



KidScents 2023

Get ready to push the EASY button when it comes to caring for your kids' wellness needs.

We'll go through the entire Young Living KidScents Collection and cover ways you can start incorporating them into your daily routines, setting your kids up for success and giving their growing bodies exactly what they need to thrive.

Quality Matters



So many products sold to us on a regular basis can contain toxins that can accumulate in our bodies, especially our children's bodies. We definitely don't want that! It's important to choose products that are TRULY safe. Many products are being advertised as "all-natural", but are they really all that safe? The packages are pretty and the labels are clever, but the more you dig, the more you find out.

When you shop with Young Living you are getting quality products backed by a 'Seed to Seal' guarantee that you won't find anywhere else. You can expect that Young Living will provide you with only the BEST - that includes their essential oils AND their wellness products.

- Plant material that is grown on corporately-owned farms or carefully vetted partner farms (that you CAN visit!)
- Sustainable farming and sourcing practices, providing the purest oil
- Great care is taken to preserve and protect natural resources
- Hand-weeded fields and ZERO use of pesticides
- Oils that retain all their natural constituents and therapeutic properties
- Use of food-grade distillers with state-of-the-art design and distillation methods
- Low pressure and low-temperature distillation, without the use of solvents or synthetic chemicals
- Rigorous testing on each batch by internal labs and third-party facilities
- Oils that are carefully reviewed through every step of production in order to meet or exceed industry safety and purity standards (beyond organic!)

And the best part... if the oils do not meet these high standards they are rejected and will not be bottled as a Young Living product. YL would rather have something go out of stock than let an inferior product slip through to us. It's rare to find a company with such high standards. Now that's amazing!! To learn even more, check out www.seedtoseal.com.

Usage & Safety



Before we dive into the specifics, let's discuss using essential oils with kids. According to some schools of thought, oils shouldn't be used on children. Do yourself a favor and do NOT go looking online for advice on this topic. You will scare yourself into not using them. Remember, not all essential oils are created equally. Young Living takes GREAT care to ensure you are getting the best of the best, oils that are safe to use on and around your kiddos! We just have to take into account their smaller bodies and learning immune systems. Here are a few safety tips....

1. When in doubt, dilute. There are no hard and fast rules about dilution so don't stress over it. You just want to start slow since their systems are more sensitive than adults'. A good place to test out oils is on the feet. Thankfully, the oils from the KidScents line come pre-diluted to make application easy, taking the guesswork out of diluting it yourself. The recommended application is for children ages 2-12 but I've known many mothers to use them on children younger than that. I also know adults (including seniors) who prefer the gentler approach of the KidScents products due to sensitivities or special needs.
2. Never drop oils directly into the eyes or ears.
3. Be aware of any blends that contain citrus oils as these are photosensitive and should be avoided if being exposed to direct sunlight - or applied 12+ hours before exposure.
4. Start with just a few drops or less when diffusing around kids. As you see how they respond to the oils, you can increase the amount as you see fit. If you're in a more open room, you can use more. If you diffuse in a smaller, more compact area, use less. Everyone's body has different needs and responds to oils in his/her own unique way so start slow. Young Living also has an adorable kid-friendly diffuser called "Feather the Owl" that kids love! It's a humidifier, aroma diffuser, night-light, and white-noise machine - all in one. It's definitely a must-have.

Don't let all the "rules" with essential oils overwhelm you. Just get the oils on and around your kids; the oils will do their job. Lastly, involve your kids in the oil process... let them smell the oils, pick out their favorites, and whip up their own rollers and recipes. They'll love getting to participate and have a say in what gets used.

TummyGize



TummyGize is the perfect blend for little tummies that aren't feeling so well. Say yes to more belly laughs and fewer belly aches! It contains seven oils that are specifically formulated and blended to soothe and relax.

- Spearmint - gentler than peppermint and enhances relaxation
- Peppermint - supportive and soothing
- Tangerine - rich in limonene (look up the benefits)

- Fennel - used as a digestive aid for thousands of years and mentioned in one of the oldest known medical records, the Ebers Papyrus
- Ginger - soothes, comforts, and balances
- Cardamom - protects the stomach
- Anise - a key ingredient in the Essentialzymes supplement

Are you seeing a connection here? --> Little tummies will love this blend!

Usage: Apply to the belly button and rub in a clockwise motion to follow the normal digestion pattern every 30 minutes for an hour and as needed thereafter.

Tip: Adults who do not enjoy the scent of DiGize, find TummyGize to be more pleasant.

