

Essential Child Safety

Coloring indicates oils included in the Premium Starter Kit as a single or part of a blend, including Flex Oils.

Essential Oils Safe For Use

Cedarwood
Citrus (Lemon, Orange, Bergamot, etc.)
Conifers (Pine, Spruce, Cypress)

German Chamomile
Ginger
Helichrysum
Lavender

Frankincense
Palmarosa
Roman Chamomile
Rosalina

Rose Otto
Sandalwood
Spearmint
Tea Tree

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Seek Alternatives

The letter at the beginning of the name identifies which route to avoid with children;
T=Topical, AR= All Routes. The number indicates the minimum age at which the oil should be used.
Ex. T5= do not use topically under age 5.

AR5- Anise/Aniseed *Pimpinella anisum*
AR5- Anise (Star) *Illicium verum*
T2- Basil (lemon) *Ocimum x citriodorum*
T2- Benzoin *Styrax benzoin*, *Styrax paralleloneurus* and *Styrax tonkinensis*
AR10- Birch (sweet) *Betula lenta*
T2- Black Seed *Nigella sativa*
AR- Cassia *Cinnamomum cassia*, *Cinnamomum aromaticum*
AR13- Chaste Tree *Vitex agnus castus*
T2- Clove (Bud, Leaf, or Stem) *Syzygium aromaticum*, *Eugenia caryophyllata*, *Eugenia aromatica*
AR5- Fennel (bitter), Fennel (sweet) *Foeniculum vulgare*
AR2- Garlic *Allium sativum*
T2- Ginger Lily *Hedychium coronarium*
AR2- Hyssop *Hyssopus officinalis* (pinocamphone chemotype)
T2- *Laurel Leaf/Bay Laurel *Laurus nobilis*
T2- Lemongrass *Cymbopogon flexuosus*, *Andropogon flexuosus*, *Cymbopogon citratus*, *Andropogon citratus*
T2- Lemon Leaf/Lemon Petitgrain *Citrus x limon*, *Citrus limonum*
AR2- Massoia *Cryptocarya massoy*, *Cryptocarya massoia*, *Massoia aromatica*
AR2- May Chang *Litsea cubeba*, *Litsea citrata*, *Lauracubeba*
T2- Melissa/Lemon Balm *Melissa officinalis*

AR5- Myrtle (aniseed) *Backhousia anisata*
AR2- Myrtle (honey) *Melaleuca teretifolia*
T2- Myrtle (lemon)/Sweet Verbena *Backhousia citriodora*
T2- Oakmoss *Evernia prunastri*
T2- Opopanax *Commiphora guidottii*
T2- Oregano (all varieties)
T2- Peru Balsam *Myroxylon balsamum*, *Myroxylon pereiraw*, *Myroxylon peruiferum*, *Myrospermum pereirae*, *Toluifera pereirae*
T2- Saffron *Crocus sativus*
AR6- Sage (White) *Salvia apiana*
T2- Sage (Wild Mountain) *Hemizygia petiolata*
T2- Savory *Satureia hortensis*, *Satureia montana*
T2- Styrax *Liquidambar orientalis*, *Liquidambar styraciflua*
T2- Tea Leaf/Black Tea *Camellia sinensis*, *Thea sinensis*
T2- Tea Tree (lemon-scented) *Leptospermum petersonii*, *Leptospermum citratum*, *Leptospermum livesidgei*,
T2- Treemoss *Pseudevernia furfuracea*
T2- Tuberose *Polianthes tuberosa*
T2- Turpentine *Pinus ayacahuite*, *Pinus caribaea*, *Pinus contorta*, *Pinus elliotii*, *Pinus halepensis*, *Pinus insularis*, *Pinus kesiya*, *Pinus merkusii*, *Pinus palustris*, *Pinus pinaster*, *Pinus radiata*, *Pinus roxburghii*, *Pinus tabulaeformis*, *Pinus teocote*, *Pinus yunnanensis*
T2- Verbena (Lemon) *Aloysia triphylla*, *Aloysia citriodora*, *Lippa citriodora*, *Lippa triphylla*
AR10- Wintergreen *Gaultheria procumbens*
T2- Ylang-Ylang *Cananga odorata*

The following essential oils and those above marked with * are high in 1,8-cineole or menthol and could potentially cause respiration to slow in children. These oils are safe to use by light, short-term diffusion as well as topical use at age-appropriate dilutions (.5% for ages 3-6yrs. / 1% for ages 6+) not applying to or near the face. Always be aware of your child's reaction to any oil as every child is different. Discontinue use if noticing any adverse reactions.

Cajuput *Melaleuca cajuputi*, *Melaleuca leucadendron*
Cardamon *Elettaria cardamomum*
Cornmint *Mentha arvensis*, *Mentha canadensis* - **Seek alternatives for those with cardiac fibrillation or G6PD deficiency.**
Eucalyptus (all varieties)
Galangal (lesser) *Alpinia officinarum*, *Languas officinarum*
Ho Leaf/Ravintsara *Cinnamomum camphora* (cineole chemotype)

Myrtle (red) *Myrtus communis*
Niaouli (cineole chemotype) *Melaleuca quinquenervia*
Peppermint *Mentha x Piperita* - **Seek alternatives for those with cardiac fibrillation or G6PD deficiency.**
Rambiazana *Helichrysum gymnocephalum*
Rosemary *Rosmarinus officinalis*
Sage (Greek), *Salvia fruticosa*, *Salvia triloba* Sage (White)
Sanna *Hedychium spicatum*
Saro *Cinnamosma fragrans*