

Welcome

little ONE

nature's remedies

frankincense

essential oil

Applied to crown of head
and upon spine within first hour of
being born

balance

essential oil blend

1 drop on bottom of each foot
for baby. Bottoms of YOUR feet every
morning

myrrh

essential oil

Apply to umbilical cord
immediately after it is cut and to
circumcision (if applicable) 2X a day
*it helps to seal, dry up and protect it

tummy

blend

For colic or gas rub 3 drops
onto tummy as needed, massage
clockwise

lavender

essential Oil

For sleep help, rub on bottoms
of feet, up spine and around neck and
on sheet around where baby sleeps
Balance is great as well ♥

EO

essential oils

NATURE'S BEST

for the ones we love most

essential oil

TIPS

safety guidelines

respiratory ♥ ISSUES

Apply Breathe* to baby's chest and bottoms of feet to help open up airways. 3-4 drops in diffuser while sleeping

diaper ♥ RASH

1 drop of myrrh, Balance and lavender* directly on bottom. Balance applied neat works as well

CALM ♥ nursery

Add 3-4 drops of Serenity to diffuser 10 minutes BEFORE you lay them down

♥
*DILUTE with a carrier oil

FEVER ♥

A fever is the body's way of showing you that it's WORKING.

Apply just one drop of peppermint to baby's feet to provide comfort during a fever

teething ♥

Apply 2 drops of White Fir directly to gums. Lavender and roman chamomile along jawline and up behind ear bone

EAR ♥ discomfort

Apply Frankincense, Basil and Lavender around ear opening and behind ear

safety

guidelines ♥

Never put essential oils directly in the ear or eye

A carrier oil is used to dilute or "carry" the oils over a larger surface. Coconut, olive, almond, grapeseed oils are great options. Fractionated Coconut Oil is best

If essential oils get in the eye or other sensitive area, remove it with a carrier oil *NEVER use water

The body processes natural remedies very quickly so no worries on overdose, overuse or mixing the wrong things. Less is more ♥

contact me with questions or concerns