

Aromatherapy For Children



By: Annette Davis, CCN, NCCA



My Aromatherapy Journey

- Secretary of the first American Aromatherapy Association (AATA) in 1989
- Studied Clinical Phyto-Aromatherapy & Endobiogeny with Dr. Jean-Claude Lapraz since 1989
- Along with Grandmother, Annemarie Buhler, husband Eric Davis, & Dr. Jean Bokelmann, co-founded the Endobiogenic Integrative Medical Center in 2005 in cooperation with Idaho State University (ISU) Integrative Health Clinic
- Many years of service to the National Association for Holistic Aromatherapy (NAHA) - Current President

My Aromatherapy Journey

- Certified Clinical Nutritionist
- Clinical Aromatherapist
- Special Expertise
 - Clinical Phyto-Aromatherapy
 - Essential Oil Safety
 - Aromatherapy for Children
 - Endobiogeny
 - An approach to medicine developed by French medical doctors Christian Duraffourd and Jean Claude Lapraz.
 - The Endobiogeny team at our clinic uses this personalized approach to wellness to focus on the cause of disease rather than just symptoms.

Deep Phyto-Aromatherapy Roots



Jean Valnet, M.D.
(Father of Clinical
Phyto-Aromatherapy)

Annemarie
Buhler
(Aromatherapy Pioneer
& my Grandmother)

1948

1972

1984

1989

Jean-Claude
Lapraz, M.D.
(Co-innovator of
Endobiogeny)

Annette Davis
(Me - Current NAHA
President)



Mom of 5 Kids and a Grandson



Safety Precautions for Children

- Research your EOs prior to using them.
- Be aware of potential toxicities.
- Conservative dosing with proper dilution is required.
 - General rule of thumb for topical use: 1-2% essential oil, approximately 1-2 drops EO per 1 teaspoon vegetable oil or other suitable carrier.
 - Some gentle essential oils, like lavender, are safe to use in higher concentrations.



Safety Precautions for Children

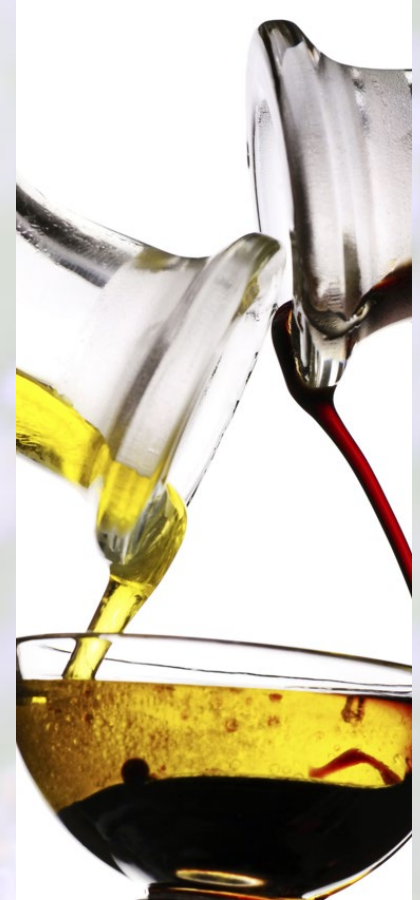
- Choose a reputable supplier.
- Select by botanical name rather than common name.
 - Tansy (*Tanacetum vulgare*) is toxic
 - Blue Tansy (*Tanacetum annuum*) is non-toxic



Safety Precautions for Children

- Picture Italian salad dressing in your mind before dosing.
 - Oil and water do not mix!
- As a beginner, consider using expertly formulated essential oil formulations rather than mixing yourself.
 - Topicals
 - Lotions, oils, shampoos, etc.
 - Tincture blends
 - Capsules

For more information, please see:
naha.org/explore-aromatherapy/safety




Child Friendly EOs


Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Abies siberica</i> , <i>pectinata</i> , <i>Abies balsamea</i> Fir 😊	Needles	respiratory complaints, rheumatic and neuralgic ailments, adrenal support	flu resistance
<i>Anthemis nobilis</i> <i>Matricaria recutita</i> Chamomile 😊	Flowering tops	gastrointestinal spasms, inflammatory GI disease, skin disease, respiratory complaints, ano-genital inflammation, peptic ulcer, insomnia	anti-inflammatory, sedative, antioxidant




