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## **Aromatic Wisdom Podcast Episode #24 Safe Aromatherapy for Children**

This is the Aromatic Wisdom podcast, Episode 24. Today my Nana will teach you how to safely use essential oils with children.

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*If you're interested in learning about Essential Oils, hearing interviews with industry experts, and discovering ways to grow your own Aromatherapy business, this is the podcast for you.*

*For more information and show notes, visit the website at [www.AromaticWisdomInstitute.com](http://www.AromaticWisdomInstitute.com). Now sit back. Relax. Take a deep breath and enjoy as Liz shares a dose of Aromatic Wisdom.*

Hello, Everyone! Thank you so much for being with me here today. I'm Liz Fulcher and I am your host for the program. I've had a bit of a break. I just didn't get any episodes done in the last couple of months and was amazed at the number of emails that I got from you. Thank you so much! It always floors me when I get emails that say we listen to your podcasts frequently. There are people who listen to the podcasts two and three times. As an educator, that warms my heart because I know that people are getting value from what I'm sharing. I will continue to be here with you as long as I've got a voice it's my intention to just keep sharing what I know and what I've learned and experienced using essential oils for 25 years, and what I keep learning because I continue to strengthen my own knowledge through classes, reading, experimenting and walking the talk as I practice aromatherapy in my own personal life every single day.

Did you enjoy the intro for today's show? That was my little grandson. He's eight years old. I call him "the Bean" and I thought it would be appropriate; it's an episode about children and why not have a child do the intro. He had such fun doing that! I'm afraid that next he's going to be asking for his own podcast! We will wait and see how that evolves.



All right, I will keep you waiting no longer. You've all been waiting for today's topic and I'm going to give an overview of using aromatherapy with children with an emphasis on safety because they are our precious little people and we want to keep them safe.

I'm going to share which essential oils and what other aromatics, because there are other things than essential oils that are good for kids that are safest for kids age ten (10) and under. I'm going to talk about how much you should use and then I'm going to offer some methods of application. Again, this is a big, big, big topic so know that this is just an overview, but it's going to be enough that you're going to have a good idea about what to safely and effectively use with little people. Part of why I enjoy the topic of using aromatherapy with children so much is because I have a lot of experience with oils in this area. I have experience from newborn—I mean newborn as in an hour old—all the way up to grown-ups.

I've been using essential oils with my own children. I have two sons and I also have a grandson and they've all been exposed to essential oils from the time they were very small. Many of you know the story of how I got into aromatherapy and, I'm not going to tell that now because I have a blog post about it, but when my youngest son Gianluca was born in Rome, Italy, in 1991 he was given an aromatherapy massage. That's what opened the whole door for me for this entire modality. The blog post I wrote about is called "My unusual introduction to aromatics" and I will put a link to that blog in today's show notes. To find the show notes you want to go to: [www.aromaticwisdominstitute.com/024](http://www.aromaticwisdominstitute.com/024), as in Podcast #24.

Now my boys are older—they are 25 and 30—I cannot believe I have a 30 year-old) and because they were raised with an aromatherapist as their mother, they really didn't have a choice about whether they were going to get essential oils or not. I am so happy that I did because there were many, many times when there were issues that I could treat using essential oils and hydrosols. I am really happy that they still rely on them in their adult lives, and of course, with my little Bean, my grandson, he knows all about essential oils. He will even ask, "Nana, do you have any Tea Tree? I cut myself."

I will tell you that I have used essential oils with my children for everything from a runny nose to pneumonia; from bruised shins to healing stitches; from anxiety to about the first day of kindergarten. That was fun. Gianluca was so nervous about kindergarten; I took a drop of Lavender and put it on a tissue and stuck it in his pocket. I said if you ever get nervous, just smell the Lavender and think of home. We have addressed panic just before college finals. I even got rid of a double case of head lice with essential oils. Yes, my kids went to a very high dollar private school when I lived in Rome, and it was there that they brought home "the critters". Hmmmm. That would be a good podcast topic, wouldn't it? I'm going to write that down!

Let's clarify the specific names that we call children at various stages so we're all on the same page:



- A “newborn” is one to two months old. Some people say one month, some people say one to two, but you get the idea. I say, the first eight weeks they are a newborn.
- An “infant” is between two months and one year. However, we usually refer to them as babies.
- “Toddlers” are about one to three years old, when they are learning to walk and run. Toddlers fall a lot and bruise easily because they are clumsy and so stinkin’ cute. Essential oils and hydrosols are great for these little ones.

So, newborn: one to two months; infant: two to twelve months; and, toddler: one to three years. I’m going to cover four points now: 1) Safety, 2) What to use with children, 3) How much to use; and 4) Methods of use.

