

10 MUST HAVE ESSENTIAL OILS FOR CHILDREN

- 1. TEA TREE OIL**
 - ANTI-BACTERIAL, ANTI-FUNGAL
 - USE ON CUTS, SCRAPES, BURNS, & BUG BITES
- 2. LAVENDER OIL**
 - ANTI-BACTERIAL, ANTI-VIRAL
 - USE TO CALM, SOOTH SUNBURNS & BOOST IMMUNITY
- 3. CHAMOMILE OIL**
 - ANTI-INFLAMMATORY, SEDATIVE
 - USE FOR COLIC, EAR INFECTIONS, & TO CALM
- 4. PEPPERMINT OIL**
 - ANTI-PYRETIC, STIMULANT -MUST DILUTE WELL!!!
 - USE FOR COLIC, FEVERS, & SINUS CONGESTION
- 5. EUCALYPTUS OIL**
 - ANTI-VIRAL, ANTI-BACTERIAL, ANTI-PYRETIC
 - USE WITH SINUS CONGESTION & FEVERS
- 6. ROSE OTTO OIL**
 - ANTI-INFLAMMATORY, RELAXANT, UPLIFTING
 - USE TO TREAT SEASONAL ALLERGIES
- 7. CITRUS OILS:** ORANGE, LEMON, GRAPEFRUIT, ETC.
 - UPLIFTING, BALANCING
 - USE SMALL DOSES TO ENERGIZE OR LARGE DOSES TO CALM
- 8. FRANKINCENSE OIL**
 - ANTI-BACTERIAL
 - USE FOR MILD WOUNDS & SINUS INFECTIONS
- 9. SANDALWOOD OIL**
 - ANTI-BACTERIAL, ANTI-INFLAMMATORY, SEDATIVE
 - USE FOR SORE THROATS & TROUBLE SLEEPING
- 10. ST. JOHN'S WORT OIL**
 - ANTI-BACTERIAL, SEDATIVE
 - USE FOR EAR ACHES & NERVOUSNESS

It's come to my attention that there are many different thoughts on using eucalyptus essential oils on small children. Seeing as there are over 20 different varieties of eucalyptus essential oils, the mildest and safest variety is E. smithii so make sure you research your oils before putting them on your sweet babies.

Interested in more posts by me that use essential oils? Here you go...

[The Best Essential Oil for Teeth](#)

[How To Reduce A Kids Fever Naturally Using Essential Oils](#) (Mama Natural guest post)

[DIY Menthol Pads for Steam Vaporizers](#)

[How To Make a No-Sew Herbal Dream Pillow to Help Your Little One Sleep Well Tonight](#) (Thank Your Body guest post)

[How To Make a Homemade Burn Cream for Your Child](#)

[Fighting Yeast In the Body: Mama & Baby](#)

[How To Make Healthy Kids Toothpaste](#)

[Why Your Home Should Have An Odor Print](#)

[Essential Oil Bug Blend For Children](#)