

DISCOVER A MORE NATURAL WAY TO CARE FOR YOUR BABY!



ABDOMINAL PAIN: Mix 1 drop Roman chamomile and 1 drop orange with 2 teaspoons carrier oil. Add 1 teaspoon of the mixture to warm bathwater, and stir the oils into the water with your hand before bathing the baby.

COLDS: Diffuse 2 drops of melaleuca, lemon, or lavender at bedtime and again during the day. Mix 1 drop melaleuca, lemon, or lavender with 1 Tablespoon carrier oil; use a small amount to massage upper chest and back at each diaper change.

COLIC: Mix 1 drop lavender with 1 Tablespoon carrier oil. Gently massage a few drops into the abdomen, stroking clockwise to follow the direction of the colon.

CONGESTION: For relief during daytime hours, diffuse 1 drop lavender or melaleuca.

COUGH: Mix 1 drop lavender with 1 Tablespoon carrier oil. Rub a small amount on chest and back.

CRADLE CAP: Combine 2 Tablespoons almond oil with 1 drop lemon and 1 drop geranium. Apply a small amount of this blend on the baby's head.

CRYING: Place a drop of lavender or Roman chamomile on a tissue (or rub on parent's hands), and let the infant smell the oil. Do not let the baby touch the oil.

DIARRHEA: Mix 1 drop Roman chamomile with 1 Tablespoon carrier oil. Gently massage 2–3 drops onto abdomen, stroking clockwise to follow the direction of the colon.

DIAPER RASH: Combine 1 drop German chamomile and 1 drop lavender with 1 drop whole milk. Add the mixture to bathwater, and swish around with hand before bathing the baby. Keep oils away from the baby's eyes and face.

FEVER: Mix 1 drop lavender with 1 Tablespoon carrier oil. Apply a small amount on the bottoms of the feet, the back of the neck, and behind the ears. Cover the feet with socks so the baby won't get essential oils in his or her mouth.

JAUNDICE: Mix 1 drop geranium with 1 Tablespoon carrier oil. Apply to bottoms of feet and to liver area. Do not apply oils within ½ hour before or after UVA light treatment.

TEETHING: Mix 1 drop Roman chamomile or lavender with 1 Tablespoon carrier oil. Use a small amount to gently massage the outside of the face along the jawline.

ESSENTIAL OILS MOST COMMONLY RECOMMENDED FOR BABIES: grapefruit, lavender, lemon, mandarin, melaleuca, orange, petitgrain, Roman chamomile, tangerine, and neroli.

Safety Precautions: Because a baby's skin is so delicate, it is a good idea to dilute all essential oils before applying them on the skin. A good rule of thumb is to dilute one drop of essential oil with 1 tablespoon of a carrier oil such as sweet almond oil, jojoba oil, avocado oil, sunflower oil, extra-virgin olive oil, etc. Avoid diffusing very strong oils, such as cinnamon, peppermint, or oregano, in the baby's room. It's also a good idea to cover the baby's feet with socks after applying essential oils and to avoid applying oils on the baby's hands so that the oils don't end up in the baby's mouth.