- 1) **Safety:** Children of any age respond quickly to natural healing remedies. If any of you have children you’ve probably noticed that with anything that is aromatherapy, herbs, or homeopathy. They tend to respond quickly because their little bodies are unpolluted and clean. They haven’t been filled up with the toxins of our world so they tend to respond quickly to the remedies.

Their skin is also different from an adults; it’s thinner and more sensitive so things tend to absorb quickly. They are very sensitive to things they are exposed to. When using essential oils and hydrosols always know that *less is more*. If you are not sure if it is the right oil or the right amount, err on the side of caution. Also, always try to use a hydrosol first. If that doesn’t seem to be effective then go ahead and try essential oils at one percent (1%). I’ll talk about how much makes up one percent when we get to point number three.

Something else to keep in mind with kids in terms of safety: when you do finally introduce your kids to essential oils—I’m hoping that will be in the toddler age and not before—use one essential oil at a time. You are still not sure what this baby is allergic to, what they can tolerate, whether they will like it or not, whether their skin is sensitive. Start with one oil and see how the child responds. If you use a blend with them topically for their very first exposure to essential oils and they have a problem with it you’re not going to know which essential oil gave them the reaction.

There are two final points I’d like to make with regard to children and safety—

The first is, unless you’ve had a lot of training in aromatherapy, I’d say 200 hundred hours of professional aromatherapy training, certification preferably, please don’t use essential oils undiluted on their skin. It is overkill. These are highly concentrated substances and the child could become overexposed both systemically (absorption) and topically they could become sensitized—it’s just too much. You just don’t need to use essential oils undiluted on little kids.



Finally, and again if you are especially new in this modality, don't give children essential oils to take by mouth. There is still so much we're learning about the effects of essential oils inside the human body when ingested. Until we know more about the effects of ingestion on the human body, don't give them to your kids. To me it is nothing more than experimenting and I would never experiment on my child.

There are, however, a lot of natural remedies, plant-based remedies that have been proven clinically and historically to be safe to ingest that you could give kids—a cup of tea is perfect. You can use tinctures. You can also use hydrosols! Hydrosols are fabulous to take by mouth, even for kids. It would need to be diluted and I'll talk about that more in a minute when we get to part number three.

2) **Recommendations:** Which hydrosols specifically, and which essential oils are recommended for kids?

Let's start with hydrosols. There are a lot of hydrosols available on the market and there are many—I could probably name 15 or 20 that are fine for kids—but I'm going to talk about only three. They are hydrosol of Calendula, hydrosol of Lavender, and hydrosol of German Chamomile. I picked those three based on their safety, their efficacy and their versatility. You can do an awful lot with newborns all the way up to adults, really, with these three. There is an awful lot you can do, but in particular they have properties that are good for wee ones.

**Calendula:** Calendula has some terrific properties. It's anti-inflammatory, anti-fungal, anti-viral, great for stimulating the immune system, and super for wounds. I don't know that many babies that are going to have wounds, but think about when the umbilical cord is cut. Generally that area does not become infected, but you could spray that area with Lavender, Calendula or German Chamomile hydrosol—I would probably recommend the German Chamomile hydrosol—but any of those three would be great. If your child has any kind of topical rashes, boo-boos, or scratches, go ahead and just spray the area with Calendula hydrosol. It's very calming, soothing, and cooling, will feel fabulous and will facilitate the healing process.

I especially like Calendula hydrosol for addressing diaper rash. When you change the baby you can spray the little bum with the hydrosol, let the bottom dry naturally, and go ahead and replace the diaper.

**Lavender:** Lavender hydrosol, like Lavender essential oil, is a classic and has so many applications. It's good for the skin, especially in cases of heat. If there is some sort of a burn, irritation, or rash where you can feel there is heat coming from the body. Certainly for a sunburn, it's fabulous, especially if you keep it in the refrigerator. You should keep hydrosols in the refrigerator anyway, actually. They don't have a very long shelf life, so I always recommend you keep them in the refrigerator. I always have a two-ounce bottle on the door of my fridge for whatever. Sometimes I'll just open the door of the fridge and spray my face with the hydrosol and



then go back to whatever I was doing. So keep it close and handy for burns, cuts, and even if you just need to calm the child down.

Lavender is great for anxiety. If there is a “monster” in the bedroom, the “boogie man”, or some type of nighttime fear, give your child a little bottle of hydrosol and tell them it’s monster spray. Don’t tell them there are no such things as monsters. In their world, there are. What you want to do instead is give them a tool to empower them. Give them a little bottle of Lavender hydrosol and tell them, “They hate this.” Instruct them to spray around the room whenever they are frightened.

Lavender is great for spraying the pillows, the bed linens, and so forth, because it has a nice aroma. It does not smell like the essential oil. It’s not quite as floral because it has different components. It is still, hands down, one of my favorite hydrosols because it is good for so much.

