



# Using Essential Oils With Children

**“ Remember that blends, because of the smaller percentage of stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children.”**

~Alexandria Brighton

## Safety Group #1

Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.

Chamomile, roman (*Anthemis nobilis*), Dill Weed (*Anethum graveolens*), Eucalyptus Radiata (*Eucalyptus radiata*), Lavender, fine (*Lavandula angustifolia*), Lavender, vera (*Lavandula angustifolia*), Mandarin, red (*Citrus reticulata var deliciosa*), Mandarin, green (*Citrus reticulata var deliciosa*), Neroli (*Citrus aurantium var, amara*), Niaouli (*Melaleuca quinquenervia bs. viridiflora*), Petitgrain (*Citrus aurantium*), Ravintsara (*Cinnamomum Camphora ct. 1,8 cineole*), Rose (*Rosa damascena*), Spearmint (*Mentha spicata*), Tangerine (*Citrus reticulata*), Tea Tree (*Melaleuca alternifolia*), and Ylang Ylang Complete (*Cananga odorata*)

### Topical

Infant to 3 months - 1 drop in 10 ml carrier oil  
3 months to 3 years - 2 drops in 10 ml carrier oil  
3 to 5 years - 3 drops in 10 ml carrier oil  
5 to 10 years - 6 drops in 10 ml carrier oil  
Pregnancy - safe when used as directed

### Bath

Infant to 3 months - not recommended  
3 months to 3 years - 1 drop in 1 tablespoon of Baby Bliss Shampoo  
3 to 5 years - 3 drops in ¼ cup Pink Himalayan Salt  
5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality  
Pregnancy - safe when used as directed

## Safety Group #2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.

Bergamot (*Citrus bergamia*), Black Pepper (*Piper nigrum*), Chamomile, german (*Matricaria chamomilla*), Clary Sage (*Salvia sclarea*), Clove Bud (*Eugenia caryophyllata*), Coriander Seed (*Coriandrum sativum*), Cypress (*Cupressus sempervirens*), Fennel, sweet (*Foeniculum vulgare*), Frankincense (*Boswellia carteri*), Geranium, rose (*Pelargonium graveolens*), Ginger Root (*Zingiber officinale*), Grapefruit, pink (*Citrus paradisi*), Jasmine (*Jasminum grandiflorum*), Lemon (*Citrus limonum*), Lemongrass (*Cymbopogon citratus*), Lime (*Citrus aurantifolia*), Marjoram, sweet (*Origanum marjorana*), Myrtle, green (*Myrtus communis*), Orange, sweet (*Citrus sinensis*), Palmarosa (*Cymbopogon martinii*), Patchouli (*Pogostemon cablin*), Peppermint (*Mentha piperita*), Rosemary ct. 1,8 cineole (*Rosemarinus officinalis ct. cineole*), Rosemary ct. verbenone (*Rosemarinus officinalis ct. verbenone*), Sandalwood (*Santalum album*), and Thyme ct. linalool (*Thymus vulgaris ct. linalool*)

### Topical

Infant to 3 months - not recommended  
3 months to 3 years - not recommended  
3 to 5 years - 3 drops in 10 ml carrier oil  
5 to 10 years - 6 drops in 10 ml carrier oil  
Pregnancy - safe when used as directed starting in the 2<sup>nd</sup> trimester at a 3% dilution (15 drops per 1 ounce)

### Bath

Infant to 3 months - not recommended  
3 months to 3 years - not recommended  
3 years to 5 years - 3 drops in ¼ cup Pink Himalayan Salt  
5 to 10 years - 6 drops in ¼ cup Pink Himalayan salt or Clay Vitality  
Pregnancy - safe when used as directed starting in the 2<sup>nd</sup> trimester

## Safety Group #3

Never recommended for children or while pregnant or nursing when used as a single oil.

However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

Basil, sweet (*Ocimum basilicum*), Bay Laurel (*Laurus nobilis*), Cardamom (*Elettaria cardamomum*), Carrot Seed (*Daucus carota*), Cedarwood, atlas (*Cedrus atlantica*), Cistus (*Cistus ladaniferus*), Elemi (*Canarium luzonicum*), Eucalyptus Citriodora (*Eucalyptus citriodora*), Fir, balsam (*Abies balsamea*), Galbanum (*Ferula galbaniflua*), Helichrysum (*Helichrysum italicum*), Juniper Berry (*Juniperus communis*), Lavender, spike (*Lavandula latifolia*), Melissa (*Melissa officinalis*), Myrrh (*Commiphora myrrha*), Pine, scotch (*Pinus sylvestris*), Rosewood (*Aniba rosaeodora*), Spikenard (*Nardostachys jatamansi*), Spruce, black (*Picea mariana*), and Vetiver (*Vetiveria zizanioides*)

## Safety Group #4

Never recommended for children or while pregnant or nursing.

