



Plant Therapy®  
**KidSafe®**

## KIDSAFE STARTER SET GUIDE

CALMING THE CHILD®  
GERM DESTROYER®  
IMMUNE BOOM  
NIGHTY NIGHT™  
SNIFFLE STOPPER®  
STUDY TIME™



This set has everything you need to get started with KidSafe essential oils. We've included blends that will help your child focus in school, calm excitable young minds, ease them into bedtime, and support a healthy immune system.

## CALMING THE CHILD

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With the soothing scents of Mandarin, Tangerine, Lavender, and Roman Chamomile, Calming The Child is a naturally safe way to slow revved-up minds, ease emotions, or encourage sleep. Plus it smells amazing!

## SCENTED CALMING CRAYONS

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### What you'll need:

- Silicone mold
- Crayons (no wrappers)
- Cookie sheet
- Oven
- Stirring rod or toothpicks
- Calming The Child

### What you'll do:

Preheat the oven to 250 degrees. Break crayons into small pieces. Fill molds. Place molds on cookie sheets and place in oven. Once melted, remove from oven and allow to cool but not harden, then add a few drops of Calming the Child to each and stir well. We recommend a 2% dilution. Place in the freezer until hardened. Remove from mold and enjoy!

## GERM DESTROYER

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

## 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 seasonal threats strike to help keep your child healthy and encourage clear airways.

## 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.

## 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!

## 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.

## 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.







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