All of the hydrosols are great for mouth care. If your child has braces or any kind of orthodontic appliances, hydrosols are great for oral health. They can be used as a mouthwash or healing rinse when gums are irritated. I knew a little boy who used to get canker sores when he had them on the inside of his mouth. I recommended to his mom that he rinse out his mouth with hydrosols a couple times a day, and sure enough it cleared it up for him every time.

The other added bonus with using Lavender hydrosol is that it is analgesic. If a child has pain in their mouth from let’s say new braces, definitely have them rinse with Lavender hydrosol.

By the way, if your child is using one of the three hydrosols I am recommending: Calendula, Lavender, and German Chamomile, for their mouth and they swallow it, there is no danger. However, if you are going to use hydrosols in this way, please, please, please be responsible with where you source them. You want to buy hydrosols that are:

- ✓ Fresh
- ✓ Have absolutely no preservatives. That is a big no-no.
- ✓ Hydrosols that are organic

**German Chamomile:** It has a lot of the same properties that I’ve spoken about already: super for the skin, cooling, and great for wound care. It’s a bit of a bigger gun in terms of its anti-septic properties. Another benefit of German Chamomile in its properties is it being anti-inflammatory. Emotionally German Chamomile is calming and so it’s good to use in a nighttime pillow spray. You can mix your hydrosols. You don’t have to use each one individually. Just as we blend our essential oils, you can make a hydrosol blend. The reason I’m saying that is, German Chamomile smells good, but some people are not wild about the smell. If you really



want to use the German Chamomile for an inflammation or sleep for your child, go ahead and add Lavender to it.

Another condition, for which I would use German Chamomile hydrosol, is “cradle cap” or cradle crap as my Mom used to call it. Spray the top of the baby’s head and watch the healing happen.

German Chamomile hydrosol is very helpful in cases of psoriasis, eczema, and general itchiness. It’s also really good if a child is suffering from allergies. Now, I will say that the German Chamomile essential oil has more antihistaminic properties, but definitely start with German Chamomile hydrosol and see if that helps relieve some of the symptoms of allergies.

Okay. There we have our three hydrosols: Calendula, Lavender, and German Chamomile. Remember, you can use them from newborns all the way up. Don’t start with essential oils until after they are walking. If you can’t remember at which age you should be using hydrosols, remember: learning to crawl? Hydrosol— Meaning, from year one down do not use essential oils.

Speaking of essential oils, let’s move on to the essential oils that I suggest for kids. I’m going to give you a list of ten and then briefly go over the properties of each one. There are actually quite a few you could use for kids but the ten that I’m recommending are, like the hydrosols, safe, effective and versatile. They are also easy to find, and with one exception, quite affordable.

- 1) **Lavender:** Lavender essential has so many properties that it can be the only one you own and you are good to go. Lavender is great for sleep, stress and anxiety, is anti-bacterial, anti-microbial, will help to heal cuts, bug bites, scrapes, burns, can be used to disinfect, and it’s actually very good for pain.

There are tons of ways to use Lavender topically as well as for emotional issues.

- 2) **Roman Chamomile:** This is the one that is a bit more “high dollar”. You should be able to find it in a small quantity like 5 ml or less to make it more affordable. You don’t really need a whole lot of it. It’s a very powerful essential oil and smells terrific.

Now, I just want to digress here for a moment. The hydrosol I recommended was German Chamomile (*Matricaria recutita*). Roman Chamomile is from a different plant; it’s still in the Chamomile family but that name is *Chamaemelum nobile*. Don’t panic, you don’t have to remember all of this. I’m actually going to make a list of the hydrosols and the essential oils and put it in the show notes. I will put the Latin names next to them.



I've also written blog posts about them so I will give you links to my posts so you can read the details about each one.

Roman Chamomile is my “go to” essential oil for sleep. Sometimes kids are miserable and really don't know why. Roman Chamomile is good to reduce some of that fussiness and calm the Central Nervous System. It's great for sleep and it's also really great for pain. I would take some Roman Chamomile and put a single drop and work it into your fingers, then rub your fingers over their gums if they are teething. It's good for tummy pains, so you can take a little bit—I'm going to give you the dilutions in the next section—with a carrier oil or a lotion and rub it on their tummies if they have upset belly because it's very anti-spasmodic.

