

Starting School - Can cause Anxiety in Children

School is just around the corner for many children and parents too.

Anxiety and all the excitement can make for tense times for everyone.

Several oils are helpful with children and using them before bedtime will help them to calm down and get the rest they need to meet the next days busy schedules.

Essential oils of Bergamot (FCFpreferred), Frankincense, Roman Chamomile, Geranium, Mandarin and Neroli along with Rose otto are all great oils to use to calm children down. They also help to keep them focused the following day, because they can get a goods nights sleep.

Simply choose 2-3 of the above listed oils and add to a bath, lotion or even use in a room diffuser.

Try this blend to help with Anxiety and stress during those first few days at school.

Bergamot FCF– 5 drops
Lavender – 5 drops
Geranium – 3 drops
Mandarin – 3 drops
Neroli – 1 drop

Blend together in an amber bottle then diffuse in any room diffuser or put a couple drops in a bath tub and let them unwind in the tub just before heading off to bed.

If you don't have time to mix the above blend, you can use our Calming Blend. Many of the oils suggested are in this blend along with others. The blend is great to use by all members of the family.

So here's just one more thing to add to your "Before School Starts Shopping list" but it might be the best item you can add for both you and your children! Using essential oils are easy and oh so pleasant.

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Aromatherapy Tip of the Week

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