



# NESTED

DOULA \* THETA HEALING \* AROMATHERAPY

# agenda

- + safety + best practices
- + B.R.A.I.N
- + Immune system
- + ingredient palette for safe + effect blending
- + exploring 30 Family Friendly essential oils
- + what essential oils should be avoided?
- + application + recipes for kids 6 mths-10 years

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# safety + best practice

- + Use aromatics with intention + purpose
- + assess all areas of wellness
- + Avoid prolonged use
- + Don't use aromatics that you haven't practiced with
- + Always dilute
- + If you suspect sensitivities, be cautious and do a patch test
- + Know the safety, contraindications of each oil and base ingredient
- + Keep away from eyes, inside of ears and mucous membranes
- + Use in well ventilated rooms
- + Be informed and continue education
- + Keep away from children

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# safety + best practice

- + dilution ratios
- + method of application
- + phototoxicity/photosensitivity
- + language
- + dermal irritant/patch test
- + Containers
- + Watch for oxidization

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## DILUTION GUIDELINES *for Essential Oils*

These values are approximate and have been rounded to whole drops.  
For blends, numbers represent total number of drops of all oils combined.  
Does not imply that all these dilutions are safe for all essential oils in all situations.



# safety + best practice

Stage/Age	Max % EO Dilution	Max # of Drops per 1 oz Carrier
pregnancy	1%	9 drops
breastfeeding	2%	18 drops
babies 3–6 mo.	0.1%	1 drop
babies 6 mo.–2 yr.	0.5%	4–5 drops
children 2–6 yr.	1%	9 drops
children 6+ yr.	1.5%–2%	13–18 drops

# Safety + Dilution

To avoid Phototoxicity:

- **Lemon** should be used at **no more than 2%**
- **Grapefruit** can be used at **up to 4%**

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**Comparing CITRUS ESSENTIAL OILS**

**Bergamot**

- Analgesic
- Anxiolytic
- Antidepressant
- 38% Limonene
- 29% Linalyl acetate
- 9% Linalool
- Strongly phototoxic (unless bergapten-free)

**Lemon**

- 70% Limonene
- 11% beta-Pinene
- 1.2% Citral
- Energizing
- Breast health
- Morning sickness
- Moderately phototoxic

