



WINTER WELLNESS

25 Ways to Keep Kids Healthy with Essential Oils



Hey Kids,

Here are 25 ways you can use essential oils to keep your body healthy during the winter months. (Plus 5 more things that will help, too.) The first section is what you should do every day to stay well. If you're already feeling under the weather, try to do one thing from this page at least every hour. Remember: use less oil, more often!

DO THESE EVERY DAY

1. Diffuse On Guard or another oil from the list below. Add 3-8 drops to your diffuser in the mornings, after school, or overnight.
2. Make a diluted On Guard roller (or use doTERRA's Touch roller) and roll it on the soles of your feet and spine every night.
3. Pop an On Guard beadlet in your mouth.
4. Wash your hands often with On Guard foaming hand soap. Be sure to wash your hands after sneezing, coughing, blowing your nose, or using the bathroom, and also before eating.
5. Carry On Guard hand sanitizer in your pocket or your backpack for those times when you can't wash with soap and water. You can buy doTERRA's new sanitizing mist or **make your own**.
6. Take two a2Z chewable vitamins every day: one with breakfast and one with dinner. (age 4 and up)
7. Take 1 tsp IQmega fish oil every day.

DO WHEN NEEDED

8. If your mom or dad says it's okay, take an On Guard+ softgel.
9. Diffuse Breathe oil overnight to keep your airways clear.
10. Use the **immune support roller** blend on your feet and spine several times throughout the day. Ask a parent to help you dilute it properly for your age.
11. Use your favorite **sleepy oils** to help you sleep at night. Serenity is a good choice. Dilute and rub on your feet, spine, and back of the neck. You can also add it to your diffuser.



WHEN YOUR CHEST FEELS CONGESTED

12. Diffuse Breathe + Frankincense oil overnight to keep your airways clear.
13. Dilute Frankincense + Lime and rub on your chest.
14. Dilute Marjoram + Thyme and rub on your chest and feet.
15. Rub the Breathe vapor stick on your chest.

ESSENTIAL OILS FOR RESPIRATORY SUPPORT

- Breathe
- Eucalyptus
- Peppermint
- Cardamom
- Frankincense
- Melaleuca
- Marjoram
- Thyme
- Lemon
- Lime



WINTER WELLNESS

25 Ways to Keep Kids Healthy with Essential Oils



FOR A STUFFY NOSE

16. Rub diluted Lemon oil on the bridge of your nose.

17. Add 1 drop Lemon oil to a cup of warm tea. We like **Traditional Medicinals Cold Care for Kids**.

18. Rub diluted DigestZen across your sinuses and behind your ears. Try doTERRA's Touch roller.

19. Rub the Breathe vapor stick on your chest and neck.

20. Take a Breathe respiratory drop.

21. After using a tissue, rub Correct-X around your nose to keep the skin from getting dry and painful.



FOR A SORE THROAT

22. If you can, add 1 drop On Guard + 1 drop Lemon + 1 drop Melaleuca to a cup of warm water and gargle way back in your throat.

23. Rub diluted Melaleuca all over your neck. Try doTERRA's Touch roller.

24. Take an On Guard protective drop.

25. Add 1 drop Lemon oil to a cup of warm tea. We like **Traditional Medicinals Throat Coat for Kids**.

ESSENTIAL OILS FOR IMMUNE SUPPORT

On Guard
Thyme
Oregano
Frankincense
Melaleuca
Lemon
Wild Orange
Melissa
Arborvitae

BONUS: THESE WILL HELP TOO!

26. Ask a parent to make **elderberry syrup** (or to teach you how to make it—it's pretty easy). Take 2 tsp every day to stay well. Take 2 tsp three times each day when you're feeling lousy.

27. Ask a parent to keep **homemade bone broth** on hand. Freezing works well! When you don't feel well, sip on warm bone broth.

28. Skip the milk! Try to go easy on dairy products until you're feeling better again.

29. If you're really brave, ask a parent to make a kid-sized amount of **this apple cider vinegar tonic**. Take it at least once per day until you're feeling better.

30. Get plenty of rest! This is one of the best things you can do to help your body return to normal.