Angelica Root (*Angelica archangelica*), Basil, holy (*Ocimum sanctum*), Birch (*Betula lenta*), Cassia (*Cinnamomum cassia*), Celery Seed (*Apium graveolens*), Cilantro (*Coriandrum sativum*), Cinnamon Bark (*Cinnamomum zeylanicum*), Eucalyptus Globulus (*Eucalyptus globulus*), Fir, white (*Abies alba*), Nutmeg (*Myristica fragrans*), Oregano (*Origanum vulgare*), Sage (*Salvia officinalis*), Tarragon (*Artemisia dracunculus*), Thyme thymol (*Thymus vulgaris ct. thymol*), Wintergreen (*Gaultheria fragrantissima*)

## Bath

In the wonderful book *The World of Aromatherapy* by Jeanne Rose and Susan Earle, there is a chapter titled ‘Bathing in The Souls of Flowers’ by Barbara Bobo. What a wonderful way to experience Aromatherapy and the use of Essential Oils!

Fill the bath tub and add Essential Oil into a bath salt or shower gel adhering to the safety guidelines on the left. Not only is this a very relaxing experience, but it can relieve aches and pains and is good for the skin.

**Note:** Do not add Essential Oils to a bath without a dispersing agent such as a bath salt.

## Compress

You can use a hot compress in cases of muscle aches and pains or bruises. You could also use it for eczema or psoriasis along with Dead Sea Salt, which is also very good for skin disorders.

Fill a large jar with water as hot as you or your child can tolerate, using the topical application amounts suggested in the Safety Groups, add selected Essential Oil and a tablespoon of bath salt or Clay Vitality, put the lid on jar, and shake well to disperse the oil. Pour the hot water into a large bowl and soak a cotton cloth or cloth diaper in the water, wring it out, and lay it over the area to be treated. Wrap with plastic wrap and a warm towel. This will help to keep your compress warm. When cool, redo the compress following same procedure.

For swelling and inflammation, insect bites, or sprains with swelling, you can make a cold compress using the directions above, only using cold water with ice added. Once it is wrapped in plastic wrap, add an ice pack.

**Example:** If your child is 6 years old, you would select one of the oils from Safety Group #1, #2, or #3 and add 6 drops to a tablespoon of bath salt or Clay Vitality as detailed above.

## Inhalation Through Diffusion

Inhalation through diffusion is one of the fastest and most effective ways of receiving benefits from Essential Oils.

Essential Oils have been tested and found effective for their airborne antiseptic activity, especially those that contain Monoterpenes. They would be our first choice to disinfect and purify the air in the event of a bacterial contamination. Facilities such as daycares, schools, hospitals, and nursing homes, as well as our personal homes, would benefit greatly from equipping themselves with diffusers and high quality Essential Oils during the annual cold and flu season.

Diffuse in a cool mist Essential Oil diffuser for 15 minutes per hour adhering to the topical Safety Group recommendations on the left for age and selected oil.

**Example:** If your child is 2 years old, you would select one of the oils from Safety Group #1 and diffuse 2 drops for 15 minutes per hour.

## Misting Spray

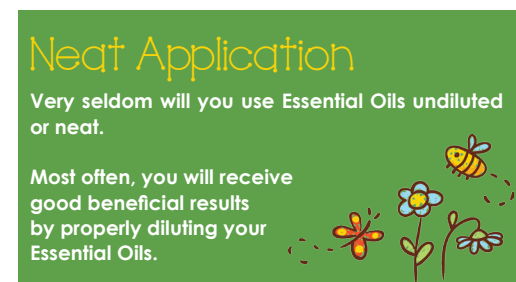
You can make up a mister bottle of Essential Oils to spray into the home or office environment or around the head and shoulders to refresh yourself.

