



Plant Therapy®  
**KidSafe®**

## KIDSAFE WELLNESS 6 OIL SET GUIDE

GERM DESTROYER®  
IMMUNE BOOM  
NIGHTY NIGHT™  
SNIFFLE STOPPER®  
SKIN SOOTHER™  
TUMMY ALL BETTER™



These KidSafe blends will help you prepare for seasonal threats while supporting a happy, healthy home all year long.

## GERM DESTROYER

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Utilizing the potent properties of Black Spruce, Sweet Marjoram, Lavender, Rosalina, and Lemon, Germ Destroyer can help protect the whole family from seasonal threats and assist with recovery time when illness does strike.

## TOILET BOMBS (20-COUNT)

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### **What you'll need:**

- 1 ½ cups baking soda
- ⅔ cups citric acid
- 2 Tbsp vinegar
- 60 drops Germ Destroyer
- Molds (muffin tin works)

### **What you'll do:**

Mix Baking Soda, citric acid, essential oils and vinegar. When mixture is moist enough to stick (but not wet), fill up the molds. Allow to dry for around 2 hours. Pop out of molds, drop one in your toilet bowl to freshen up your bathroom, save the rest for later.

## IMMUNE BOOM

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With oils like Lemon, Palmarosa, Petitgrain, and Frankincense Carterii, this blend was made to support a healthy immune system. Reach for Immune Boom when the common cold strikes to help keep your child healthy and encourage clear airways.

## NIGHTY NIGHT

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Does your child have trouble calming down before bedtime? Nighty Night helps create a more calming atmosphere so that you and your child can relax before bedtime. This blend promotes overall relaxation and deep sleep.

## FOAMING HAND SOAP

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### What you'll need:

- ½ cup Castile Soap
- 1 tsp Fractionated Coconut Oil
- 1 cup purified water
- 1 foaming pump bottle
- 30-40 drops Immune Boom

### What you'll do:

Mix all of the ingredients together and pour them into the foaming pump bottle. Shake, pump, wash, and enjoy!

## BEDTIME BATH BLEND

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### What you'll need:

- 2 Tbsp unscented body wash
- 1/2 cup Epsom salt
- 9 drops Nighty Night

### What you'll do:

Add a few drops of Nighty Night to one tablespoon of shampoo/body wash and mix into a warm nighttime bath. Add Epsom salt if desired.

## SNIFFLE STOPPER

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This blend of Fir Needle, Rosalina, Black Spruce, Cypress, Spearmint, and Virginian Cedarwood can help stop sniffles dead in their tracks. Support your child's respiratory system with the help of cool and crisp Sniffle Stopper.

## SNIFFLE STOPPING CHEST RUB

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### **What you'll need:**

- 12 drops Sniffle Stopper
- 2 oz unscented lotion

### **What you'll do:**

Thoroughly mix essential oils and lotion, then apply small amounts to the chest to encourage easier breathing.

## SKIN SOOTHER

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Skin Soother is a natural and effective way to help clear your child's rough, irritated skin. The oils used in this blend were chosen for their ability to alleviate dry patches while nourishing and revitalizing the skin.

## SOOTHING SKIN SALVE

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### **What you'll need:**

- 1/4 cup Beeswax Pearls
- 2 oz Unrefined Shea Butter
- 1/4 cup solid coconut oil
- 3/4 cup carrier oil
- 20 drops Skin Soother
- 2 oz tins

### **What you'll do:**

Melt beeswax and coconut oil together, then add shea and carrier oil. Once it's all melted, add 20 drops of Skin Soother, stir and pour the mixture into your 2 oz tins. Allow to cool.

## TUMMY ALL BETTER

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Tummy All Better can make long trips more bearable by helping with car sickness. This blend can be inhaled to relieve queasiness or applied topically to help with digestive upset, and can even assist with your little ones' regularity.



## TUMMY ALL BETTER BELLY RUB

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### What you'll need:

- 2 tsp carrier oil
- 6 drops Tummy All Better

### What you'll do:

Simply add six drops of Tummy All Better to 2 teaspoons of carrier oil, or dilute to 2-3% and rub gently onto your child's abdomen to help ease tummy upset.

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