SniffleEase



SniffleEase is amazingly effective! It is rejuvenating, refreshing, and perfect for little lungs. It contains ALL these incredible oils...

- Eucalyptus Blue - unique Eucalyptus oil grown in Ecuador
- Palo Santo - known as the poor man's Frankincense
- Lavender - balancing and calming
- Dorado Azul - recognized only as a weed in Ecuador until Gary Young analyzed it for the first time and gave it an identity
- Ravintsara - has purifying properties that are a cross between nutmeg and clove
- Myrtle - balancing and soothing
- Eucalyptus Globulus - also found in Breathe Again and can be soothing to muscles
- Marjoram - known as the 'herb of happiness'
- Pine - shares similar properties with Eucalyptus Globulus and their actions are enhanced when combined

- Eucalyptus Citriodora - traditionally used as a perfume in linen closets
- Cypress - this oil gets things moving!
- Eucalyptus Radiata - cleansing and purifying
- Black Spruce - releasing and grounding properties
- Peppermint - not just good for the belly, opens up the airways too

The four different varieties of Eucalyptus in the blend make it a powerhouse oil.

Usage: Apply to the spine, bottoms of feet, or chest every few hours or as needed. Diffuse as needed. Start with a few drops and adjust as you see fit.

Sleepylze



Sleepylze is perfect for calming and relaxing the mind and body before bedtime (or naptime). It contains all these amazing oils...

- Lavender - relaxing, harmonizing, balancing
- Geranium - excellent for the skin; fosters peace, well-being, and hope
- Roman Chamomile - calming, soothing; perfect for adults, children, and pets
- Tangerine - helps to maintain a healthy lifestyle
- Bergamot - relaxing to the mind and body
- Sacred Frankincense - mood-elevating and relaxing
- Valerian - promotes feelings of relaxation and eases occasional restlessness
- Ruta (Rue) - sleep-inducing properties

Are you starting to get an idea of the attention to detail that Gary Young displays as you learn about the properties of the different oils that make up these blends? He was meticulous. He did his research and selected just the right oils that when all perfectly paired together would create a blend that was pure magic.

Trust me... when you experience this for yourself, you'll believe in magic too!

Usage: Apply to the spine, bottoms of feet, or chest before bedtime or naptime. Diffuse as needed. Start with a few drops and adjust as you see fit.

Owie



Owie: The name of this blend pretty much says it all, but it involves way more than you are probably thinking. You can grab this KidScents gem when your little one has some skin that needs soothing. You can even grab this oil to help ease emotional and mental hurt or stress... an area we may tend to overlook.

Children have to work through some of the same feelings and emotions as adults do, but at times it can be harder for them to process. Oils have a powerful impact on the emotional center of the brain and can be a great tool when helping your little ones deal with emotional trauma of their own. Check out the oils it contains...

- Idaho Balsam Fir - soothing and rejuvenating to the body and mind
- Tea Tree - cleansing and supports healthy skin
- Helichrysum - known for its restorative properties
- Elemi - in the same botanical family as Frankincense and Myrrh (great for skin)
- Cistus - honey-like scent; used for stress and trauma
- Hinoki - energizing and uplifting to the mind
- Clove - supports overall wellness; a main ingredient in Thieves

You can witness in this blend how intentional Gary was in choosing oils that are useful for our physical body along with our emotional minds to benefit the body as a whole.

Usage: Apply Owie topically to the area in need. Use as needed.

GeneYus



Speaking of the mind, that brings us to our next blend in the KidScents Collection - **GeneYus**. This one is perfect for helping young minds focus and concentrate on projects and the task at hand. Let's be honest... I've never met a kid who couldn't use a little extra help in this area, have you? Ha!

Take a look at all the oils inside...

- Sacred Frankincense - high in sesquiterpenes which send oxygen to the limbic system of the brain
- Blue Cypress - used to aid in the body's natural response to irritation and injury
- Cedarwood - promotes a sense of security and peace
- Idaho Blue Spruce - relaxing to the mind and body
- Palo Santo - used to purify and cleanse negative energies
- Melissa - soothing, calming, good for easing stress
- Northern Lights Black Spruce - grounding
- Bergamot - contains mood-lifting properties
- Myrrh - helps balance the production of many vital hormones
- Vetiver - grounding, calming, and stabilizing
- Geranium - strengthening and revitalizing
- Royal Hawaiian Sandalwood - emotionally balancing and grounding
- Ylang Ylang - used for balancing both male and female energies
- Hyssop - known for its purifying properties
- Rose - very high vibrational frequency

Don't forget... just because these oils are part of the KidScents collection, it doesn't mean that adults can't benefit from them as well!