Fill a 2 ounce blue cobalt glass or PET spray bottle half full of distilled water, using the topical application amounts suggested in the Safety Groups add selected Essential Oil, put the lid on and shake well. Finish filling the bottle with distilled water, recap, and shake again. May be sprayed into a room as an environmental fragrance, or sprayed around your head (**Caution:** keep eyes closed to avoid getting Essential Oil into the eyes) as a refreshing pick-me-up. Shake well before each use.

**Example:** If your child is 1 year old, you would select one of the oils from Safety Group #1 and add 2 drops per 2 ounces of distilled water.

## Topical

The most popular way of benefiting from Essential Oils by way of the skin is massage. This is a most pleasant way to receive the effects of Aromatherapy, and one children find most enjoyable.



When using massage with young children, first always make sure the Essential Oil you are using is safe for children and then always dilute the Essential Oils into a carrier oil, adhering to the safety guidelines on the left.

A foot or back massage is a good way to help a child or an adult unwind after an active day and prepare them for sleep. It is also a good home remedy for aching muscles when you have been overactive or to aid your child while participating in school sports programs.

## CALMING BATH BLEND



- 2 drops Lavender, fine
- 2 drops Mandarin, red
- 1 drop Geranium, rose
- 1 teaspoon Baby Bliss Shampoo

Mix Essential Oils and Shampoo & Body Wash together and then swirl the mixture into the water. Be careful not to get water in eyes.

## Blending Tip



This recipe contains Rose Geranium, which is an oil listed under Safety Group #2. This blend can only be used for ages 3 & up.

## EXAM STRESS BLEND

- 1 drop Thyme ct. linalool
- 1 drop Ravintsara
- 2 drops Lavender, fine
- 10 ml Grape Seed Oil



Mix well and store in a cobalt glass bottle with orifice reducing lid. Massage into neck, back, and shoulders to reduce stress and help focus.

## CUTS & SCRAPES CLEANSING BLEND

- 10 drops Lavender, fine
- 10 drops Niaouli
- 5 drops Ravintsara
- 5 drops Thyme ct. linalool
- 5 drops Eucalyptus radiata
- 4 ounces Distilled Water

Mix in cobalt blue glass or PET bottle. Label. Shake well before using. Spray onto wound or cut, allow to air dry, use a bandage when appropriate. Store in a dark, cool place.

## SLEEP DIFFICULTY BLEND

- 20 drops Lavender, fine
- 10 drops Mandarin, red

Mix in cobalt blue glass bottle with orifice reducer; label.

## DIAPER RASH BLEND

- 6 drops Lavender, fine
- 4 drops Niaouli
- 2 drops Ravintsara
- 1 ounce Grape Seed Oil



Mix in cobalt blue glass or PET bottle. Label. Shake well before using. Apply with cotton ball to the affected area. Repeat with diaper change as needed. Can also be used for Balanitis.

## Did you know...?

Even newborns can enjoy the benefits of Lavender, fine; Lavender, vera; Niaouli, Ravintsara, and Rose Essential Oils when applied neat to the soles of the feet.



## KIDS' HEALTH & WELLNESS BLENDS

- After-Bite
- Breathe Relief
- Bug ProTech
- Burn Care
- Dygest Relief
- Ear Relief
- Eczema Relief For Kids
- Focus For Kids
- Lavender Frankincense
- Lavender Ice For Kids & Elderly
- Respi Relief For Kids
- TLC All-Purpose Ointment
- Tooth Relief For Kids
- Toxbgone For Kids
- Tri Remedy For Kids
- Vitality For Kids
- Wellness For Kids & Elderly



## STOMACH ACHE, NAUSEA & COLIC BLEND

- 2 drops Lavender, fine
- 1 drop Ginger Root
- 1 drop Mandarin, red
- 1 drop Dill Weed
- ½ ounce Grape Seed Oil (1 ounce under 1 year old)

Mix in cobalt blue glass or PET bottle. Label. Shake well before using. Massage the abdomen in a clockwise circular motion. Can also be applied to the stomach and intestinal reflex points on the foot, using 2 to 4 drops for each foot.

## AFTER SUN BLEND

- 10 drops Lavender, fine
- 5 drops Geranium, rose
- 1 ounce Grape Seed carrier oil



Mix oils together in cobalt blue glass or PET bottle. Label. Shake well before using. Use as a lotion for after sun exposure.



