

Vitality For Kids

uplifting blend 10ml

Depression, the most common mental health problem in the United States, affects millions of people from all ages, races, and economic backgrounds every year. About 5% of children and adolescents in the general population suffer from depression at any given point in time.*

Depression is defined as an illness when the feelings of depression persist and interfere with a child or adolescent's ability to function.*

Children under stress, those who experience loss, or those who have attentional, learning, conduct, or anxiety disorders are at higher risk of developing depression. Depression can also run in families.*

Vitality For Kids is a proprietary blend of essential oils that have been shown to assist and help support the body with depression in children ages 3 and over.*

ingredient highlights

- **Dill Weed:** Useful for anxiety, tension, anger, and depression. It has beneficial sedative and calming effects on the nerves and brain, making one feel relaxed and satisfied.*
- **Roman Chamomile:** A particularly effective mood enhancer, that may be used to treat depression and anxiety naturally. Chamomile essential oil was used by Roman soldiers to relieve anxiety and to induce a strong sense of purpose as they set out to fight. In clinical trials, Roman Chamomile essential oil has been found to be effective in treating generalized anxiety disorder (GAD).*
- **Lemon:** Has a refreshing scent, along with purifying and uplifting properties. It can help combat negative emotions, stress, depression, and even boost your immunity. Clinical studies at Mie University of Medicine in Japan showed Lemon essential oil reduced depression and stress levels when inhaled.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser.*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic spray bottle, shake well and mist into the environment as desired.*

bath

- **Bath:** Add 2 to 5 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water.*

topical

- **Massage:** Dilute 5 drops in 5ml of Grapeseed Oil; use on back or apply to feet.*
- **Topical Dilution Guidelines:** Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.*
 - **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
 - **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
 - **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution(15 drops/1 ounce).*

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Product Information Page



application methods

Aromatic • Bath • Topical

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 2nd trimester.

ingredients

Anethum graveolens (Dill Weed), Anthemis nobilis (Roman Chamomile), Citrus limon (Lemon), Cocos nucifera (Fractionated Coconut)

responsible cautions

- Not for use in children under 3 years of age.
- Dilution is not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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