Usage: Apply to the back of the neck, earlobes, forehead, or wrists. Diffuse as needed. Start with a few drops and adjust as you see fit.

KidPower



KidPower: Ahhh... this oil is just that - filled with power! It smells like a delicious creamsicle. It's a unique, everyday blend formulated to help inspire feelings of confidence, courage, and positivity at home, at school, or on the playground. It can inspire, motivate, and empower them for their best day every day. It helps children find their power within!

Check out all the oils inside this blend...

- Orange - has a bright, uplifting aroma
- Vanilla - creates a comforting, welcoming atmosphere
- Black Spruce - earthy and grounding to help balance the senses
- Camphor Wood - provides a floral, relaxing aroma
- Blue Tansy - has a floral aroma that is uplifting to the senses
- Frankincense - popular for meditation and promotes a comforting environment
- Geranium - promotes peaceful, spiritual feelings

Usage: Apply to the wrists or back of the neck as needed. Diffuse daily; start with a few drops and adjust as you see fit.

KidScents Roll-On Collection



All these incredible kid-friendly blends come in regular 5 ml essential oil bottles, which make them perfect additions to your home. But did you know they also come in convenient ready-made rollers? Yes!! You can purchase them individually or you can push the easy button and grab a KidScents Roll-On Collection, which contains all 6 blends!

Now you don't have to worry about misplacing those precious bottles - just get the roller collection for your purse, backpack, or diaper bag and you're good to go! You'll be ready to roll at a moment's notice.

You can even grab a plastic nail polish holder from the local dollar store and set these awesome rollers out for your kids to apply themselves. (Obviously, use your judgment based on your kids' ages.) This gives you a great opportunity to encourage your children to listen to their bodies and respond accordingly - how empowering!

KidScents Personal Care Products



In addition to the line of KidScents oil blends, Young Living also offers an array of personal care products that can be used on your kiddos every single day to ensure nothing but the best is being absorbed into their little bodies.

KidScents Slique Toothpaste

This is the perfect toothpaste for kids of all ages. It makes a great starter toothpaste during those crucial years when kids are getting their primary teeth, but will also carry them to their teenage years, gently

cleaning their teeth and gums with safe and natural ingredients. That means NO synthetic dyes or flavors. The addition of Slique Essence and Thieves essential oils make this highly effective at keeping teeth whiter, gums healthier, and combating plaque.

KidScents Shampoo

Contains only the finest, natural ingredients for cleansing and balancing the pH of your children's hair. You can have peace of mind, knowing that no mineral oils, synthetic perfumes, artificial colorings, or toxic ingredients are being absorbed through your kiddo's skin.

KidScents Bath Gel

This hypoallergenic gel is enriched with nourishing botanicals for a natural clean that is gentle on sensitive skin. It contains Tangerine and Lemon essential oil plus kiwi and cucumber extract - so it smells divine! Just apply a small amount to a washcloth or directly to the skin. Rub gently, then rinse.

KidScents Lotion

This lotion is enriched with nourishing botanicals in a non-greasy formula that absorbs quickly and is gentle on sensitive skin. It replenishes the skin's hydration and contains only the best ingredients - including Tangerine, Lemon, Orange, and Rosemary.

Tender Tush

This is an essential oil balm formulated with natural vegetable oils and pure essential oils - including Frankincense, Lavender, and Ylang Ylang - to moisturize and nourish dry skin. Made without synthetic perfumes, mineral oils, artificial colorings, or harsh chemicals, this mild essential oil moisturizer promotes healthy skin while soothing sensitive skin. Apply liberally to the diaper area as often as needed to help soothe and protect skin. *And FYI - you don't have to be a baby to reap the benefits of this balm. Wink Wink! ;)*

KidScents Supplements



Not only does Young Living offer our kids easy-to-use oil blends and personal care products, they also offer supplements. Hallelujah! Most conventional supplements contain synthetic ingredients, additives, or are loaded with sugar. Don't waste your money on supplements that won't help your children live above the wellness line. Invest in products that will. Check out these supplements specifically formulated with your babes in mind...

KidScents MightyPro

It contains both pre- and probiotics. Prebiotics and probiotics help support digestion, the immune system, and emotional balance. They do this by stimulating and replenishing "good bacteria" through the live cultures. MightyPro has 8 billion active, live cultures! You can sprinkle it on cold food and drinks for easy consumption. It also tastes great on its own... think healthy Pixie Stick! Your kids will love it!