# Safety Guidelines

If you or a member of your family becomes ill, do not diagnose or treat yourself; get proper medical treatment from a qualified health care provider. Then you may proceed with complimentary aromatherapy to help you or your family member.

Essential Oils are very powerful, highly concentrated, and should only be used in very small amounts. The suggestions in this information are for general use; if you are undecided as to which Essential Oil to use, consult a qualified aromatherapist.

Before using an Essential Oil, become familiar with its properties, methods of application, toxicity, precautions, and contraindications; these will be found on the datasheet for each single oil or blend. Remember, Aromatherapy is not to be used to replace proper medical care.

## General Cautions

- For best results and optimal safety, always refer to General and Reasonable Cautions before using suggested Essential Oils, especially when using with children, the elderly, those with debilitating disease, and women who are pregnant or nursing.
- Keep Essential Oils out of reach of children and pets.
- Use Essential Oils as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store Essential Oils away from sunlight, at room temperature, with lid securely tightened.
- Should Essential Oil get into the eyes, wash it out with whole milk or vegetable oil to dilute before seeking medical advice.
- Use only high quality Essential Oils identified by the botanical name and chemical variety (ct chemo-type) of the oil where appropriate.

**Example:** *Thymus vulgaris* is the botanical name for Thyme. There are two different chemo-types of Thyme commonly sold. Thyme ct. thymol contains phenols, is an irritant to the skin, and large amounts are liver toxic, which makes it inappropriate for children, the elderly, or those who have liver diseases. The other is Thyme ct. linalool, which is non-toxic, non-irritating, and is very useful for children.

## Dermal Irritation

- If a person is subject to allergies, patch testing is advisable. Should an irritation occur, apply carrier oil to the area to dilute the Essential Oil and stop the irritation. Do not wash the area as water will enhance the irritation.
- Follow Safety Group recommendations regarding application and dilution for topical use in children.

## Internal Use

- Never take Essential Oils by mouth unless under the guidance of a suitably qualified practitioner, working in cooperation with your doctor.

## Nasal Application

- The mucus membranes of the nasal passages are known to readily absorb whatever is placed inside, such as the nasal sprays used to administer certain prescription medications. Care must be taken when using this method of application with Essential Oils.
- Serious though non-fatal toxicity in children has been reported when applying or injecting Peppermint or Eucalyptus Globulus inside the nose.
- Reputable aromatherapists recommend against instilling Essential Oils into the noses of children under age of six.

## Poisoning

- Even a 5 ml bottle can contain enough Essential Oil for a lethal dose of poison if a child were to accidentally drink the entire bottle. Remember, when plants are distilled the resulting oil is 100 times more concentrated than the plant material.

## Birch & Wintergreen Cautions

Both Birch and Wintergreen Essential Oils contain methyl salicylate, the main ingredient in aspirin. Birch and Wintergreen are among the only plants in the world that naturally contain methyl salicylate. Thirty milliliters (about 1 fluid ounce) of Wintergreen Essential Oil is equivalent to about 171 adult aspirin tablets. Extreme caution should be utilized when using Birch or Wintergreen Essential Oils to avoid potential methyl salicylate toxicity.

- Topically applied Birch oil and Wintergreen Oil, which are both high in methyl salicylate, can potentiate the anticoagulant effect of anticoagulant drugs.
- Contraindicated for those facing major surgery, hemophilia, or other bleeding disorders.
- Not recommended during pregnancy, while breastfeeding, for young children, or for those with methyl salicylate (aspirin) sensitivity.

## Oregano & Thyme ct. thymol Cautions

- Oregano and Thyme ct. thymol are both high in phenols (Carvacrol and Thymol); large doses or prolonged use are toxic to the liver.
- Not recommended for use with children under 12 years of age, the very elderly, or those who have had hepatitis or other liver damaging diseases.
- Phenols are skin and mucus membrane irritants. Dilute to 1% and patch test before use on skin to avoid possible irritation.
- Do not take internally unless under the care of a professionally trained aromatherapist.
- Oregano Oil inhibits platelet aggregation and may potentiate anticoagulant medications.
- Oregano was also found to potentiate diabetic medication.
- Contraindicated during pregnancy, while breastfeeding, and for small children.

