

Babies

& DOTERRA ESSENTIAL OILS



TEETHING SOOTHER

Rub either blend over jawline and massage in.

Lavender Touch

OR

10 ml Roller
2 drops Roman Chamomile
2 drops Lavender
2 drops Copaiba
Fill remainder with Fractionated Coconut oil.

OR

Mix 1 drop of Clove or Copaiba with 1 Tablespoon Fractionated Coconut Oil and massage into baby's gums. Test on yourself first for the Clove.

SORE TUMMY & COLIC

Gently massage over abdomen in a clockwise motion.

Digestzen Touch

OR

1 drop Lavender
1 drop Roman Chamomile
1 Tablespoon Fractionated Coconut Oil.

FUSSY BABY

Massage in Lavender Touch to bottoms of babies feet.

OR

Place 1 drop of Lavender on parents hands or stuffed animal, where baby can smell.

SORE EARS

Roll Lavender Touch and Melaleuca/Tea Tree Touch behind babies ears and massage in.

DIAPER RASH

Use doTERRA's Baby Diaper Rash Cream

OR

6 drops Lavender
6 drops Tea Tree
6 drops Frankincense
4 oz of Fractionated Coconut Oil. Add to a spray bottle, spray on rash as needed.

CONGESTION

Roll Breathe Touch over babies chest and bottoms of feet.

OR

Mix 1 drop Tea Tree, 1 drop Lemon and 1 Tablespoon Fractionated Coconut Oil and apply the chest and bottoms of feet.

Diffusing 2-4 drops of these oils is recommended too.

IMMUNE SUPPORT

Roll Frankincense Touch or Stronger Protective Blend on bottoms of babies feet and rub in.

CRADLE CAP

1 drop Lavender
1 drop Geranium

Mix with 1 Tablespoon Fractionated Coconut Oil and massage into baby's scalp.

OR

Melaleuca/Tea Tree Touch

COMFORT

To create a calming space, where baby feels calm and comfortable:

Place 1 drop of Lavender, or Balance near breast during feedings.

SLEEPY TIME

Diffuse 2-4 drops Lavender or Balance at Bedtime.

Give baby a massage with Lavender Touch

Or

1 drop Lavender mixed with lotion or Fractionated Coconut Oil and give baby a relaxing massage before bedtime.

Dilution Guide

10ML ROLLER BOTTLE

AGE	DROPS of EO
0-12 months	1-5 drops

Fill Remainder with Fractionated Coconut Oil

SINGLE USE FROM BOTTLE

Babies Under 1 year old

1-2 drops Essential Oil
1 Tbsp Carrier Oil