- 3) **Sweet Orange:** Sweet Orange (*Citrus cinensis*) is a real favorite with kids. Everyone loves Sweet Orange, but especially children, probably because it smells just like a fresh cut orange. Sweet Orange has a happy, uplifting, cheerful energy and aroma and I always think of Sweet Orange essential oil as the embodiment of children. If children could be bottled and put into an essential oil or if children were represented by one oil, I would say it would be Sweet Orange. Sweet Orange energetically corresponds with the second Chakra, which is where a lot of childlike creativity, that pure unbridled childlike energy lives in our bodies. One thing I like particularly about Sweet Orange essential oil out of all of the other citrus oils is, that it is not photo-toxic, which means you can put it on the child's skin—diluted of course—which we are getting to, and you don't have to worry about the essential oil reacting with the sun on their skin. You need to be aware of that with Lemon, Grapefruit, and some of the others, Bergamot in particular. But with Sweet Orange, it's perfectly safe to apply it to their skin and have them go out into the sun.
- 4) **Frankincense:** I love to use Frankincense with children. It always surprises me how much they like the smell of Frankincense because it is very unique. It's a resin and it smells kind of sweet and woody, but has kind of an exotic, and what I feel to be, complex aroma. I just find it fascinating that kids enjoy the smell of it. Frankincense and Sweet Orange smells super together, so if you want to make a blend with those two, you'd have a lovely smelling blend. Frankincense is my go to for a lot of things, but first and foremost it's for the lungs. Frankincense has the effect of slowing down and deepening breathing. This is very good, particularly if a child is anxious. We all have a tendency to breathe in a very shallow way when we are anxious, and that doesn't allow a lot of oxygen into the bloodstream and we get more anxious—it's just a vicious cycle.

Frankincense is nice in a nasal inhaler: put a few drops in a nasal inhaler and let the child breathe that in. Again it's another empowerment tool and it helps them have control when they are anxious and they have something to do to help themselves feel better. You can make a nice nighttime lotion with Frankincense,



Lavender and a little Sweet Orange to help them slow down their breathing and help them calm down at the end of the day.

It's a very comforting essential oil and it's also really good for skin eruptions. For example, in the case of eczema that a lot of kids have, it's a good one for general skin care for kids to heal wounds. If they have something as big as an incision after surgery or if they've had stitches—it's what they call a Cicatrisant—it helps to form scar tissue and to close it up so it can heal nicely.

- 5) **Rosalina:** I love this for respiratory issues! It is in the genus *Melaleuca*: *Melaleuca ericifolia*. (Say it however you wish.) If you'll notice the genus is *Melaleuca*, the other *Melaleuca* that we have in aromatherapy that is very popular is *Melaleuca alternifolia*, which is Tea Tree. This oil is related to Tea Tree; it's known as the Lavender Tea Tree because it is so gentle. It has a component that is 1,8 cineole, which makes it superb for the respiratory system and it also makes it an oil that you want to be careful with kids under the age of say six (6). I would save this for your older kids for when they have upper respiratory tract congestion or any kind of infection of the respiratory system or sinuses. It has a gentle expectorant action and is also anti-infectious.

The nice thing about this too is that it won't burn. Sometimes Tea Tree will burn the nasal passages, for example, if you do a steam inhalation or if you put it in a nasal inhaler. Rosalina is much gentler and will not burn. Part of the reason is that chemically it has a lot of linalool, which is a skin-friendly molecule. So bring that Rosalina out when somebody's got a cold, flu, or general crud or a snotty nose—this is a good one to use in a diffuser, nasal inhaler, or a chest rub. It's a very nice blend with Frankincense as it also supports the lungs.

Just remember that because of the 1,8 cineole content, you want to save this for your older kids, six (6) and above.

- 6) **Cedarwood:** A lovely grounding oil, Cedarwood. There are a lot of types of Cedarwood out there. The one that I recommend that you use because it's very effective, is easy to find, and is not expensive is called *Juniperus virginiana*. Cedarwood comes from the heartwood of the tree as opposed to the sap or the leaves. This is so great for slowing kids down. This is one of the oils that I use with my Bean. Sometimes he gets going around like a whirling dervish, his energy is all over the place, and he's jumping around—it happens a lot before bedtime. So, he's had his shower, he's in his jammies, and now it's suddenly time to start being energetic, running around the house when Pap and I are exhausted. My husband calls that "tired wired"—something happens when he gets tired he gets more wound up.



One of the exercises that I've taught him to do is to be a tree. I'll have him smell the Cedarwood essential oil and imagine that he is a tree. Then I'll have him open up his arms and gather all of the energy around the room that are parts of him—gather his own energy from around the room—bring it in, bring it in, and then, starting with his head, using his hands to bring it down. I have him bring his hands down over his head and his face, over his shoulders, down, down, down, and pushing the energy down to the floor, to the roots. And then I have him stand up again and say, "You are a tree. You are rooted to the ground. You are calm. You are strong. You are steady." I don't always say the exact same words, but that's the basic message. Part of it is just getting him to slow down—and that's what works with this. Smelling the Cedarwood calms him and grounds him. Doing the visualization and exercise brings the energy down to his feet, so it is not spread out all over the room.

So Cedarwood is great for grounding and calming, and is a good one to use before bed. It smells amazing with Sweet Orange; actually it smells good with just about anything. It's a good one to ease anxiety and emotional imbalance and is another one that is supportive of the lungs.

Cedarwood is really effective in treating respiratory concerns in general. It's awesome for coughs; is a decongestant and so is good for nasal mucus; it is an expectorant so it will expectorate (which is what that word means) by removing excess mucus from the respiratory system.

