

ESSENTIAL OILS (EOs) FOR BABIES



Babies above three months can use essential oils.

SAFE:

Lavender, Dill, Chamomile, Mandarin, Sandalwood, Tea tree, Rose otto, Cedarwood, Bergamot, Palmarosa, Neroli, Geranium



UNSAFE:

Birch (sweet), Wintergreen, Hyssop, Massoia, Cinnamon (bark and leaf), Lemongrass, Cumin, Citronella, Bay, Clove bud, Oregano, Thyme, Peppermint, Eucalyptus



DILUTION:

0.5 to 1 percent is the safe dilution ratio for babies and toddlers. Use carrier oil, unscented cream, or lotion for dilution.



SAFETY TIPS TO FOLLOW

- Dilute EO with a suitable carrier oil before use.
- Use oils as per the recommended dosages.
- Do a patch test to rule out allergy or cross-reactivity.
- Don't take your baby out in the sun after using the oil.

Consult a pediatrician or aromatherapy expert before using EOs for your baby.