

Essential Oil Safety by Age

NO ESSENTIAL OILS SHOULD EVER BE GIVEN ORALLY TO CHILDREN

This is just a generalized list. Please use discretion if using Essential oils on someone with known allergens, sensitivities, disabilities, or diseases. As with herbs, supplements, or medications, adverse reactions can occur when using Essential Oils. If you or your child have allergies, sensitivities, or other health complications, please do your research and/or consult with your doctor or a clinical aromatherapist prior to using essential oils.

<u>Common Name</u>	<u>Botanical Name</u> (so you know EXACTLY which oil you are using)
<u>Essential Oils Safe for Topical Use / Diffusion on Babies 3+ Months Old</u>	
Chamomile, German and Roman	Matricaria recutita, Anthemis nobilis
Dill	Anthum graveolens
Lavender	Lavandula angustifolia
Yarrow	Achillea millefolium
<u>Essential Oils Safe for Topical Use / Diffusion on Babies 6+ Months Old</u>	
Bergamot	Citrus bergamia (Note: this essential oil is phototoxic and can facilitate sunburn if used within 24 hours of sun exposure)
Carrot seed	Daucus carota
Cedarwood, Atlas, Virginia	Cedrus atlantica (Atlas), Cedrus deodora (Virginia) *Use a smaller dilution as this oil can cause some skin irritation
Cinnamon Bark	Cinnamomum verum DIFFUSION ONLY (Do not apply to any age skin)
Cinnamon Leaf	(Cinnamomum verum) Use a smaller amount as this oil can cause some skin irritation
Citronella	Cymbopogon nardus *Use a smaller dilution as this oil can cause some skin irritation
Coriander	(Coriandrum sativum)
Cypress	(Cupressus sempervirens)
Fir needle	(Abies sibirica)
Geranium	(Pelargonium graveolens)
Grapefruit	Citrus paradisi
Helichrysum	Helichrysum angustifolium
Lemon	Citrus limon Diffusion ONLY – Can be harsh on young, sensitive skin
Mandarin	Citrus reticulata
Neroli	Citrus aurantium
Palma Rosa	Cymbopogon martini
Petitgrain	Citrus aurantium
Pine	Pinus divaricate, pinus resinosa, pinus strobus, pinus sylvestris *Use a smaller dilution as this oil can cause some skin irritation
Ravensara	Ravensara aromatica
Rosalina	Melaleuca ericifolia
Rose Otto	Rosa damascene
Sandalwood	Santalum spicatum
Spruce	Picea abies, Picea glauca, Picea mariana, Picea rubens
Sweet Orange	Citrus sinensis
Tangerine	Citrus reticulata

Tea Tree	Melaleuca alternifolia
Essential Oils Safe for Topical Use / Diffusion on Children 2+ Years	
Sweet Basil	Ocimum basilicum
Black Pepper	Piper nigrum *Use a smaller dilution as this oil can cause some skin irritation
Cassia	Cinnamomum cassia DIFFUSION ONLY – irritating to everyone’s skin
Clary Sage	Salvia sclarea
Clove	Syzygium aromaticum
Frankincense	Boswellia carterii
Ginger	Zingiber officinale
Hyssop	Hyssopus officinalis
Juniper berry	Juniperus communis
Lemongrass	Andropogon citratus *Use a smaller dilution as this oil can cause some skin irritation
Lime	Citrus x aurantifolia
Melissa / Lemon Balm	Melissa officinalis
Myrrh	Commiphora myrrha
Oregano	Origanum onites, O. smyrnaeum, O. vulgare, O. compactum, O. hirtum, Thymbra capitata, Thymus capitatus, Coridothymus capitatus, Satureeja capitata.
Sweet Marjoram	Marjorana hortensis
Patchouli	Pogostemon cablin
Spearmint	Mentha cardiaca, Mentha spicata
Thyme	Thymus vulgaris, Thymus zygis
Vetiver	Vetiveria zizanioides
Valerian	Valeriana officinalis
Ylang ylang	Cananga odorata *Can be diffused for children under 2 years
Essential Oils Safe for Topical Use / Diffusion on Children 6+ Years	
Anise / Aniseed	Pimpinella anisum *Use a smaller dilution as this oil can cause some skin irritation
Anise, Star	Illicium verum *Use a smaller dilution as this oil can cause some skin irritation
Cajeput	Melaleuca cajuputi, Melaleuca Leucadendron
Cardamom	Elettaria cardamomum
Fennel,	Foeniculum vulgare
Laurel / Bay Laurel	Laurus nobilis
Niaouli	Cineole chemotype
Nutmeg	Myristica fragrans *Use a smaller dilution as this oil can cause some skin irritation
Peppermint	Mentha x piperita
Sage	Salvia officinalis, Slavia fruticosa, Salvia tribola, Salvia apiana
Essential Oils Safe for Topical Use / Diffusion on Children 10+ Years	
(The reason why these two essential oils are not recommended for children under 10 years is because of the chemical constituent 1,8 cineole found in these essential oils. This chemotype can cool the respiratory system and cause respiratory distress.)	
Eucalyptus	All species
Rosemary	Rosmarinus officinalis