7) **Ylang Ylang:** Another oil I find to be very effective in very, very small doses is Ylang Ylang (*Cananga odorata*). It is extremely sweet, it is a beautiful flower, and because it is almost sickeningly sweet, use it in very small doses and blend it with something else. One of my all-time favorite blends to use with both children and adults is Ylang Ylang, Cedarwood and Sweet Orange—it's amazing, it smells so good. Ylang Ylang is very calming to the spirit, very soothing to the heart. If your kid has had a really rotten day at school or something big has happened: getting bullied or some sort of childhood trauma—when they are really upset, this is a really good one to bring out. It's a big gun for emotional events: if there is a lot of deep anger, this is a good one to soothe the anger and the sort of very uncomfortable big emotions that kids experience.

Again, you make it in that blend and maybe a gentle massage, put it in a diffuser, an inhaler. Remember, again, that Ylang Ylang is extremely sweet and very strong. It takes very little to get overwhelmed. Start with one drop in your blend.

Some other nice therapeutic properties of Ylang Ylang for kids; I've said it's sedative, calming to the Central Nervous System, but it's also analgesic and so it's another good one for pain. It will help to stimulate and boost the immune system and it's cooling so if there is a hot situation or there is something on the skin that is hot, Lavender and Ylang Ylang together are very nice together to cool things down.



I just have to stop here for a second and share with you something that just popped into my head. One of the things that is so magnificent about using essential oils with children is that Mom and Dad benefit too! As the parents and grandparents are applying the essential oils on the children, are making the blends or are using all of the aromatics with children, they are benefitting as well emotionally, physically, and spiritually; everyone around them is benefitting. Okay, I just had a little burst of enthusiasm about essential oils. I've been doing this for over 25 years and it still gets me so excited when I talk about the benefits of essential oils. Any of you out there who teach, know exactly what I'm talking about.

8) **Helichrysum:** Like Roman Chamomile Helichrysum is also a bit pricey, but one that you really must have, especially if you have boys or daughters that are tomboys and like to be rough and tumble, or are very athletic because this is such a great oil for topical wounds and for bruising. It's my go to, 100% of the time, for bruising.

One time, when Gianluca was about seven, we had been to a football game. If you think about how a stadium is structured, as you go up the stadium steps, there is a void between the steps. Either going up or down the steps, he went through and scraped his shin very badly on the step. That night before bed he said, "Mom, look at my leg. It's really ugly." Sure enough, he had a enormous bruise on his shin. I mean, it was the size of a lemon; it was huge. He was about seven so it was pretty significant. I immediately got the Helichrysum and put it in a tiny bit of a carrier oil. I rubbed it right into the bruise and he went to bed. The next day it was already starting to turn yellow the way a bruise does after three to five days. The healing was so quick and within a week it was gone. I've seen such remarkable transformation in the skin. I have a lot of Helichrysum stories, and, not the least of which has nothing to do with children, but I smashed my finger in my car door. Literally closed my van door on my hand—it's quite a big story and I will tell it one day, but—basically the Helichrysum saved my finger. Helichrysum is big plant medicine and it's definitely on you want to have in your first aid kit when you've got kids.

Some of the properties of Helichrysum: It is anti-inflammatory, anti-allergenic (it can help relieve the symptoms of allergies); it is antiseptic, anti-spasmodic, skin-healing, wound-healing, and it is Cicatrisant—there's that word again—healing for scars, promotes skin cell regeneration.

Some of you know I speak Italian from having lived there for so long. In Italian the word for a scar is *cicatrice*. Cicatrisant is healing for scars, promotes skin cell regeneration so it is a fabulous oil for all things related to skin.

9) **Geranium:** Speaking of skin, essential oil #nine is also very skin-friendly and that is Geranium. Geranium consists of about 50% or more of Monoterpenols that are the alcohols of citronellol, geraniol, linalool



—that’s what makes it so wonderful for the skin. It’s anti-inflammatory and cooling. It’s also anti-depressant. It’s a nice balancing oil in that, if kids are bouncing off the walls and wound up, it can help bring them down a bit. If they are dragging their feet and kind of boo-hoo and miserable, it can also help to bring the mood “up”! It is cicatrisant. I would say that Frankincense and Helichrysum are more powerful in their cicatrisant properties, but absolutely you can use Geranium to help heal anything with the skin and also, it’s great for eczema.

I like to use Geranium for insect bites and things like that. It’s astringent, so it contracts and tightens the tissue. It’s anti-fungal. If you think of roundworm is a fungal condition as is toenail fungus. There is another common skin condition that children get that is call *molluscum* and Geranium is very good addressing that as well.

