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KID SAFE ESSENTIAL OILS

FOR AGES 2 AND UP

- 1. Amyris** (*Amyris balsamifera*) - calming, relaxing, supports skin health, naturally deters insects.
- 2. Bergamot FCF** (*Citrus bergamia*) - uplifting, calming, cleansing properties, FCF is the sun safe version of bergamot.
- 3. Bergamot Mint** (*Mentha citrata*) - promotes peace, calming, supports digestive health and immune system, soothes muscle tension.
- 4. Black Pepper** (*Piper nigrum*) - uplifting, calming, cleansing properties, pain relieving.
- 5. Black Spruce** (*Picea mariana*) - relaxing, positive effects on emotions, supports respiratory and skin health.
- 6. Blue Cypress** (*Callitris intratropica*) - grounding, promotes vitality, use for immune support, repels mosquitoes, soothes skin irritations.
- 7. Blue Tansy** (*Tanacetum annuum*) - powerful antioxidant, uplifting, soothes skin, reduces blemishes.
- 8. Cardamom** (*Elettaria cardamomum*) - digestive aid, mood booster, warming oil, supports healthy lungs and breathing.
- 9. Catnip** (*Nepeta cataria*) - stimulating, insect repellent, relieves minor aches and pains.
- 10. Cedarwood** (all types) - relaxing, repels bugs, supports respiratory health, antiseptic properties, cuts and scapes, dry scalp.



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- 11. Chamomile** (Roman or German) - relaxing, calming, revitalizing, helpful for sleep, soothing to skin, eases sore muscles and cramps.
- 12. Cilantro** (*Coriandrum sativum*) - digestive aid, antioxidant support, combats allergies, purifying and cleansing properties.
- 13. Citronella** (*Cymbopogon winterianus*) - bug repellent, lifts mood, fights fatigue, eliminates odors.
- 14. Clary Sage** (*Salvia sclarea*) - relaxing, assists with sleep issues, prevents nightmares, reduces stress, inspires creativity.
- 15. Clementine** (*Citrus clementina*) - boosts mood, eases anxiety, helps with sleep, strengthens immunity, assists with colds and congestion.
- 16. Copaiba** (*Copaifera officinalis*) - soothes achy muscles, respiratory support, calming, skin health, natural pain relief.
- 17. Coriander** (*Coriandrum sativum*) - eases upset stomach, calming, promotes relaxation, improves mood, digestive support.
- 18. Cypress** (*Cupressus sempervirens*) - refreshing, energizing, skin irritations, grounding, respiratory support.
- 19. Douglas Fir** (*Pseudotsuga menziesii*) - focus, uplifting, relaxing, cleansing properties, skin health, respiratory support.
- 20. Eucalyptus citriodora (Lemon Eucalyptus)** - calming to the nervous and respiratory system, eases breathing, refreshing, repels insects.



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- 21. Eucalyptus Peppermint** (*Eucalyptus dives*) - relaxing, refreshing, mentally stimulating, opens breathing, better sleep.
- 22. Fir Balsam** (*Abies balsamea*) - energizing, refreshing, woody scent, relaxes muscles and joints, soothes coughs and sore throats.
- 23. Frankincense** (all types) - immune support, relaxing, soothes cuts and bruises, spiritual connection, helpful for sleep, reduces stress.
- 24. Geranium** (*Pelargonium graveolens*) - promotes healthy skin, relaxing, uplifting, eases tension and stress.
- 25. Ginger** (*Zingiber officinalis*) - digestive support, warming oil, minor pain relief, respiratory health, eases nausea and motion sickness.
- 26. Grapefruit** (*Citrus x paradisi*) - refreshing, cleansing, purifying, great for oily skin, improves mood, promotes balance.
- 27. Helichrysum** (*Helichrysum italicum*) - anti-inflammatory properties, relaxing, improves sleep. wound healing, pain-relieving, use for bruising.
- 28. Ho Wood** (*Cinnamomum camphora*) - calming, promotes peace, skin refreshing, antiviral properties, alleviates stress, emotionally uplifting.
- 29. Juniper Berry** (*Juniperus communis*) - calming, supports healthy breathing, pain relief, reduces emotional and physical stress, digestive aid.
- 30. Lavandin** (*Lavandula x intermedia*) - this oil is a hybrid of True and Spike Lavenders, calms skin issues, relaxing, calming, soap and bathing products.



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- 31. Lavender** (*Lavandula augustifolia*) - relaxing, calming, helps focus, great for all skin concerns, helps fight germs, great for emotional support.
- 32. Lemon** (*Citrus x limon*) - mood boosting, supports immune function, cleansing, energizing, refreshing, kids love the scent.
- 33. Lime** (*Citrus x aurantifolia*) - uplifting, cleansing, fights mental fatigue, invigorating, freshens air, healthy breathing, supports immune system.
- 34. Mandarin** (*Citrus reticulata*) - calming, uplifting, soothes nervous tension, grief support, promotes sleep, citrus and sweet scent.
- 35. Neroli** (*Citrus x aurantium*) - promotes healthy skin, eases emotional stress, dealing with grief, nervous tension, exhaustion.
- 36. Orange** (*Citrus sinensis*) - refreshing, uplifting, cleansing properties, soothing to mind and body, digestive aid, kids love the scent.
- 37. Palmarosa** (*Cymbopogon martinii*) - digestive aid, skin-soothing oil, balancing, uplifting, emotional support, assists with grief.
- 38. Patchouli** (*Pogostemon Cablin*) - relaxing, rejuvenating, sleep aid, skin health, calms emotions, natural deodorant, insect repellent, meditative.
- 39. Petitgrain** (*Citrus x aurantium*) - uplifting, energizing, beneficial for skin, balances emotions, upset tummy, comforts the body and mind.
- 40. Pine** (*Pinus Sylvestris*) - invigorating, stimulating, clarifying, forest scent, sharpens thinking, transformative, immune and respiratory support.



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- 41. Pink Pepper** (*Schinus molle*) - stimulating, relaxes the nervous system, clears the mind, assists with pain, supports immune health.
- 42. Rose** (*Rosa x centifolia*) - calming, relaxing, skin nourishing, inner harmony, rich floral scent, grief support, can use rose absolute instead.
- 43. Rose Geranium** (*Pelargonium roseum*) - calming, encouraging, balances emotional state, anti-inflammatory properties, calms skin irritations.
- 44. Sandalwood** (Australian, Hawaiian, and East Indian) - calming, relaxing, promotes sleep, supports healthy skin, balances emotional state.
- 45. Spearmint** (*Mentha spicata*) - energizing, mental clarity, eases congestion, supports healthy digestion and immune systems.
- 46. Sweet Marjoram** (*Origanum majorana*) - revitalizing, calming, sedative effect, restful sleep, eases anxiety, relieves sore muscles and stiffness.
- 47. Tangerine** (*Citrus reticulata*) - calming, sedative and relaxant properties, soothes body and mind, eases tummy aches, peaceful rest.
- 48. Tea Tree** (*Melaleuca alternifolia*) - cleansing, skin healing, soothes bug bites, disinfecting, first aid oil, respiratory health.
- 49. Vetiver** (*Vetiveria zizanoides*) - grounding, wards off pests, promotes deep concentration, clarity, emotional and physical balance.
- 50. Yuzu** (*Citrus junos*) - inspiring, purifying, uplifting, supports respiratory health, eases worry and tension, pain relieving.



THANK YOU!

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Happy Oiling!

Jennifer Lane

LovingEssentialOils.com

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