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DOULA * THETA HEALING * AROMATHERAPY

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

Essential Oils Safe for 6 months-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*)



lavender

- + Latin name: *Lavandula angustifolia* or *vera*
- + Method: steam distilled
- + Key words: antiseptic, antibacterial, balancing, soothing, calming, anti-inflammatory, pain relieving, mood support, First Aid Oil
- + Affinities: skincare, nervous system, respiratory, digestive, musculoskeletal
- + Safety concerns: none known, although highly adulterated or lesser species found in the marketplace
- + Add to palette 6+ months, diluted



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chamomile

- + Latin name: *Chamaemelum nobile*
- + Method: steam distilled
- + Key words: wound care, anti-viral, pain relieving, anti-inflammatory, regenerative, soothing, supports emotions and the heart, safest for children
- + Affinities: skincare, respiratory, musculoskeletal, nervous
- + Safety concerns: very low risk of dermal irritant, add to palette 6 + months, diluted.
- + Botanical relative to both calendula, arnica and helichrysum



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Sweet orange

- + Latin name: Citrus sinensis
- + Method: cold pressed
- + Key words: joyful, uplifting, digestive, energizing, clearing, soothing
- + Affinities: digestive, nervous system, emotions, psyche, skincare
- + Safety concerns- none known, watch for oxidization, Add to palette 6+ months, diluted



helichrysum

- + Latin name: *Helichrysum italicum*
- + Method: steam distilled
- + Key words: wound care, anti-viral, pain relieving, anti-inflammatory, regenerative, soothing, supports emotions and the heart, First Aid Kit
- + Affinities: skincare, respiratory, musculoskeletal, nervous
- + Safety concerns: none known, Add to palette 6+ months, diluted. Botanical relative to both calendula, arnica and chamomile



lemon

- + Latin name: Citrus × limon
- + Method: cold pressed
- + Key words: joyful, uplifting, digestive, energizing, clearing, soothing
- + Affinities: nervous system, respiratory, digestive, musculoskeletal, cleaning, supportive oil
- + Safety concerns- phototoxic, watch for oxidization
- + Add to palette 6+ months, diluted



frankincense

- + Latin name: *Boswellia carterii*
- + Method: steam distilled
- + Key words: anti-inflammatory, antimicrobial, anti-anxiety, clearing, centering, grounding, inspires introspection, pain relieving
- + Affinities: skincare, respiratory, nervous system, wound healing, immune support
- + Safety concerns: none known, low risk of dermal irritation, Add to palette 6+ months, diluted



Rosalina

- + Latin name: *Melaleuca ericifolia*
- + Method: steam distilled
- + Key words: anti-inflammatory, antimicrobial, anti-anxiety, clearing, centering, grounding, inspires introspection, pain relieving
- + Affinities: skincare, respiratory, nervous system, wound healing, immune support
- + Safety concerns: none known, low risk of dermal irritation, Add to palette 6+ months, diluted



Palmarosa

- + Latin name: *Cymbopogon martinii*
- + Method: steam distilled
- + Key words: anti-inflammatory, antimicrobial, anti-anxiety, clearing, centering, creates feelings of security
- + Affinities: skincare, digestive, nervous system, wound healing
- + Safety concerns: none known, low risk of dermal irritation, Add to palette 6+ months, diluted



Rose Otto

- + Latin name: *Rosa damascena*
- + Method: steam distilled
- + Key words: anti-inflammatory, relaxant, anti-anxiety, clearing, centering, balance and harmony, mood support and lightness of spirit
- + Affinities: skincare, digestive, nervous system,
- + Safety concerns: none known, low risk of dermal irritation, Add to palette 6+ months, diluted



Geranium

- + Latin name: *Pelargonium graveolens*
- + Method: steam distilled
- + Key words: anti-inflammatory, antimicrobial, anti-anxiety, clearing, centering, creates feelings of security,
- + Affinities: skincare, digestive, nervous system, bruises, bug repellent
- + Safety concerns: none known, low risk of dermal irritation, Add to palette 6+ months, diluted



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*)



ravintsara

- + Latin name: *Cinnamomum camphora*
- + Method: steam distilled
- + Key words: anti-inflammatory, antimicrobial, anti-bacterial, anti-anxiety
- + Affinities: respiratory, wound care, lymphatic system, immune enhancing
- + Safety concerns: Considered safe during pregnancy, and suitable for small children when diffused in minute doses. Generally considered safe. Add to palette kids 1-3 years, diluted

