitement**, **passion** and **joy**. Reduces negative feelings of boredom and disinterest.

Console - Promotes feelings of **comfort** and **hope**. Reduces negative emotions of grief, sadness, and hopelessness.

Peace - Promotes feelings of **peace**, **reassurance**, and **contentment**. Reduces anxious feelings and fearful emotions.

Forgive - Promotes feelings of **contentment**, **relief** and **patience**. Reduces negative emotions of anger and guilt.

Motivate - Promotes feelings of **confidence**, **courage** and **belief**. Reduces negative emotions of doubt, pessimism and cynicism.

Rules for using essential oils with children.

1. Always supervise children when using essential oils.
2. Dilute essential oils with a carrier oil when using them on children to reduce the risk for sensitivity.
3. Avoid sensitive areas during application.
4. Beware of sunlight exposure that can lead to sensitivity (particularly with certain citrus oils).
5. Always store essential oils in a safe place, out of the reach of children.
6. Consult with your child's physician.



BEST EVER CALMING PLAY DOUGH

- * 2 cups plain flour (all purpose) * 2 tbsp vegetable oil (coconut oil melted works too)
- * 1/2 cup salt * 2 tbsp cream of tartar
- * 1 to 1.5 cups boiling water (adding in increments until it feels just right) * gel food colouring (optional)
- * A few drops glycerine (a secret ingredient for stretch and shine!)
- * A few drops of your favourite essential oil. I recommend Wild Orange, Citrus Bliss, Serenity or Peace.