Child Friendly EOs

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Boswellia carterii</i> , <i>Boswellia serrata</i> Frankincense 😊	Gum resin	cosmetic treatments, perfumes, incense, respiratory complaints, skin disease, rheumatism, syphilis, cystitis, GI disorders, anxiety	anti-inflammatory, immunomodulatory
<i>Citrus bergamia</i> Bergamot † 	Peel (pressed)	depression, anxiety, insomnia, digestive complaints, acne, skin care (Note: phototoxic. While whole, natural oil should be chosen for internal use, FCF should be used topically if skin will be exposed to sun.)	anti-inflammatory, antioxidant, neuroprotective, anti-ischemic, anti-anxiety, mood enhancing, pain modulating

Child Friendly EOs

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Citrus × limon</i> Lemon 😊	Peel (pressed) Fruit (distilled)	antiseptic, immune stimulant, anti-allergic, antidepressant	antidepressant, antibacterial
<i>Citrus sinensis</i> , <i>Citrus aurantium</i> Orange Petitgrain/ Neroli (<i>var amara</i>) 😊	Peel Leaves Flowers	depression, anxiety, insecticide 	anti-anxiety, antioxidant, treats gastrointestinal disorders, insecticide
<i>Citrus tangerina</i> Tangerine 😊	Peel	emotional balance, digestive health, mental clarity, respiratory health, detoxification	antioxidant, promotes relaxation, improves mood and sleep quality

Child Friendly EOs


Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<p><i>Cupressus sempervirens</i> Cypress 😊</p>	<p>Needles & twigs</p>	<p>respiratory complaints, asthma, coughing, hemorrhoids, poor circulation, edema, cellulitis, dysmenorrhea, muscle pain, lymphatic massage</p>	<p>antimicrobial, anti-tussive</p>
<p><i>Eucalyptus globulus</i>, <i>Eucalyptus citriodora</i>, <i>Eucalyptus radiata</i> Eucalyptus 😊</p>	<p>Leaves & twigs</p> 	<p>respiratory complaints, rheumatic complaints, insect repellent (do not apply near the faces of infants/children except in a professionally formulated child-friendly blend)</p>	<p>anti-inflammatory, antibacterial, antiviral, antioxidant, direct respiratory activity, antidiabetic, insect repellent, insecticide (head lice)</p>

Child Friendly EOs

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Helichrysum italicum</i> Helichrysum 😊	Flowering tops	anti-allergic, anti-inflammatory, antiseptic, analgesic, antispasmodic, bumps and bruises treatment	anti-inflammatory, antioxidant




Child Friendly EOs

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<p><i>Lavandula angustifolia</i> Lavender 😊</p>	<p>Flowering tops</p> 	<p>mood disturbance, restlessness, insomnia, functional abdominal complaints (nervous stomach irritation, nervous intestinal discomfort), colic, beauty treatments, skin care, acne, burns, insect bites, lice, scabies, muscle aches and pains, colic, cystitis, dysmenorrhea, leucorrhea</p>	<p>anti-anxiety, improves quality and duration of sleep, anticonflict, mood enhancing, improves memory, antioxidant, antifungal, treats dysmenorrhea, treats gastrointestinal disorders</p>

Child Friendly EOs

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Melaleuca cajuputii</i> , <i>Melaleuca leucodendron</i> Cajeput 😊	Leaves & twigs	hypertension, diabetes, antimicrobial, insect bites, muscle aches and pains	antibacterial
<i>Melaleuca alternifolia</i> Tea Tree 😊	Leaves & twigs	antiseptic, anti-inflammatory, burns, insect bites, general first aid	antibacterial, antiviral, antifungal, skin cancer treatment
<i>Melissa officinalis</i> Melissa, Lemon Balm 😊	Flowering tops	anxiety, insomnia, depression, functional abdominal complaints, eczema, asthma, bronchitis, colic, nausea	anti-anxiety, antibacterial (gram +), antifungal

Child Friendly EOs

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Mentha piperita</i> Peppermint 😊 	Flowering herb	spastic discomfort of the upper gastrointestinal tract and bile ducts, irritable colon, respiratory complaints, inflammation of the oral mucosa, myalgia, neuralgia, nausea, colic, flatulence, headache, fatigue, anxiety, vertigo (do not apply near the faces of infants/children except in a professionally formulated child-friendly blend)	respiratory complaints, gastrointestinal complaints, antispasmodic, antioxidant