**Sweet Orange**

- Calming
- Labor pain
- Anxiolytic
- 94% Limonene
- Not phototoxic

**Grapefruit**

- 94% Limonene
- Calming
- Anti-aging (?)
- Weight-loss(?)
- Mildly phototoxic

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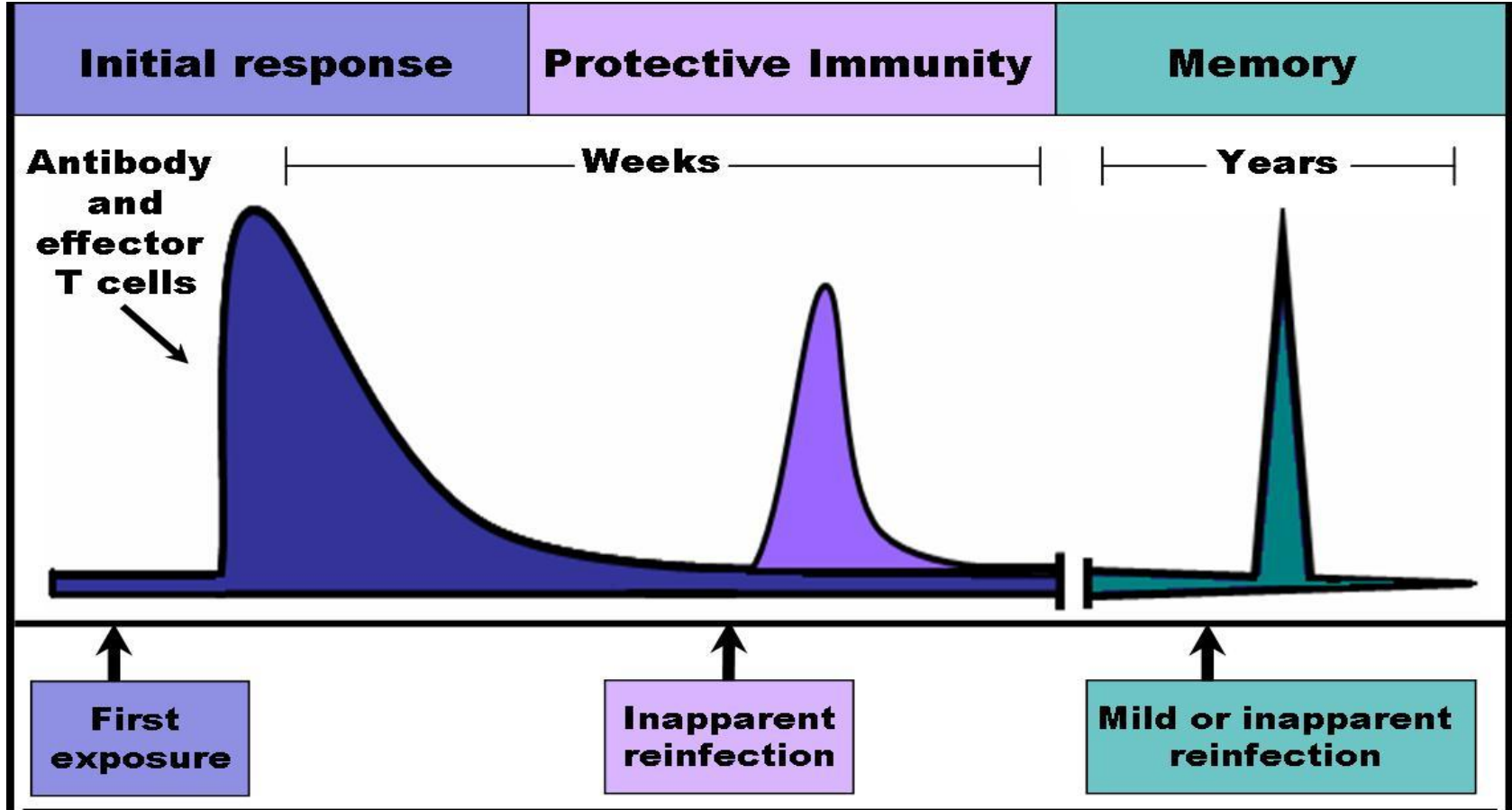
# B.R.A.I.N

- + Benefits
- + Risks
- + Alternative
- + Intuition/Information
- + Nothing... ie what if you wait and do nothing?



# Immune System

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# Safety + best practice

- + Quality matters but doesn't negate adverse reactions
- + Moving from sick care to well care models
- + "Overly enthusiastic " use can lead to risks
- + it is ideal to select oils with less inherent risks first and treat the "big guns" as one would antibiotics or prescription medications. \*
- + Run the diffuser for 30-60 minutes behind closed doors away from family members, then shut it off and air out these spaces. To avoid potential overstimulation and reduce exposure, the main living area can be sanitized after children have gone to bed.

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## Using potent antimicrobial essential oils with children



Using powerful antimicrobial oils, such as:

**Cinnamon bark; Lemongrass; Clove; Oregano; Thyme ct. thymol;** and **blends high in any of these** for children is not the best option, because:

- They carry a high risk of adverse reactions (irritation, sensitization)
- This may inhibit healthy immune system development
- Bacteria may develop resistance to them if overused

For therapeutic use, there are other **effective aromatic options** to choose from, with **better safety profile**, and added benefits:

- **Bergamot**
- **Palmarosa**
- **Rosemary ct. cineole**
- **Marjoram**
- **Lavender**
- **Tea tree**
- **Lemon**



**Note:** The more powerful antimicrobial oils and their blends could help sanitize the space after the illness occurred, to prevent spreading infection further. Diffuse in closed areas for one hour, then air thoroughly.



