
 **ESSENTIAL OILS SAFE FOR CHILDREN** 

Essential Oils provide many benefits to children of all ages, when used appropriately. From properly diluted topical applications to use in an ultrasonic diffuser, there are many safe ways to use certain essential oils around children.

Here, NOW<sup>®</sup> has suggested a few essential oils that are deemed safe for use on or around children for any reason whether diffusing or diluting for topical use. Please exercise caution when introducing a new essential oil into your child's Essential Oil routine. Just because an oil is deemed appropriate for use at a certain age does not mean that a child might not have an allergic reaction.

**A few essential oils that are generally safe for children to use in our NOW<sup>®</sup> Solutions Diffusers or used topically in the proper dilution:**

**MORNING**  
Clary Sage

**AFTER SCHOOL**  
Orange

**WEEKEND PLAYTIME**  
Frankincense

**NIGHTTIME**  
Lavender

 **ESSENTIAL OILS NOT SAFE FOR CHILDREN** 

Children can benefit from essential oils in much the same way as adults. Here, NOW<sup>®</sup> has provided a list of some essential oils that are deemed unsafe for use on or around children for any reason whether diffusing or diluting. Essential oils are highly concentrated and may cause allergic reactions in certain children/adults even if deemed appropriate for a certain age group.

We recommend practicing caution when introducing essential oils into the daily life of your children. Never use the following essential oils on or around children in any way.

**Never use the following essential oils on or around children in any way.**

**NOT SAFE FOR CHILDREN THREE YEARS AND UNDER:** **3 & ↓**

- Spike Lavender
- Hyssop
- Peppermint
- Camphor
- Star Anise
- Wintergreen
- *Eucalyptus globulus*
- *Eucalyptus radiata*
- Marjoram (Spanish Type)
- Rosemary
- Peppermint\*
- Cardamom

**NOT SAFE FOR CHILDREN TWELVE YEARS AND UNDER:** **12 & ↓**

- Wintergreen
- *Eucalyptus globulus*
- *Eucalyptus radiata*
- Marjoram (Spanish Type)
- Rosemary
- Cardamom

**NOT SAFE FOR CHILDREN FIVE YEARS AND UNDER:** **5 & ↓**

- Star Anise
- Wintergreen
- *Eucalyptus globulus*
- *Eucalyptus radiata*
- Marjoram (Spanish Type)
- Rosemary
- Peppermint\*
- Cardamom

**NOT SAFE FOR CHILDREN SIXTEEN YEARS AND UNDER:** **16 & ↓**

- Wintergreen

\*ages 3-6 safe to diffuse and topical up to 0.5% but not on or near the face

This list only applies to NOW<sup>®</sup> Essential Oils, not all essential oils.

**For more information visit: [nowfoods.ca/faqs-regarding-use-of-essential-oils-for-children](http://nowfoods.ca/faqs-regarding-use-of-essential-oils-for-children)**