I love that they are in individual packets and it doesn't need to be refrigerated. Kids eat it like candy, so be sure to keep it in a safe place out of reach so they don't eat too many and reap an unexpected moving experience!

KidScents MightyVites

MightyVites include a full range of vitamins, minerals, antioxidants, and phytonutrients that deliver whole-food multi-nutrient support to your child's general health and well-being. Free of preservatives and artificial colors and flavors, these delicious, berry-flavored chewables give your children full nutritional support. It does not contain synthetic folic acid or additives like some other kids' vitamins on the market. It is extracted using hot water and is no different than the folic acid that is produced when boiling broccoli.

KidScents MightyZyme

MightyZyme chewables contain enzymes that naturally occur in the body that support and assist the digestive needs of growing bodies and the normal digestion of foods. Enzymes are required for your

body to function properly because without enzymes you wouldn't be able to breathe, swallow, drink, eat, or digest your food.

KidScents Unwind

Unwind is a kid-friendly magnesium supplement that helps promote a calm state, reduces restlessness and eases occasional irritability and sleeplessness, and improves focus and mental clarity in the home and in the classroom. (***TIP:** You don't have to be a kid to unwind a bit with this easy to use amazing product!*)



Immugummies!

If you're searching for a fun and yummy way to support your family's immune health, look no further than Young Living's new Immugummies™ supplement. These elderflower-flavored gummies pack a punch of immune support* and natural fruity flavor in every chewy bite. Let's take a deep dive into what makes these gummies so special and how they can benefit your family's health.

[Read more](#) about the tastiest way to support immunity!

DIY Recipes for Kids

Aromatherapy Slime



- 4 oz. non-toxic white glue
- 6-8 drops natural food coloring
- 1/2 tsp baking soda
- 1-2 TBSP contact solution
- 8 drops KidScents oil(s) of choice

Combine ingredients as listed above. Knead until smooth. Store in an airtight container for up to 3 months. Enjoy!



Clay Diffusers



- Air-drying clay
- Cookie cutters
- Thread
- Beads or other decorations
- KidScents oil(s) of choice



Using a rolling pin or your hands, flatten out clay to about $\frac{3}{4}$ in. thick. Use your favorite cookie cutters to cut out some shapes. Poke a small hole into the top of your clay shapes (for hanging). Get creative and decorate the clay shape(s), then allow to dry according to the clay packaging. Once dry, add your string and your favorite oils. Re-apply as desired.

Braided Diffuser Bracelets



- Thin faux leather/suede string cord
- (60 inches for each bracelet)
- 1 small button with two holes (per bracelet)
- KidScents oil(s) of choice



Cut three strips of cord - each 20 inches long. Tie the cords together with a knot at one end, leaving an inch hanging past the knot. Thread the button onto one cord so that it rests against the knot you made. The other two cords will not have a button. Then knot all three cords on the other side of the button. Your button should be between two knots. Braid the three cords until you reach the desired length; knot them. Leave about a $\frac{1}{8}$ - 1 inch space then knot them again. This will be the hole your button will slide into to secure the bracelet on your wrist. Cut off any excess cord. Then add your favorite essential oil(s) to your bracelet and enjoy the scent all day long. Re-apply as desired.

DIY Lotion Bars



- 1/2 c coconut oil
- 1/2 c shea butter, shredded
- 1/3 c beeswax pellets
- 3-4 drops Vitamin E oil
- Small silicone molds
- Natural soap colorant (optional)
- 15-20 drops KidScents oil(s) of choice



Add the coconut oil, shea butter, and beeswax pellets to a microwave safe bowl. Microwave for 45 seconds or until completely melted; stir well. A double boiler can be used in place of the microwave. Add the Vitamin E oil, soap colorant, and essential oils. Stir to incorporate. Pour the mixture into the silicone molds, filling up to the top of each mold. Chill for at least 4 hours. Carefully remove each lotion bar from its mold and store in an airtight container for up to 12 months. Use them as needed.

Get the Best Deal



Who wants to pay full price when you can get the same thing at a discount? Young Living has several options to help you get started and snag the best deal possible. Even if you already have your own Young Living account, there are still some money-saving tricks you need to know!

Shoot me a message and I can walk you through the options.

A Few Side Notes

- Information obtained here is meant for educational and informational purposes ONLY, and to motivate and empower you to make your own wellness journey based on your own research and partnership with your healthcare provider.
- The statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.
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