# Essential Oils Safe for 6mths-1 year

- + Lavender (*Lavendula angustifolia*) \*
- + Chamomile Roman/German (*Anthemis nobilis*, *Matricaria rectutia*)\*
- + Rosalina (*Melaleuca ericifolia*) \*
- + Sweet Orange (*Citrus sinensis*) \*
- + Rose Otto (*Rosa damascena*)
- + Frankincense (*Boswellia carterii*)
- + Helichrysum (*Helichrysum angustifolium*, *Helichrysum italicum*)
- + Lemon (*Citrus limon*)
- + Palma Rosa (*Cymbopogon martinii*)
- + Geranium (*Pelagonium graveolens*)



# Essential Oils Safe for 1-3 years

- + Ravintsara (*Cinnamomum camphora*)
- + Spearmint (*Mentha cardiaca*, *Mentha spicata*)
- + Tea Tree (*Melaleuca alternifolia*)
- + Cedarwood Atlas/Virginia (*Cedrus atlantica*, *Cedrus deodora*)
- + Grapefruit (*Citrus paradisi*)
- + Cypress (*Cupressus sempervires*)
- + Patchouli (*Pogostemon cablin*)
- + Ylang Ylang (*Cananga odorata*)
- + Copaiba (*Copaifera officinalis*)
- + Ginger (*Zingiber officinale*)



# Essential Oils Safe for 6+ years

- + Peppermint (*Mentha x piperita*)
- + Eucalyptus (*Globulus, Radiata*)
- + Rosemary (*Rosmarinus officinalis*)
- + Cardamon (*Elettaria cardamomum*)
- + Vetiver (*Vetiveria zizanoides*)
- + Myrrh (*Commiphora myrrha*)
- + Clary Sage (*Salvia sclarea*)
- + Pine (*pinus sylvestris*)
- + Bergamot (*Citrus bergamia*)
- + Melissa/Lemon balm (*Melissa officinalis*)



# What base ingredients are best?

- + A carrier oil is a vegetable oil derived from the fatty portion of a plant, usually from the seeds, kernels or the nuts.
- + Base ingredients may include carrier oils, shea or cocoa butter, hydrosols, beeswax or alternative
- + ensure that essential oils applied topically are comfortable and safe.
- + dilution with a carrier oil does not dilute the effect of the essential oil or aromatic product
- + prevents waste due to excessive application.
- + vegetable shortening, butter, margarine or petroleum derivatives (petrolatum jelly) should never be used as carrier oils.
- + Coconut oil, sweet almond oil, witch hazel (alcohol free)



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# creating a palette

babies 6 months +

- + Opt for gentle items such as hydrosol, herbal infusion + aromatic carriers
- + Start low and slow with gentle oils like Lavender, chamomile, frankincense diluted to 0.25-0.5% in a carrier oil
- + Diffuse intermittently in a well ventilated room 30-60 mins at a time and then off for same amount of time



# creating a palette using B.R.A.I.N

babies 6 months +

- + Assess the concern, ie Teething
- + Is baby even bothered? Fussy? drooly?
- + Start with a frozen cloth, mild herbal recipe for frozen cloth, applying a diluted essential oil mixture along jawline, explore homeopathy drops, skin to skin time

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# Teething

- + Gentle Teeth: Lavender + carrier oil roller to ease discomfort
- + Dilute according to age
- + Apply along jawline, in front of ears and down the neck
- + As a next step could add homeopathic drops like Camilla
- + Frozen herbal cloth for chewing:
  - + 1 tsp chamomile flowers, 1 tsp chickweed, 1 tsp licorice root (c/s), ½ tsp skullcap, 1 tsp lemon balm
  - + Bring 1 quart of water to boil, turn off heat, add herbs and cover for about 20 mins
  - + Strain herbs out and cool to room temp, immerse baby wash cloths into liquid, wring out excess and freeze individually
- + Use celery stalk (6+ months) (The eugenol in **celery** makes it have numbing properties which can also be found in cloves but is much milder in celery)



