

Simple Aromatic Gels for Everyday Uses

Aromatic Gel Basic Formula

1 ounce Aloe Vera Gel

1 Tbsp Hydrosol (Optional)

½ Tbsp Herbal Oil (herbs infused into a vegetable oil, not essential oils)

Appropriate Dilution of Essential Oils according to age.

Lavender Gel (example is 1% dilution) (Suitable for children aged 3+ months)

1 ounce Aloe Vera Gel

1 Tbsp Lavender Hydrosol (Optional)

½ Tbsp Lavender infused Oil (Optional)

10 Drops Lavender (*Lavandula angustifolia*) Essential Oil

USES: Anxiety, Bug Bites, Burns (ie Sunburn), Eczema, Itching, Hives, Acne

Tea Tree Gel (Example is 1% Dilution) (Suitable for children 6+ months)

1 ounce Aloe Vera Gel

10 Drops Tea Tree (*Melaleuca alternifolia*) Essential Oil

USES: Antibacterial, Anti-fungal, Antimicrobial (this would make a great hand sanitizer), Decongestant, Expectorant, Immune-stimulant. This is great for “Colds” season.

Relax Gel (Example is 1.5%) (Suitable for Children 2+ years)

2 ounces Aloe Vera Gel

7 Drops Sweet Orange Essential Oil

5 Drops Lavender Essential Oil

2 Drops Roman Chamomile Essential Oil

1 Drops Clary Sage Essential Oil

USES: helps calm thoughts and relax muscles, anti-anxiety