# Back to School

With Essential Oils

# PERFECT FOR KIDS. BUT NOT JUST FOR KIDS!



KidScents is a collection of essential oil blends that have been specifically formulated for kids and have been pre-diluted with coconut oil. They include: GeneYus, Owie, Sleepylze, SniffleEase, and TummyGize.

#### **GeneYus**

This blend contains oils often used for their abilities to help stimulate the mind and help one focus and block out distractions. It includes: Sacred Frankincense, Blue Cypress, Cedarwood, Melissa, Idaho Blue Spruce, Palo Santo, Galbanum, Bergamot, Myrrh, Royal Hawaiian Sandalwood, Geranium, Rosewood, Ylang Ylang, Hyssop, Spruce, and Rose.

#### Owie

This blend contains oils often used to help support the body's natural healing processes and may be effective in dealing with various problems related to the skin, immune system and muscles and bones. It includes: Idaho Balsam Fir, Melaleuca, Helichrysum, Elemi, Cistus, Hinoki, and clove.

## Sleepylze

This blend contains oils often used for their calming and relaxing properties. It may combat feelings of stress, listlessness, and anxiety and help encourage restful sleep. It includes: Lavender, Geranium, Roman Chamomile, Tangerine, Bergamot, Sacred Frankincense, Valerian, Ruta graveolens (Rue).

#### **SniffleEase**

This blend contains oils often used for their abilities to help support the respiratory and immune systems as they combat cold and flu symptoms. It includes: Eucalyptus Blue, Palo Santo, Lavender, Dorado Azul, Ravintsara, Myrtle, Eucalyptus, Marjoram, Pine, Eucalyptus citriodora, Cypress, Eucalyptus radiata, Spruce, and Peppermint.

# **TummyGize**

This blend is specially formulated for kids to help support healthy digestion and the body's immune system. It includes: Spearmint, Peppermint, Tangerine, Fennel, Anise, Ginger, and Cardamon.

# **Peace & Calming**

This blend contains oils that have historically been used to help reduce depression, anxiety, stress, and tension. It may also promote relaxation and peace and relieve insomnia. It is also known to help hyperactive children. It includes: Tangerine, Orange, Ylang Ylang, Patchouli, and Blue Tansy.

#### Valor

This blend has been used to help empower the physical and spiritual bodies. It may help build courage, confidence, and self esteem. It brings a feeling of calmness, peace and relaxation. It may be used in place of Peace & Calming for hyperactivity and attention deficit disorder in children. It includes: Spruce, Rosewood, Blue Tansy, Frankincense; carrier oil contained in this blend is Almond oil.

#### Lavender

Lavender oil is a universal oil that has traditionally been known to balance the body and to work wherever there is a need. When in doubt, use lavender. It promotes consciousness, health, love, peace, and a general sense of well-being. It is also good for insomnia, burns, diaper rash, wounds, and anxiety.

# **Peppermint**

Peppermint has been used for centuries to soothe digestive difficulties, freshen breath, and relieve colic, gas, headaches, heartburn, and indigestion. Reduces fevers and is purifying and stimulating to the conscious mind.

# **Digize**

This blend is effective for dealing with various problems related to the digestive system and supports healthy digestive function. The oils in this blend have been found to be useful in alleviating indigestion, stomach cramps, upset stomach, belching, bloating, and heartburn. It includes: Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, and Patchouli.

#### **Thieves**

The oils in this blend may be effective for dealing with various problems related to the immune system. Diffusing this blend may help protect the body against the onset of flu, colds, and viruses. It includes: Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary.

#### Melrose

The strong antiseptic properties of the single oils in this blend make it excellent for cleansing and healing cuts. It also dispels odors and is great for cleaning and disinfecting throughout the home. It fights infection, kills anaerobic bacteria and fungus and is good for acne, earaches, gums cold sores, canker sores and candida. It includes: Melaleuca, Melaleuca quinquenervia, Rosemary, and Clove.

#### Lemon

Lemon oil's aromatic fragrance is invigorating and enhancing. It may improve clarity of thought and memory while reducing stress and anxiety. It also promotes a sense of well being and energizes.

### Rosemary

Rosemary oil supports the immune, respiratory, and nervous systems. It stimulates memory and opens the conscious mind. It may help combat fatigue (nervous/mental), headache and depression.

#### Cedarwood

Cedarwood has been known to have a calming effect on anger, anxiety, and nervous tension. It is recognized for its purifying properties and its ability to enhance spiritual communication. It may also help with acne, coughs, and sinusitis.