



Ontario Healing Fields

### Children Blends

All the formulas below are available as a massage oil, a diffuser blend, a flower water perfume, a dead sea bath salt.

I only carry therapy grade essential oils that are 100% plant based without chemicals or artificial preservatives. I focus on oils that are useful to ease children discomfort.

**Blended oils are intended to be used** in a home or car diffuser, an inhaler, a pendant or mixed in a carrier oil. I only sale oils that I know to be safe for the skin. But always do an allergy test before using on the skin.

You can also mix a few drops in dead sea salts for a good night bath. You can add 6-8 drops per 30ml or 1oz of product. You can also add 4-6 drops of any essential oil blend to an aromatherapy diffuser to scent your space or to dead sea salt for a great bath.

**Flower waters:** The perfume comes with a small spray bottle that makes it easy to use on your child. Return the bottles for a refund or discount on your next purchase.

Children need very little dose of aromatherapy and pure essential oils blends can be too strong for highly sensitive children. This light perfume contains a fraction of essential oils a regular blend does contain, which makes it less likely to create a reaction in your child. These products are made without any alcohol.

#### **Calm after the storm**

**Formula:** Mandarin, Vetiver, Ylang-Ylang.

**Helps with:** anger, explosive temper, bad mood

This is a great blend for a child who is angry and uptight or just had a terrible day. I find this blends works well on my child when he has really intense emotions. Ylang-Ylang will balance the emotions and bring peace and happiness while the Mandarin will reduce overactivity and Vetiver will have an almost immediate calming effect and reduces anxieties. This is a great blend to reduce the impact of physical sensory sensitivities.

#### **Calming the Senses**

**Formula:** Neroli, Mandarin, Vetiver.

**Helps with:** Introverted sensory overwhelming.

Mandarin will reduce overactivity and Vetiver will have an almost immediate calming effect and reduces anxieties while neroli will help a shy person feel less anxious.

### **Focus**

**Formula:** Mandarin, Lime, Peppermint and Rosemary

**Helps with:** mental clarity, sensory processing underwhelming.

The Focus blend is designed to aid highly sensitive children stay focus in sensory difficult situations such as the classroom. The citrus essential oils will make the child feel good about him or herself and Rosemary and peppermint will make your child feel mentally fresh and focused.

### **Positivity**

**Formula:** Basil, Bergamot, Cypress, Vetiver

**Helps with:** negative self-talk, anxiety

This blend can bring harmony and good cheer when diffused around the home. It is very grounding, making it useful for anyone who lives with their 'head in the clouds'. Surrounding children with this aroma we can affect the way they feel about themselves and other people.

### **Serenity**

**Formula:** Cedarwood Atlas, Frankincense, Mandarin, Patchouli.

**Helps with:** Social anxiety, calming

This blend is a great alternative for kids with allergic reactions to lavender and chamomile. This blend includes four essential oils:

**Cedarwood Atlas** which is great to reduce stress and help boost self-confidence and sometime reduces volatile tempers. **Mandarin** is an excellent choice for children. It brings calm to an overstimulated child and helps uplift the spirit. **Frankincense** is great to help an overactive mind relax and decrease tension, it helps my kids feel less worried. **Patchouli** helps to balance the emotions, reduce anxiety and shyness. You can't smell it in the blend, but it works very well.

### **Sweet Dreams**

**Formula:** Mandarin, Orange, Bergamot

Helps with: Sleeping

The light scents of mandarin, orange and a touch of bergamot help little ones ease into a restful and peaceful sleep.

### **Tranquillity**

**Formula :** Roman Camomille, Lavender and Mandarin

**Helps with:** Stress, Relaxing, worried mind

This blend is great to get your child to relax after a stressful day. The roman chamomile will help letting go of any frustration and worry experienced during the day. The lavender will help reduce tension and the mandarin will uplift the mood.