



## **Aromatherapy For Children**

### **General Safety**

Do not allow children to ingest essential oils; do not give for internal use.  
Do not add undiluted essential oils to the bathwater of children.  
Keep essential oils out of reach of children.  
If possible, purchase bottles of essential oils with child-resistant caps.  
Do not apply essential oils to or near a child's face.  
Do not place essential oils or blends containing essential oils into the nose of a child.  
Do not expose children of five years or less to strong essential oil vapors.

### **Massage blend dilution chart for infants and young children:**

0.5–1% dilution = 3–6 drops per ounce

#### **Newborn to Three Months Old**

Do not use any form of essential oils or aromatherapy

#### **Three Months Old to Two Years Old**

Minimal exposure to diffuser only  
Lavender, geranium, chamomile, conifers  
Avoid if highly sensitive from immunological challenges

#### **Two Years Old to Five Years Old**

Generally considered safe in minimal exposure with diffusers and highly diluted:  
lavender, Roman chamomile, orange, bergamot, frankincense, geranium, ginger,  
lemon, marjoram, tea tree, thyme  
Avoid all other oils

**Some additional oils for older children and teens:** cedar, Eucalyptus smithii,  
frankincense, citruses, lemon tea tree (manuka), marjoram, rosemary, peppermint

Hyperactivity: lavender, geranium, vetiver, sandalwood, ylang ylang  
Concentration: lavender, rosemary, mints, citrus, conifers, eucalyptus

Colds and flus: see modules 4 & 5

Digestive complaints: see modules 6 & 7