## Peppermint Cautions

- Do not use Peppermint Essential Oil on children under 30 months of age. The menthol can, in rare cases, cause a breathing spasm and cut off the air supply. Also not recommended for those who are suffering from atrial fibrillation for the same reason.
- If you are taking homeopathic remedies, all Essential Oil treatments must be given at least one hour apart to prevent interference. When using Peppermint, homeopathic and Essential Oil treatments should be spaced at least two to three hours apart.

**Caution:** Peppermint stays on your fingers long after you have washed your hands and you could rub it into your eyes. Always apply Essential Oil with the little finger as it is least likely to get into your eye.

## DISCLAIMER

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes, particularly if pregnant or nursing.

## QUALITY ASSURANCE

All ingredients from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

©2012 Alexandria Brighton,  
Brighton Institute of Botanical Studies  
v5.25.16



## RECIPES FROM THE STILLROOM

The Stillroom is a reference to days of old when one of a family's most valued treasures was the natural, chemical-free ingredients found in their Stillroom.

The Stillroom was perhaps the most important room in a home; especially in the more wealthy homes.

Valued above all else were the healing Essential Oils that were used in timeless recipes to assist with ailments of all kinds.

Today, with the increasing interest in Essential Oils and other natural forms of health and home care, the arts of the Stillroom are again gaining recognition.

Join the many who have gone before you, feeling the connection with those who have preserved the traditions, celebrations, and warm family memories of the Stillroom.

## NEWBORN COLDS, FLU & PNEUMONIA

- 1 drop Ravintsara

Apply to the sole of each foot over the lung reflex points, pad of foot, and beneath toes. Apply 1 to 3 times, daily, for up to 4 days.



May also diffuse Ravintsara for 15 minutes to kill germs brought into the home by visitors.



# The Aromatic Child



**The central premise of all alternative therapies, including Aromatherapy, is the belief that to heal and maintain health, we must treat the whole – mind, emotion, body, and spirit. In Aromatherapy, we use the natural chemical compounds found in Essential Oils to activate the body's own healing mechanism. Unlike drugs, Essential Oils are complete, complex biological entities recognized by the body. This is the reason they have holistic healing benefits.**

## THERAPEUTIC

The chemistry of an Essential Oil is extremely complex. A typical Essential Oil will have 100 or more different constituents containing an elaborate mixture of chemical compounds such as alcohols, aldehydes, esters, ketones, lactones, phenols, terpenes, and sesquiterpenes.

It is this unique and complex combination of chemical compounds that determines if an oil is therapeutic or not.

The power of living plants (Herbs and Essential Oils) lies in the combination of their compounds, and the trace constituents are as important as the main compounds. In fact, it seems to be that the minor constituents have a synergistic (controlling and strengthening) effect on the main compounds.

Many of these trace elements enable the herbs or oils to assist the body more efficiently and without the nasty side effects experienced when using the synthetic reconstructions (drugs or oils) that do not contain the trace elements.

Alexandria Brighton, exclusive purveyor and formulator for goDésana Organics, is a French Medical Aromatherapist with a deep understanding of the therapeutic quality and complex relationship of the main and trace chemical compounds found in each Essential Oil.

Alexandria Brighton is not only the master blender of goDésana Organics blends, she is also the proprietress and gatekeeper for the quality and efficacy of each oil and blend. Her decades of training, experience, understanding, and learning have uniquely qualified her in this field where precious few are able to understand the intricate combination of compounds needed for truly therapeutic end-results.



461 E Pike Street • Morrow, OH 45152 • (614) 948.4409 • [www.goDesanaOrganics.com](http://www.goDesanaOrganics.com)

## PURE

Some companies reprocess Essential Oils in order to make them meet a specific aroma 'profile'. To achieve this, synthetic chemicals are added to the Essential Oil, and often certain desirable constituents are removed, affecting the complex relationship of the individual compounds, and thus affecting the therapeutic properties.

All ingredients from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible.

Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

## Too Young & Too Many Pills

- More than 20% of kids in U.S. households take prescriptions on a regular basis.
- Nearly 7% are on 2 or more drugs.



Data: 2009 Medco Health Solutions, Inc.

## SAFE

Some Essential Oils are hard on the liver and not appropriate for children, the elderly, and those with debilitating disease. The information and recipes found in this document are designed to be non-toxic and well tolerated by children, the elderly, those with debilitating disease, and women who are pregnant or nursing.



## FOR MORE INFORMATION



Name

Phone

Consultant ID #

Web Address