It’s anti-depressant. This oil is also very good for cradle cap. One drop is all you need in some lotion or carrier oil. It’s also good as an insect repellent if you are trying to keep the bugs away from your child and you want to make a homemade insect repellent, this is a nice oil to add.

10) **Scotch Pine:** I wanted to have at least one conifer on the list. There were a number to choose from and Siberian Fir was the one I almost went with, but I’m going to go with Scotch Pine, because it’s readily available, not that expensive, and it’s really effective. What it’s effective for is the lungs, the sinuses, and the head. It’s got a component in it called alpha pinene that makes it nicely decongestant. You can use that in a steam inhalation with kids who are old enough. ONE DROP is all you need. If they are coming down with a sinus infection the Rosalina is good as well as the Scotch Pine. You could also put them together in a nasal inhaler.

Another thing that is good with these essential oils, for instance with Scotch Pine, you could have your child help you make your own green cleaning products. Scotch Pine is one that I put in a lot of my green cleaning products. Have your children help you make cleaning products for the house. I’m talking about older children, five (5) and above. It’s a great bonding activity and it teaches them a couple of things: the value of essential oils, teaches them the value of taking care of our planet in using natural things in the home, and, while you are blending, you are breathing in the essential oils and boosting your immunity.

All right! There we have three hydrosols and ten essential oils. The three hydrosols again were: Calendula, Lavender and German Chamomile. The ten (10) essential oils were: Lavender, Roman Chamomile, Sweet Orange, Frankincense, Cedarwood, Rosalina, Ylang Ylang, Helichrysum, Geranium, and Scotch Pine.



We have covered two points: first was safety and the second was which products to use, which hydrosols and essential oils—we got into that pretty deep. Number three now is HOW much to use. Let's talk about dilutions for kids.

Starting with hydrosols, know that they are pretty safe. I think I've made that point and as such, they can be used undiluted for just about anything with the exception being ingestion. What I mean is, if you have any topical issues or emotional issues; if you are using them to cool something down on the skin or just to soothe the child's anxiety, you do not need to dilute them. You can use them in a little spray bottle. You can use them in a little squirty bottle, even in a pipette to add it on to the skin. They are so safe you really don't have to worry about diluting them for topical application with the possible exception of maybe Peppermint because of the menthol content. Even that you don't necessarily have to for a topical application.

However, if you are going to be giving children hydrosols to swallow (for ingestion), then you do need to dilute them. Some reasons you might want to use hydrosols for ingestion:

First of all, you don't want to use essential oils EVER for ingestion with children. Not unless you have a lot of experience and years and years of training.

Some instances when you might want to use hydrosols for ingestion are to soothe tummy issues, belly cramps, diarrhea, constipation, indigestion, or anything like that. Also, they can be used for emotional issues. Lemon balm is great for calming children down if you mix it with a little water; it starts to soothe them and relieves anxiety, nerves, and even anxiety.

Here's a story that most recently happened, just last week it happened with my grandson. He had eaten something before he went to bed that gave him an upset stomach. The first thing he said when he woke up in the morning is, "Nana, I have to vomit," and boy he did. He threw up a couple of times. He wasn't sick, but something hadn't digested well with him. He had a lot of acid in the vomit. When he threw up, the acid irritated his throat. He said afterward that his throat burned as well as the top of his chest. So now that he felt a bit better he now had this irritation in his throat. Well, hydrosols are very soothing for irritation. Mucus membranes are very delicate and so I thought that I would give him some hydrosol to drink. I took a little bit of Lavender hydrosol—I measured out about three tablespoons in a cup of water, maybe a little more because he's eight (8), and told him to slowly sip it. It was at room temperature, not too cold, and to wait a few minutes. After he finished half of what I had given him, maybe in a half a glass of water—I eyeball these things based on my experience—he said, "Nana, you know it feels better," and then he drank the rest of it. He said the burning was gone and he didn't have any more discomfort the rest of the day. There's an example of how you might use hydrosol for ingestion.



In terms of how much you should use for ingestion, I recommend about a half teaspoon to a cup of water for babies. After the age of two to three (2-3) you can up it a bit to one teaspoon in one cup of water. After the age of ten (10) three teaspoons in one cup of water will be fine. So much depends on the child and it also depends on which hydrosol you are using. A lot of why we dilute it is because it doesn't taste so great. Drinking straight hydrosol will probably make them go yeeehh, I don't want any more of that. You dilute it with water and it's a little bit better.

Let's move now into the essential oils and when would you use them and how much. When you use essential oils is when you want to kill germs. You can do that by diffusing, or even with cleaning by adding them to your cleaning products, and of course for topical issues. For topical issues they are going to always be diluted.

How much do we dilute essential oils? You have to remember why we are diluting them: you want to prevent irritation to the skin; protect against photosensitivity, which means that the essential oils react with the sun on the skin; protect against sensitization, which is a fancy word for contact dermatitis or an allergy because anybody can develop sensitization by using essential oils neat on the skin for a long period of time; and protect your child from systemic toxicity, which means absorbing too much into their bloodstream and getting sick.