Child Friendly EOs

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Ocimum basilicum</i> ct <i>Linalool</i> Basil, Sweet†	Leaves, flowering tops	antimicrobial, stimulation of appetite and digestion, feelings of fullness, flatulence, increases concentration and mental alertness	antibacterial, antioxidant, hepatoprotective



Child Friendly EOs

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Pelargonium graveolens</i> , <i>Pelargonium odorantissimum</i> , <i>Pelargonium roseum</i> Geranium 😊	Leaves, stocks & flowers	hypertension, skin care, acne, burns, cellulitis, edema, sore throat, PMS, insect repellent	antibacterial, antifungal, antineuralgic



Child Friendly EOs

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<p><i>Rosmarinus officinalis</i> Rosemary 😊</p>	<p>Flowering tops</p> 	<p>muscle pain, gout, rheumatism, respiratory complaints, liver and gallbladder problems, fatigue, headache, colds and flu, acne, dermatitis, insect repellent</p>	<p>antimicrobial, antifungal, antioxidant, anti-inflammatory, antispasmodic, antirheumatic, anti-anxiety, spasmolytic, improves circulation, analgesic, mood enhancing, improves memory</p>

Child Friendly EOs

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Salvia sclarea</i> Clay Sage 😊	Flowering tops	depression, migraine, hypertension, anxiety, dyspepsia, flatulence, respiratory complaints, skin care, acne, dandruff, amenorrhea, dysmenorrhea, PMS, labor pain, menopause symptoms, estrogenic	antidepressant, dysmenorrhea treatment, labor pain management




Child Friendly EOs

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Tanacetum annuum</i> Blue tansy 😊	flowering tops	skin inflammation, respiratory complaints, allergies, asthma	antifungal, antioxidant, anti-inflammatory
<i>Thymus vulgaris</i> ct <i>Linalool</i> Thyme †	flowering tops	respiratory complaints, asthma, cystitis, sore throat, tonsillitis, colds and flu, infectious diseases, insect bites, lice, scabies, muscle aches and pains	antimicrobial, anti-inflammatory



Child Friendly EOs

Botanical Name Common Name	Part Used	Traditional/Folk Uses & Properties	Clinical Evidence Based Properties
<i>Zingiber officinale</i> Ginger 😊	Root 	nausea, digestive complaints, respiratory complaints, muscle aches and pains, inflammatory conditions, sprains, strains, colds and flu, fever, infectious diseases, fatigue	anti-inflammatory, antiarthritic, pain management, immunomodulatory, anti-nausea

† *Expert use or professionally formulated product only.*

😊 *Good beginner choice (properly diluted).*

The statements made in this informational guide have not been evaluated by the FDA (U.S. Food & Drug Administration). The essential oils listed are not intended to diagnose, cure or prevent any disease, and should not be used as a substitute for medical care. Individuals using essential oils should be educated about their use, properties, safety precautions, and dosage or be under the care of a qualified health professional.

Sample Potentially Toxic Essential Oils

Birch

Contains methyl salicylate which is poisonous. Can safely be used in trace amounts as a flavoring, and topically if properly diluted. Note required FDA warnings and child-resist cap requirement.

Wintergreen

Contains methyl salicylate which is poisonous. Can safely be used in trace amounts as a flavoring, and topically if properly diluted. Note required FDA warnings and child-resist cap requirement.

Pennyroyal

Contains a high level of pulegone which can cause poisoning, seizures, abortion. Also contains thujone which is toxic if overdosed.

Sample Potentially Toxic Essential Oils

Basil

Contains carvacrol which is toxic in large doses. Can be expertly formulated to a safe level in dietary supplements. Choose the safer chemotype linalool.

Bergamot

Wild bergamot may contain carvacrol which is toxic in large doses. Cultivated bergamot rarely contains carvacrol, however whole bergamot is extremely phototoxic if applied to skin.

Cinnamon

Contains cinnamaldehyde, eugenol, etc which are toxic in large doses. Can be expertly formulated to a safe level in dietary supplements.

Sample Potentially Toxic Essential Oils

Clove

Contains terpenoid constituents such as eugenol which are toxic in large doses. Can be expertly formulated to a safe level in dietary supplements.

Fennel

Contains trans-anethole which is potentially toxic in large doses. Can be expertly formulated to a safe level in dietary supplements.

Thyme

Contains thymol & carvacrol which are toxic in large doses. Can be expertly formulated to a safe level in dietary supplements. Choose the safer chemotype linalool or borneol.