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# Tummy aches/gas pains

Babies 6 months+

- + Herbal compress (Nested MAMA herbal sock)
- + Abdominal massage- carrier oil, herbal infusion carrier oil or add essential oils
- + Probiotic- Biogaia
- + Warm compress- in a bowl of warm water add 1 drop of essential oil or hydrosol; orange, lavender or chamomile
- + Skin to skin



# Sweet Dreams

Babies 6 months+

- + Diffuser Recipe: 4 drops lavender, 3 drops bergamot, 1 drop cedarwood, 1 drop roman chamomile
- + Massage Oil: rose or lavender hydrosol, or 1 drop of essential oil in 30 ml carrier
- + Apply essential oils on yourself and practice skin to skin before bedtime.



# creating a palette

Children 1-3 years

- + Dilution can slowly increase to 0.5%
- + Continue using B.R.A.I.N method
- + May start to expand palette with some different herbs, oils and remedies
- + Diffuse intermittently 30-60 minutes

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## DID YOU KNOW?

Children and infants can benefit from using essential oils, with a few precautions. Always follow the instructions on the label.

Start conservatively by selecting gentle oils, diluting and taking your time before making changes.



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# Tummy aches/gas pains

Kids 1-3 years+

- + Herbal compress (Nested MAMA herbal sock)
- + Abdominal massage- carrier oil, herbal infusion carrier oil or add essential oils
- + Introduce essential oils like spearmint, ginger
- + Tummy blend:
  - + In a 10 ml roller add 1 drop of orange, 1 drop of spearmint, 1 drop of ginger
  - + Fill with coconut oil or sesame seed



# Cuts/scrapes + owies

Kids 1-3 years+

- + Make sure area is cleaned; warm water works best and may add 2-3 drop of lavender + 2-3 drops of tea tree to the water for extra benefit
- + Add essential oils to gauze and dress as needed
- + Air time is important for healing
- + Owie Spray:
  - + In a 2oz glass bottle add 6 drops of lavender, 4 drops of helichrysum, 2 drop of tea tree, 2 TBS of witch hazel (alcohol free) and fill with filtered water



# Mood Support

## Kids 1-3 years+

- + Favourite oils: roman chamomile, lavender, orange, rose, grapefruit, lemon,
- + Diffuser:
  - + 4 drops of lavender, 3 drops of grapefruit, 1 drop chamomile
- + Happy roller
  - + In 10 ml roller: 2 drops of lavender, 2 drops of orange, fill with carrier oil
- + Roomy Spray: in a 2oz spray bottle:
  - + 4 drops of lemon, 4 drops of orange, 4 drops of grapefruit, pinch of salt or glycerin fill with filtered water

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# creating a palette

Children 6+

- + Expand dilution 1-2%
- + Always start with a lower dilution and oil with the lowest dermal irritant risk
- + Expand palette with additional oils
- + Diffuse intermittently 30-60 mins

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**K I D S**  
**COLD AND FLU  
DIFFUSER  
RECIPE**

1 drop of Balsam Fir essential oil  
3 drops of Orange essential oil  
2 drops of Lavender essential oil  
1 drop of Cedarwood essential Oil

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# Colds/Flu

Kids 6+

- + Chest Spray: 2oz spray bottle
  - + 10 drops of lemon, 10 drops of Frankincense, 10 drops of Ravintsara, fill with carrier oil of choice
  - + Dilute according to age (max 15 drops total for ages 1-3) Apply and gently massage on chest and back to help ease discomforts from congestion
  
- + Feel better bath: 2 drops of lavender, 1 drops of sweet marjoram, 1 drop of eucalyptus radiata, 2 drops of frankincense, combine eo's with 1 tbs of unscented castile soap and then add the mixture to 1 cup of epsom salts. Add to running bath water as you fill tub. \*dilute according to age