Here are the amounts that I use with kids and that I recommend as being perfectly safe for children:

Ages three to six (3-6)—Remember, under three (3) we're going to try to use hydrosols—go with a one-half (.5) percent dilution. A half percent is two to three (2-3) drops of essential oil in one ounce of carrier. If your child is bigger or extremely healthy, or a more serious thing that you are trying to address with essential oils, you can bump it up to one (1) percent, which is five to six (5-6) drops in one ounce. Always err on the side of caution. Go with less first and if that works, excellent. If you feel like you might need a bigger punch then go ahead and bump it up to one (1) percent.

After the age of six (6) you can use one (1) percent consistently on kids, which is once again five to six (5-6) drops of essential oil to one (1) ounce of carrier. If it's something more serious you can go up to two (2) percent, which is ten to twelve (10-12) drops of essential oil in one (1) ounce of carrier.

One ounce is 30 milliliters of carrier. You can buy a one-ounce bottle, but you can also buy a graduated cylinder that is a glass tube with lines on it that you can measure exactly how much you are using. Some parents feel comfortable doing that because they want to be more exact with children. I'll put a link in the show notes for where you can buy one of those very inexpensively.



When we talk about a carrier, I mean any substance that's going to hold the essential oils in its dilution. Fatty things are better because essential oils dilute beautifully in fatty things and that would be: oil, unscented lotion, and in some cases you can use a castile soap, or you can use aloe vera gel.

In terms of the oils, I would stay away from nut oils until you are sure your child does not have any nut allergies. Go with Jojoba, which is actually a wax and tends to be fine for kids. It mimics our natural sebum or fractionated coconut oil—again, check for those nut allergies, but fractionated coconut oil seems to do real well.

I know this is a lot of information, and in fact, this is a longer podcast than I usually do. Usually I'm done in about 30 minutes. This one is a little longer because of the extent of the information I'm sharing. But if you want to find all of the show notes, you can go to: [www.aromaticwisdominstitute.com/024](http://www.aromaticwisdominstitute.com/024) because this is episode 24.

And finally, we've reached point #4. So, we've been through #1—Safety, #2—What to use, #3—How much to use, and now #4 is Methods of use.

I've already covered ways you can use hydrosols pretty much, so I'm not going to go into that any deeper, but I am going to talk about a few ways that you can use essential oils with kids.

The first method that I'm going to recommend is making a body oil or a massage oil. You can use your dilution that I just gave you: one-half percent or one percent depending on the age of the child. This type of an aromatherapy oil, this base blend, is great for stress and anxiety. Let me just say one thing as a massage therapist, I recommend that if you are going to massage your child, massage the feet, the legs, the back, please ask your child for permission. First of all we want them to know that they are safe and that it's good touch and all that, but also, kids have rights. Even if they feel safe and comfortable, they may not want to be massaged, may not want to be handled, perhaps they don't even like massage. Some children are over-stimulated by massage. So, talk the child and ask their permission: May I rub your back with some oil and maybe I can help you go to sleep a little bit faster. Or I can rub your feet and help you relax a little bit. They are people just like us, and are just really small and don't have the communication skills we have.

Anxiety, stress, a child has a headache, if they can't sleep—sometimes kids have growing pains and using something like Lavender with a carrier oil and massaging their legs will often feel really good and will help relieve some of that pain. Older kids may be getting in to sports and putting essential oils and lotions or oils and massaging the sort spot, the ankle or wherever its hurting them can also go a long way to making them feel better.



Essential oils are great in the bath. You just want to add a couple of drops and you want to put the essential oil in something like whole milk because, remember, we want that fat, or you can add it to a vegetable oil or any other kind of disbursing agent. Just throw that into the tub and put the kids in. It's really nice to do it in the evening, at the end of the day. Put in a little Lavender, maybe a little Cedarwood and it will help them wind down at the end of the day. It can even become something that they associate with the aroma and bedtime, and they already start to relax with the smell.

We've got room sprays. You just need a bottle of water and an essential oil. Shake it up really well because the oil and water will separate. You won't have to add alcohol, vodka or anything in there, just essential oils and water. Just remember to shake it well. Those are fabulous for killing airborne bacteria, for soothing emotional states; maybe have a child spray their pillows themselves with a little bit of Lavender essential oil or Lavender hydrosol. That will help them to relax and it can even become part of a bedtime ritual.

Let's not forget that classic method of use: diffusion. Diffusion is aerial dispersion via an electric diffuser, usually a cold mist diffuser—it seems to be the most popular diffuser right now. You can get some gorgeous diffusers out there. For kids I like to get the ones that have the lights in them because they can make a nice, soft nightlight for them. Again it can become part of the nighttime ritual. Diffusers are great. You can have one in every room of the house and you wouldn't be making any mistake.

