



# Essential Oils for *Back to School*

✔ **Boost Immunity:** Add 10 drops *On Guard*, 5 drops of *Oregano*, 6 drops of *Frankincense*, 4 drops of *Melaleuca* & 2 drops of *Arborvitae* in a 10ml glass roller bottle and fill up the rest of the bottle with Fractionated Coconut Oil. Roll on the bottom of the feet before school and at bedtime to boost children's immunity. Also, take the children's supplements.



✔ **Focus & Grounding:** Apply *InTune*, *Balance* & *Vetiver* oil on the bottom of the big toes before school to help children focus and learn. Make sure they get plenty of Omega oils.



✔ **Focus & Learning:** Diffuse 1-2 drops of *Wild Orange* & 1-2 drops of *Peppermint* to help children stay alert and retain information while studying or doing homework at home.



✔ **Managing Mood:** Diffuse *Balance* & *Serenity* regularly to encourage a more peaceful & calm environment.



✔ **Sleep:** At bedtime, diffuse *Serenity*, massage 1 drop of *Juniper Berry* on the tummy to help children sleep through the night. Apply *Cedarwood* on big toes for extra support.



✔ **Gut Health & Mental Clarity:** Drink 1 drop of *Lemon*, 1 drop of *Wild Orange* & 1 drop of *DigestZen* morning and night. Take 1 sachet *PB Assist Jr* a day.



✔ **Lice:** To prevent, spray *TerraShield* on hair in the morning. To treat, Mix 5 drops *Melaleuca* with *Fractionated Coconut oil* and apply to hair. Cover hair completely. Cover with shower cap and leave in over night. Wash hair in the morning and comb out. Repeat if needed.



✔ **Hand Sanitizer:** Equip each child with *dōTERRA On Guard Sanitizing Mist* to use.