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tea tree

- + Latin name: *Melaleuca alternifolia*
- + Method: steam distilled
- + Key words: anti-inflammatory, antimicrobial, anti-fungal, anti-bacterial, anti-viral, energizing
- + Affinities: respiratory, mental clarity, clearing, cleansing the atmosphere
- + Safety concerns: Sensitization may occur with regular undiluted use, dilution recommended for frequent application. Use with caution around pets, Add to palette kids 1-3 years, diluted



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ginger

- + Latin name: *Zingiber officinale*
- + Method: steam distilled
- + Key words: warming, grounding, digestive, anti-inflammatory, strengthening, protective, supports movement
- + Affinities: digestive, immune, respiratory, circulatory, musculoskeletal
- + Safety concerns: none known, Add to palette kids 1-3 years, diluted



spearmint

- + Latin name: *Mentha spicata*
- + Method: steam distilled
- + Key words: warming, digestive, calming, clearing, opening, pain relieving, breathing space
- + Affinities: digestive, musculoskeletal, nervous system, respiratory
- + Safety concerns: none known Add to palette kids 1-3 years, diluted



Cedarwood, atlas

- + Latin name: *Cedrus atlantica*
- + Method: steam distilled
- + Keywords: centering, grounding, antimicrobial, sedative, astringent, introspective, harmonizing
- + Affinities: skincare, respiratory, nervous system, emotions/psyche
- + Safety concerns: Add to palette kids 1-3 years, diluted
- + Conifer distilled from the wood not needles.



ylang ylang

- + Latin name: *Cananga odorata*
- + Method: steam distilled
- + Keywords: sedative, quieting, harmonizing, antiseptic, soothing to nervousness, reassuring, strengthens inner trust, inspires deep feelings of happiness
- + affinities : skincare, musculoskeletal, emotions/psyche
- + Safety concerns: Add to palette kids 1-3 years, diluted



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Grapefruit

- + Latin name: Citrus x paradisi
- + Method: cold pressed
- + Keywords: digestive, antibacterial, astringent, antiseptic, soothing to nervousness, reassuring, strengthens inner trust, inspires deep feelings of happiness
- + affinities : skincare, musculoskeletal, emotions/psyche
- + Safety concerns: phototoxic, dilute according to age. Add to palette for kids 1-3 years



Cypress

- + Latin name: Cupressus sempervirens
- + Method: steam distilled
- + Keywords: anti-bacterial, anti-inflammatory, astringent, grounding, creating feeling of security
- + affinities : respiratory, great alternative for eucalyptus, musculoskeletal
- + Safety concerns: add to palette for use with Kids 1-3 years old, diluting to appropriate ratio for age.

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Patchouli

- + Latin name: Pogostemon cablin
- + Method: steam distilled
- + Keywords: anti-fungal, quieting, harmonizing, antiseptic, soothing to nervousness, reassuring, strengthens inner trust, inspires deep feelings of happiness, bug repellent
- + affinities : skincare, musculoskeletal, respiratory emotions/psyche
- + Safety concerns: low dermal irritant, add to palette for kids 1-3 years



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Cobaiba balsam

- + Latin name: *Copaifera officinalis*
- + Method: steam distilled
- + Keywords: antifungal, anti-inflammatory, expectorant,
- + affinities : skincare, musculoskeletal, emotions/psyche, respiratory
- + Safety concerns: low risk for dermal irritant, add to palette Kid 1-3 years



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*)



peppermint

- + Latin name: *Mentha × piperita*
- + Method: steam distilled
- + Key words: pain relieving, energizing, cooling/warming
- + Affinities: nervous system, musculoskeletal, digestive
- + Safety concerns: avoid use with babies and children under 3 years old, may affect milk supply in breastfeeding parents, always follow the label for general use, add to palette for Kids 6+ years, diluted



Rosemary ct cineol

- + Latin name: *Rosmarinus officinalis*
- + Method: steam distilled
- + Key words: anti-viral, mucolytic, decongestant, antispasmodic, brain function, anti-depressant,
- + Affinities: respiratory, skincare, neurological,
- + Safety concerns: Avoid using in cases of epilepsy, high blood pressure, and pregnancy. Highly stimulating, even in small doses, so do avoid several hours before sleeping. May antidote homeopathic remedies. Add to palette for Kid 6+ years, diluted