# Fever Support

- + **Sponge Method:** in a bowl of lukewarm water add 1 drop of lavender, 1 drop of eucalyptus radiata and use the mix to sponge your child down
- + **Vinegar Method:** in a bowl of lukewarm water add 3 drops of lavender and 2 tablespoons of vinegar. Place a wash cloth in mixture wring out excess and place on forehead, making sure nothing drips into the eyes. Repeat as necessary
- + **Compress and Massage:** in a bowl of cool water (not cold) add 1 drop of roman chamomile, 1 drop lavender, 1 drop of lemon, 1 drop of frankincense. Dip cloth in water , wring out excess and place on child' back for 5 mins, dry and then massage back with 1 tsp of coconut oil, 2 drops of rose and 1 drop of lavender



# Growing Pains

- + **Massage Oil:** 1 tbs of carrier oils (coconut oil or calendula infused oil) add 3 drops of chamomile, 2 drops of copaiba
- + **Herbal Compress:** warm Nested MAMA herbal sock in microwave for about 40 seconds and apply to area
- + **Warm Bath:** add 3 drops of lavender, 2 drops of marjoram and 1 drop of frankincense to 1 cup of epsom salts and add to bath water



# Head Lice

- + **Shampoo Add in:** in a glass bottle combine 1 tsp orange, 1 tsp tea tree,  $\frac{1}{2}$  tsp of cedarwood,  $\frac{1}{2}$  tsp of palmarosa. Swirl. Then add 15 to 20 drops of the blend to 8 oz of shampoo.
- + **Scalp Oil:** add 30 drops of lice blend (up to 50 drops for ages 6+) above to  $\frac{1}{2}$  cup of organic unrefined coconut oil, stir thoroughly and store in fridge to keep solid. Apply to scalp and cover for 2 hrs before shampooing out. Follow with a nit comb



# Sniffles and Runny Nose

- + **Diffuser:** 2 drops of pine, 2 drops of ravintsara, 1 drop of cypress, 1 drop of spearmint
- + **Inhaler:** 5 drops of lavender, 5 drops of lemon, 5 drops of ravintsara
- + Add a couple of drops of essential oil to wool dryer balls and tumble child's blanket or stuffed animal in dryer before bed

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# Inhaler recipes

Purely olfactive, intended to affect limbic mind; great for reducing nausea, congestion, anxious feelings, emotional up and downs, supports sleep

- + Select 1-3 oils
- + Total of 15 drops in a glass or stainless bowl
- + Swirl and then drop an organic cotton pad allowing to fully absorb essential oils
- + Place into inhaler, cap and label
- + Use as needed
- + Good for 4-6 weeks
- + Select from oils in the appropriate age category



# Outdoor Use

- + Bring your diffuser on patio or outdoor area and diffuse : eucalyptus, citronella, \*purification, peppermint
- + **Bug Spray:** 4oz bottle add 10 drops of cedarwood, 20 drops of citronella (or eucalyptus citrodora), 10 drops orange, swirl and add 2 tbs of witch hazel, 1 tbs of aloe vera gel, fill with filtered water
- + **After sun spray:** 4 oz bottle add  $\frac{1}{4}$  cup of aloe vera gel, 1 tbs of apple cider vinegar, 3 drops of roman chamomile, 10 drops of lavender, optional of 1 tbs of peppermint hydrosol, fill with filtered water



# Outdoor Use

**SunCARE Spray:** fill 4oz glass spray bottle with red raspberry seed oil and add 10 drops lavender

- + shake well and spritz on skin as needed
- + use care for overexposure to sun and REAPPLY
- + Combine with other sun care protection methods like, mixing sun and shade play, wearing hats, sunglasses, uv clothing
- + Combine with high ORAC foods that use antioxidants to protect from the inside out.
- + Sunlight exposure is the primary source of **vitamin D** for most people. Solar ultraviolet-B radiation (UVB; wavelengths of 290 to 315 nanometers) stimulates the **production of vitamin D<sub>3</sub>** from 7-dehydrocholesterol (7-DHC) in the epidermis of the **skin**