Finally, I just want to talk about inhalation in general. Inhalation is where you are breathing in an essential oil in different ways. One way is direct inhalation. Simply remove the cap from the essential oil bottle and let the kids smell it if you need a super quick fix. Be careful which oils you do that with that a) it's not too strong and, b) that they don't touch their nose to the bottle because it could be a bottle that's a little burning, and it may be uncomfortable on the nose.

Direct palm inhalation is one that I really like. When my kids were smaller and would get kind of rammy, bouncing off the walls, or in the supermarket, if they were acting up, I would tell them to "come here." I had a bottle of Lavender (I always carried it with me), and tell them to each open a hand and I would put one drop on their palm, have them rub their hands together, and yes, this is "neat" application, so I didn't do it very much. But, I would have them rub their hands together and then cup their hands over their noses and deeply inhale the Lavender.

If you aren't comfortable doing this "neat" you can take a little bit of organic aloe vera gel and dilute the Lavender in it and spray their hands and do the same thing. As I said, I didn't do it very often, but boy was it effective. Or I would even put it on my own hands and cup my hand over their nose. In any case, they would



take a deep breath and start to calm down. Part of it was the Lavender of course, part of it was the deep breath, and part of it was just stopping and redirecting their attention.

You can do that with a tissue as I shared earlier when I would put an essential oil on a tissue and put it in my kids' pocket so they would sniff it. I would do that if they weren't feeling well or were going into a situation where they were experiencing a little anxiety.

And then there are these beautiful nasal inhalers. They are little tubes that are designed to hold essential oil(s), with a little cotton wick inside of it. If you are going to do that, especially with kids, see if you can find organic cotton wicks. They are hard to find, but sometimes, local health food stores will carry them. For kids I would put no more than ten (10) drops of essential oil on the wick. This a great empowering tool for kids. You can have them make their own nasal inhaler with oils they like or oils that they feel drawn to, and it can be theirs and theirs alone. They don't have to share it with anyone. It is their personal inhaler, they can keep it by their bed, or they can keep it in their pocket. I just love inhalers because they have so many applications.

And there you have it. Whew! That was a lot of information! You didn't run away, overwhelmed. I hope it was really helpful for you. There is still more I could say. I could go deeper, but this is a really good primer, a good starting tutorial for those of you who are brand new to essential oils to help you get started in using them safely with children.

And now it's time for that little segment I like to all "Smell My Life":

Smell My Life is just a brief little segment I like to do at the end of every podcast where I share, in some way, how I used essential oils, hydrosols, or some aspect of aromatherapy in my life in the past week or so.

I did share with you about my grandson drinking the Lavender hydrosol and soothing the acid irritation in his belly and his throat and esophagus. But I'll tell you another thing I did this week with German Chamomile hydrosol. I have four cats, which is about three too many. One of them is Luther. Our cat Luther is kind of a wild guy. He loves to be outside and he's the one who will bring home dead mice, dead baby bunnies—two birds the other day. He's always getting into trouble with critters and he does fight with the neighbor's cat.

The other night we noticed that he had a wound on his side and it was pretty big. It was about the size of a pea, but it was oozing and infected. He had been licking at it and we finally stopped him and pulled the fur back to take a look and it was bad. I asked my husband if he thought we would need to take him to the vet, and he said he wasn't sure. So we talked about it and figured she would just give him antibiotics and some sort of a topical wound healer. I said to James, I've got hydrosols. I'm going to try them on him. For two days, three times a



day, I washed his wound with German chamomile hydrosol. Of course he hated it and it took two of us to hold him down. First I poured it on him with a paper cup and then realized it was just getting everywhere, so I used a small squirty bottle and literally washed out the wound with the German Chamomile hydrosol. By day three we could see it was starting to heal. We could see that it wasn't oozing anymore, so we have just continued doing that. It's still there but it's so much better and I feel know that it's on its way. I'm going to keep addressing it with the German Chamomile hydrosol, but I'm not going to take him to the vet—I think he's going to be fine.

The power of hydrosols—it's good plant medicine, it really is!

That my friends, is, as they say, “a wrap!”

That concludes episode 24 of the Aromatic Wisdom Podcast. Thank you so much for hanging in here for an extra long episode. That was a lot to cover. Kids are important, got to take care of them.

If you'd like to leave a review on iTunes, I would love that. You can go to:

[www.Aromaticwisdominstitute.com/iTunes](http://www.Aromaticwisdominstitute.com/iTunes). If you would like to learn more about the school, please visit the [www.Aromaticwisdominstitute.com](http://www.Aromaticwisdominstitute.com). I am doing a live aromatherapy certification program that starts August 31 in Central Pennsylvania. I've had people travel long distances, driving and flying, to participate in the class. If it's something you're interested in, please check it out.

Until next time: Be happy. Be well.

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