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Cardamon

- + Latin name: *Elettaria cardamomum*
- + Method: steam distilled
- + Key words: digestive, releases energetic blocks, headaches, uplifting, refreshing,
- + Affinities: digestive, respiratory, musculoskeletal, emotions/psyche
- + Safety concerns: Add to palette for Kid 6+ years, diluted

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Vetiver

- + Latin name: *Vetiveria zizanioides*
- + Method: steam distilled
- + Key words: relaxant, circulatory, grounding, calming, promotes inner strength, eases over-stimulation, restful sleep, quiets the mind
- + Affinities: musculoskeletal, emotions/psyche
- + Safety concerns: oil is very thick, Add to palette for Kid 6+ years, diluted

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eucalyptus

- + Latin name: *Eucalyptus radiata*
- + Method: steam distilled
- + Key words: anti-inflammatory, anti-microbial, anti-bacterial, mental clarity, respiratory
- + Affinities: upper respiratory, headaches, tension, musculoskeletal, clearing, brain function
- + Safety concerns- add to palette for Kids 6+ years, diluted

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Clary Sage

- + Latin name: *Salvia sclarea*
- + Method: steam distilled
- + Key words: relaxant, sedative, grounding, calming, promotes inner strength, restful sleep, quiets the mind
- + Affinities: musculoskeletal, respiratory, emotions/psyche
- + Safety concerns: Add to palette for Kid 6+ years, diluted

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Pine

- + Latin name: *Pinus sylvestris*
- + Method: steam distilled
- + Key words: antimicrobial, expectorant, grounding, aching muscles and joints, fatigue, inspires feelings of security
- + Affinities: musculoskeletal, respiratory, emotions/psyche
- + Safety concerns: avoid use of old or oxidized , Add to palette for Kid 6+ years, diluted

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Myrrh

- + Latin name: *Commiphora myrrha*
- + Method: steam distilled
- + Key words: anti-inflammatory, soothing to skin, feelings of warmth and connection,
- + Affinities: skincare, musculoskeletal, respiratory, emotions/psyche
- + Safety concerns: Add to palette for Kid 6+ years, diluted

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Bergamot

- + Latin name: Citrus bergamia
- + Method: cold pressed
- + Key words: relaxing and calming, uplifting, skin care, digestive, positive energy, heart chakra
- + Affinities: skincare, musculoskeletal, respiratory, emotions/psyche
- + Safety concerns: highly phototoxic, can introduce to palette sooner if opting for a bergapten free option or using in diffuser Add to palette for Kid 6+ years, diluted



Melissa

- + Latin name: *Melissa officinalis*
- + Method: steam distilled
- + Key words: anti-fungal, grief, calming, grounding, digestive, respiratory support
- + Affinities: skincare, musculoskeletal, circulatory, respiratory, emotions/psyche
- + Safety concerns: Use caution if applying to hypersensitive, diseased, or damaged skin. Do not use during pregnancy, or on children under 2 years of age. May induce a mild allergic-like reaction in some individuals.



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Quick Reference

Emotional Distress: Crying, Anxious feelings, Insecurity

- + Lavender
- + Sweet Orange
- + Lemon
- + Roman Chamomile
- + Rose
- + Grapefruit
- + Melissa
- + Vetiver

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Quick Reference

Sleeplessness

- + Lavender
- + Vetiver
- + Roman Chamomile
- + Cedarwood
- + Bergamot
- + Geranium

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Quick Reference

Respiratory Concern: congestion, cough, cold

- + Lavender
- + Ravintsara
- + rosalina
- + lemon
- + Frankincense
- + Cypress
- + Pine
- + Spearmint
- + Tea tree



Quick Reference

Skin Concern: diaper rash, eczema, cradle cap

- + Lavender
- + Geranium
- + Lemon
- + Frankincense
- + Helichrysum
- + Chamomile



Quick Reference

Digestion: upset tummy, nerves, diarrhea, gas

- + Lavender
- + Sweet Orange
- + Ginger
- + Spearmint
- + Chamomile
- + Cardamom



for more information

- + contact 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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