## 10 Oils With Natural SPF

**LIVE LOVE FRUIT**

	<b>CARROT SEED OIL</b> SPF 38-40		<b>RASPBERRY SEED OIL</b> SPF 28-50
	<b>WHEATGERM OIL</b> SPF 20		<b>AVOCADO OIL</b> SPF 4-15
	<b>COCONUT OIL</b> SPF 2-8		<b>OLIVE OIL</b> SPF 2-8
	<b>MACADAMIA NUT OIL</b> SPF 6		<b>ALMOND OIL</b> SPF 5
	<b>SHEA BUTTER</b> SPF 3-6		<b>JOJOBA OIL</b> SPF 4

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# My favourite oil-infused products

- + Thieves Cleaner
- + Thieves foaming hand soap
- + Ningxia Red
- + Kidscents shampoo, body wash and toothpaste
- + Seedlings baby wipes
- + Rose ointment

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# Ningxia for the whole family

- + Smoothies: 1 banana, 1 scoop of balance complete \* optional, 1 avocado, 2 scoops of yogurt, 1 sachet of ningxia red, frozen strawberries/raspberries, filtered water
- + Freeze Ningxia Red sachet for a instant ningxia pop
- + Freeze smoothie mix into homemade popsicles

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# what to avoid

- + Overly enthusiastic or misuse of essential oils
- + Synthetic Fragrance commonly found in everyday products like detergent, shampoo, toothpaste, candles, plug-ins
- + Ditch the dryer sheets, lots of chemical and toxins, get a wool dryer ball instead
- + avoid things like bleach common chemical cleaners, Use plant based cleaners
- + Bubble baths and other petroleum based baby products, opt for plant based
- + Consider switching diaper brands if you find diaper rashes are constant



# what to avoid

Oregano	Origanum compactum	Phenols
Thyme	Thymus vulgarisct thymol	Phenols
Savoury	Satureia montana	Phenols
Clove	Syzygium aromaticum	Phenols
Cinnamon	Cinnamomum camphora	Phenols and Aromatic Aldehydes
Cumin	Cumimum cyminum	Aromatic Aldehydes
Aniseed	Pimpinella anisum	Phenyl methyl ethers
Anise star	Illicium verum	Phenyl methyl ethers
Sweet Birch	Betula lenta	Methyl salicylate *ages 14+
Wintergreen	Gaultheria procumbens	Methyl salicylate *ages 14+

Follow the oils by age recommendation, start low and slow. Intro oils one at a time and watch for sensitivities, allergies or adverse reactions



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# for more information

- + contact [info@nestedbirth.com](mailto:info@nestedbirth.com)
- + join Nested Holistic a growing community of essential oil members on a road to health & wellness
- + gain access to exclusive promos, tips, training and info
- + go to <https://yl.pe/nestedholistic> to purchase your own essential oils or starter kit!



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# pricing & availability

- + Create a YL wholesale account
- + Starter kit option includes 10 + 1 bonus oil, cold action diffuser and lots of extras \$199.75
- + Or Thieves home collection
- + Ningxia Red Starter kit
- + Buy kit or individually:
- + go to <https://yl.pe/nestedholistic> to purchase your own essential oils or starter kit!



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# pricing & availability

- + Lavender+ 5ml - \$15
- + Frankincense+ 5ml \$38.25
- + Ginger+ 5ml \$17.25
- + Lemon+ 5ml \$7.75
- + Orange+ 5ml \$7.50
- + Spearmint+ 5ml \$13.75
- +  
Total Investment \$99.50 plus tax
- + Ningxia Red 30 sachets \$109.00
- + Ravintsara 5ml \$14.50
- + Roman Chamomile 5ml \$48.00
- + Little Oilers starter kit \$169.75



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