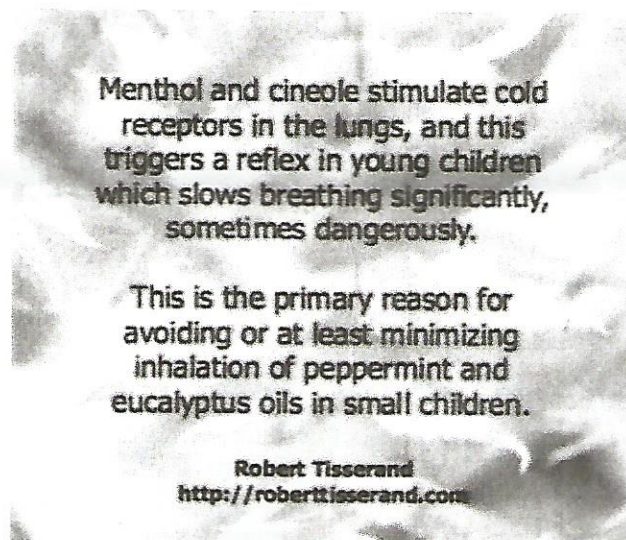


Questions regarding the use of ^{Thieves} oil blend in children under 10 years old. Many families swear by Thieves under the age of ten. Our family & many others use this blend safely & very effectively. If you choose to take a very conservative stance on oil use the following information are reasons some people choose to make an alternative blend for their little ones. I do not recommend thieves topically or orally in pregnancy, nursing or in babies under 6mo.

Robert Tisserand a researcher on essential oil use has stated "Thieves oil is not safe for children under the age of 10 years".

All of the anti-germ type Thieves blends of essential oils contain eucalyptus, rosemary, clove, cinnamon bark, and lemon. Peppermint, eucalyptus, and rosemary essential oils are all avoided in younger children because they contain powerful chemical constituents called cineol 1,8 and menthol. According to Tisserand, these two chemical constituents ^{Cineol} _{slow breathing}, sometimes to a dangerously slow level. **It's important to note that the brand of essential oil you choose to use, does not change this recommendation.** All essential oils (no matter the brand or "purity") are made up of an extremely concentrated combination of multiple chemical constituents and therefore require a certain amount of concern with safety when using them



Just as these oils assist & ease breathing in more matured respiratory systems they can potentially work to well for little ones. This is the reason that it is suggested to avoid the use of these essential oils (and others containing a high content of these chemical constituents) in young children.

Peppermint is safe to use at 6+ years but ALL eucalyptus and rosemary essential oils should be avoided until 10+ years of age. (It's important to note that the brand of essential oil you choose to use does not change this recommendation.)

Children's Alternative to Thieves - These blends can be adjusted based upon your bottle size, but both of these recipes are made to fit in a 5 ml sized bottle. The fir needle essential oil in this recipe can be substituted for cypress, spruce (*picea abies*, *picea glauca*, *picea mariana*, *picea rubens*) or pine (*pinus divaricata*, *pinus resinosa*, *pinus strobus*, *pinus sylvestris*). The woody essential oils are all really great at helping combat congestion, coughs, and even are great expectorants!

6+ MONTHS BLEND

- 25 drops Cinnamon leaf essential oil (*Cinnamomum verum*, *Cinnamomum zeylanicum*)
- 20 drops Lavender essential oil (*Lavendula angustifolia*)
- 25 drops Sweet orange essential oil (*Citrus sinensis*)
- 25 drops Fir needle essential oil (*Abies sibirica*, *Abies balsamea*)

2+ YEARS BLEND

- 20 drops Cinnamon leaf essential oil (*Cinnamomum verum*)
- 20 drops Clove bud essential oil (*Syzygium aromaticum*)
- 20 drops Sweet Orange essential oil (*Citrus sinensis*)
- 15 drops Lavender essential oil (*Lavendula angustifolia*)
- 10 drops Fir needle essential oil (*Abies sibirica*, *Abies balsamea*)
- 10 drops Frankincense essential oil (*Boswellia carterii*)

There are many uses for these blends! Everything you would use your Thieves blend for, you can use these kid-safe blends for as well!

In the diffuser – For the purpose of this blend, inhalation is the most effective method. Whenever you or your children have been around someone who is sick, or someone in your house is sick, you can diffuse this blend in your diffuser. (I like to use [this one!](#)) For **babies under 2 years add 1-2 drops** to the diffuser, for **children 2+ years add 5 drops** to the diffuser, for **children 6+ add 10 drops** in the diffuser.

In a Body & Room Spray – It is great to have this spray on hand in your diaper bag or purse. You can cleanse the air around you, your hands, and even surfaces that you will be touching. Combine in a 2 oz. bottle: 2 Tbsp. [witch hazel](#), 1 tsp. [aloe vera gel](#), 1 tsp. [vegetable glycerin](#) (or other carrier oil), essential oils, and water to fill. For prevention use the lesser amount of essential oils, if your child is sick, use the max amount. For **babies under 2 years add 3-6 drops** essential oil blend. For **children 2+ years add 12-24 drops** essential oil blend. For **children 6+ years add 24-36 drops** essential oil blend.

In a massage oil – Diffusion is the best method with this blend, but you can massage this onto the bottoms of the feet as well as the chest and back. Combine 1 Tbsp. [carrier oil](#) (coconut or olive is my preferred choice for baby massage) with the age appropriate essential oil blend. For **babies under 2 years add 3-5 drops** essential oil blend and rub the bottoms of the feet only, for **children 2+ years add 6-8 drops** essential oil blend, for **children 6+ years add 10-12 drops** essential oil blend.

In an anti-bacterial hand gel – to 8 oz. [aloe vera gel](#), add 1 Tbsp. [witch hazel](#), and essential oils. Use on the hands as a moisturizing hand sanitizer. **Not recommended for babies under 2 years of age** because of their love of putting their hands into their mouths. For **children 2+ years add 15 drops** essential oil blend, for **children 6+ years add 20 drops** essential oil blend.