Common Potentially Toxic Essential Oils

Sage

Contains thujone, carvacrol, etc which are toxic in large doses. Can be expertly formulated to a safe level in dietary supplements.

Savory

May contain carvacrol which is toxic in large doses. Can be expertly formulated to a safe level in dietary supplements.

Tarragon

Contains carvacrol which is toxic in large doses. Can be expertly formulated to a safe level in dietary supplements.

Note: This list is not exhaustive. Any EO can be toxic if overdosed.

Respiratory Disease

- The leading cause of death and disease worldwide.
 - Children are especially susceptible.
 - Pneumonia is the leading infectious cause of death in children worldwide.
 - Asthma is the most common non-infectious childhood disease.
- Antibiotic resistance is causing increasing treatment difficulties for infectious disease.
- Though we have essential oils which have been shown to help, fear and/or lack of knowledge keep many parents from using them.

Resources:

<https://www.who.int/news-room/fact-sheets/detail/pneumonia>

<https://pubmed.ncbi.nlm.nih.gov/24610581/>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7163989/>

Sample Respiratory Blend

- 4 drops *Eucalyptus radiata* EO
- 4 drops Lavender EO
- 4 drops Lemon EO
- 2 drops Peppermint EO
- 1 drop Roman Chamomile EO
- Can be used in an inhaler stick or as a chest/back massage (dilute 2 drops per teaspoon of carrier)

Sample Cough & Cold Remedy

- 1 oz (30 mL) honey
- 2 drops Cypress EO
- 2 drops Fir EO
- 2 drops *Eucalyptus radiata* EO
- Mix well. Give 1 teaspoon every 4 hours as needed.
- Caution: Not intended for children under 3 years of age.

Sample Ear Drops

- 1 oz (30 mL) EVOO (Extra Virgin Olive Oil)
- 2 drops Geranium EO
- 2 drops Lavender EO
- 2 drops Roman Chamomile EO
- Mix well. Use 3 drops every 4 hours as needed.
- Do not allow child to rub drops into eyes. Not intended for infants under 1 year of age.

Sample Calming Lotion

- 1 oz (30 mL) Natural Lotion Base
 - Can also use vegetable oil carrier
- 4 drops Lavender EO
- 4 drops Tangerine EO
- 2 drops Roman Chamomile EO
- Mix well before applying.
- Calms, improves mood, helps with headaches and tummy aches.
- Can also use the same essential oil blend without a carrier in an inhaler stick or diffuser.

Sample Calming Bath Oil

- 1 oz (30 mL) Natural Shower Gel Base
- 4 drops Lavender EO
- 2 drops Tangerine EO
- 2 drops Roman Chamomile EO
- Mix well and add 1 teaspoon to bath water
- Calms, improves mood, helps with insomnia

Sample Energizing Massage

- 1 oz (30 mL) Natural Lotion Base or Vegetable Oil Carrier
- 4 drops Rosemary EO
- 3 drops Lemon EO
- 1 drop Peppermint EO
- Mix well before applying.
- Helps with fatigue and lack of attention.
- Can also use the same essential oil blend without a carrier in an inhaler stick or diffuser.

Sample Pain Lotion

- 1 oz (30 mL) Natural Lotion Base
 - Can also use carrier oil such as EVOO
- 4 drops *Eucalyptus radiata* EO
- 4 drops Lavender EO
- 2 drops *Helichrysum italicum* EO
- 2 drops Chamomile Roman EO
- Mix well. Massage on affected area as needed.
- Helps with pain, bumps, and bruises.
- Do not allow child to rub into eyes. Not intended for infants under 2 years of age.

Rash Balm

- 1 oz (30 mL) Virgin Coconut Oil or Unscented Body Butter
- 4 drops Lavender EO
- 4 drops Geranium EO
- 2 drops Blue Tansy EO
- Mix well. Apply to affected area as needed.
- Do not allow child to rub into eyes.

Important Note

- This informational presentation is not intended as a substitute for proper medical care.
- Always seek a physician's advice if your child is ill.
- These statements have not been evaluated by the Food and Drug Administration. They are not intended to diagnose, treat, cure or prevent any disease.

Questions?





ESTABLISHED IN

1973

PRODUCTS FROM NATURES LAB

- Aromatherapy
- Nutrition
- Skincare
- Bath & Body
- Essential Oils
- Retail
- Wholesale
- Custom Product Development
- Private Label Services



208-232-5250



timelabs.com