

How to dilute *essential oils* for babies & children

SAFETY GUIDE

A simple age guide every parent should save.



STAGE 01

0—3 months

A newborn's skin is still adjusting to life outside the womb – thinner, more permeable, and more sensitive than at any other stage.

The safest path is patience. Wait until 3 months before any topical application.

If using a diffuser, keep it in a separate room and limit sessions to 15–30 minutes with good ventilation.



3 mo to 2 years

0.25 – 0.5%
1–3 drops per 30ml carrier oil

SAFE TO USE

Lavender

Frankincense

Copaiba

Cardamom

Roman Chamomile

WAIT ON THESE

Peppermint

Eucalyptus

Rosemary

Apply only to the soles of the feet or along the spine – avoid the face, hands, and chest.



STAGE 03

2-6

years

1 – 1.5%
6-9 drops per 30ml carrier oil

The oil range widens here. You can now introduce:

Lemon

Cedarwood

Mandarin

Siberian Fir

Geranium

Peppermint – still wait

Eucalyptus – still wait

A drop of Lavender or Cedarwood on a pillowcase can become a calming bedtime ritual.



STAGE 04 & 05

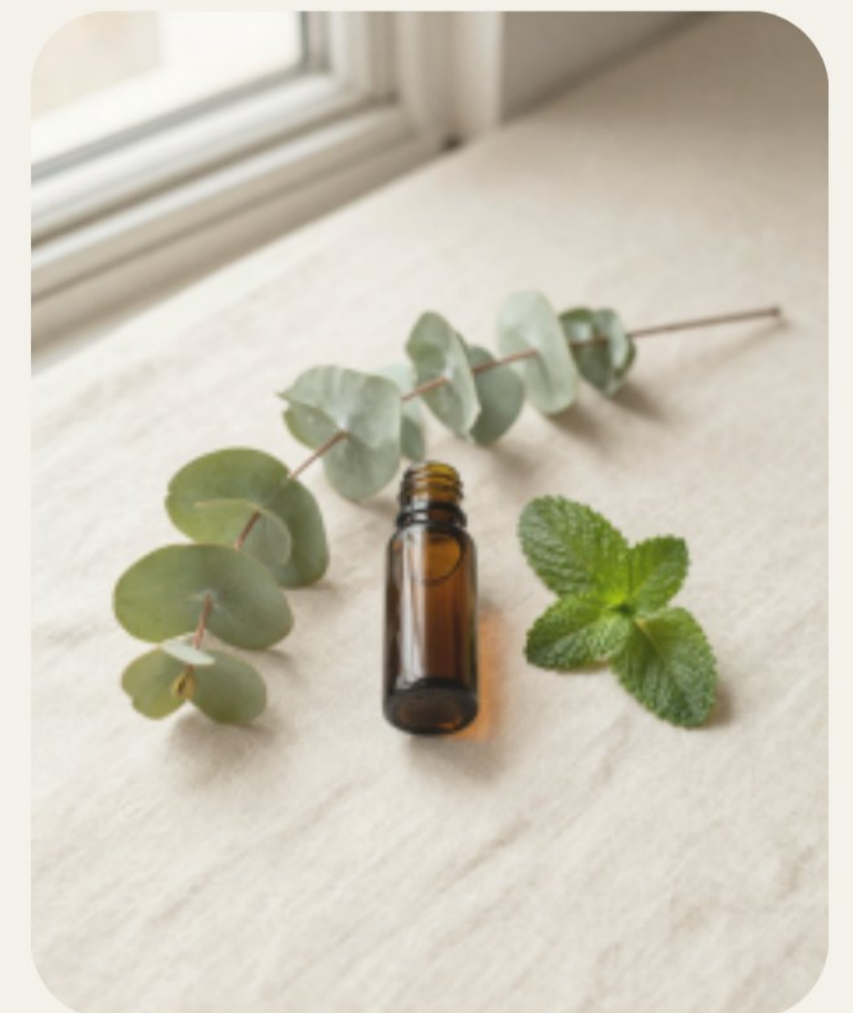
6 - 12

years

1.5 - 2%

10-12 drops per 30 ml carrier oil

Most oils are now safe at low dilution, including Peppermint and Eucalyptus. Their feedback is your best safety tool - if it feels uncomfortable or they dislike the smell, listen to them.



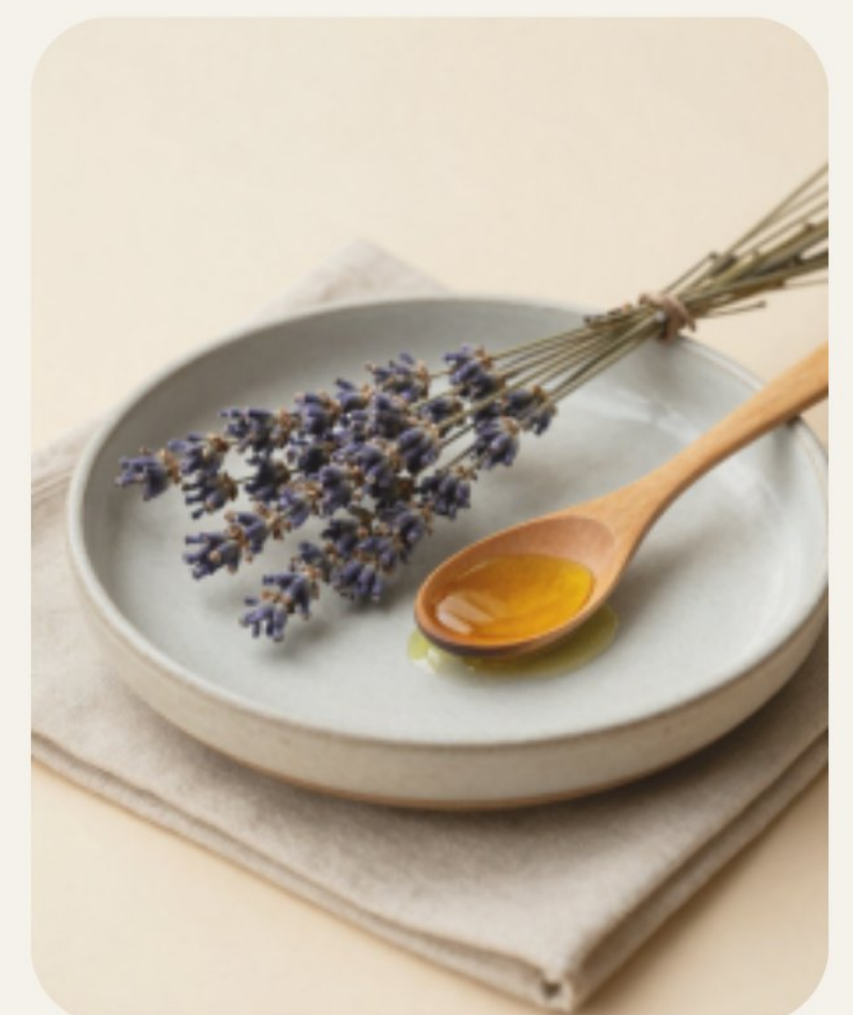
12+

years

2.5 - 3%

15 - 18 drops per 30 ml carrier oil - trending toward adult + 16+

If anything ever feels wrong - redness, irritation, or changed breathing - wash with carrier oil (not water) and ventilate immediately.



Keep learning. We're *right here.*

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Our baby rollers are already *diluted for you.*

Every SEL baby roller is blended at $\leq 0.5\%$ in FCO — ready to apply, no guessing required. From 3 months+.

Gentle Oils. Grounded Families



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