



Guidelines to IFPA Members Treating Babies and Children

IFPA agrees with the safety information in Essential Oil Safety by Tisserand and Young which states - "Great caution is necessary for infants, since neo-natal skin does not mature until 3 months of age; it is more sensitive and more permeable to essential oils. A new-born is also less equipped to deal with any adverse effects than an adult because of the lower metabolic capacity."

Recommendations for Topical Application

The following table outlines topical application for babies and children when used for general wellness and not recommended for use on a daily basis. "Therapeutic use" refers to use when the child is ill.

Age	Minimum dosage for general wellness. (Not recommended every day).	Maximum dosage for therapeutic use when ill. (Short term use)
Premature babies	0	0
0 – 3 months	0	0.1%
3 – 24 months	0.25%	0.5%
2 – 6 years	1.0%	2.0%
6 – 15 years	1.5%	3.0%
15 years +	2.0%	5.0%

Recommendations for Essential Oil choice

The following essential oils are not advised for use topically or through vaporisation for infants under 2 years of age as they are known to slow respiration in children under 2 -

- *Mentha piperita* (Peppermint)
- *Mentha arvensis* (Cornmint)

The following four essential oils should not be used in topical applications but may be used in low dilution for vaporisation for short periods. If cineole is required in a blend, use *Lavendula x intermedia* (Lavandin)

- *Eucalyptus globulus*
- *E. Radiata*
- *E. smithii*
- *Ravensara aromatica ct cineole*

Essential Oils suitable for Infants under 2 years of age

Chamomile Roman
Lavender
Lavandin
Niaouli
Tea tree
Thyme sweet

Chamaemelum nobile
Lavendula angustifolia
Lavendula x intermedia
Melaleuca viridiflora
Melaleuca alternifolia
Thymus vulgaris ct linalool

These essential oils can be considered safe for topical application and vaporisation.

Essential oils not suitable for children aged 6 and under

We do not recommend the following essential oils to be used on children under the age of 6 years. Essential oils containing large quantities of the chemical component groups' phenols, ketones and some aldehydes should not be used as they are known skin irritants.

The following are not advised for topical application or vaporisation:

Aniseed	<i>Pimpinella anisum</i>	M. Ethers, Phenols
Fennel	<i>Foeniculum vulgare</i>	M. Ethers, Phenols
Clove	<i>Syzygium aromaticum</i>	Phenols
Red thyme	<i>Thymus vulgaris ct thymol</i>	Phenols
Oregano	<i>Origanum vulgare</i>	Phenols
Hyssop	<i>Hyssopus officinalis</i>	Ketones
Sage dalmatian	<i>Salvia officinalis</i>	Ketones
Tagetes	<i>Tagetes minuta/glanulifera</i>	Ketones
Wintergreen	<i>Gaultheria procumbens</i>	Methyl salicylate (Ester)

Recommendations for Vaporising/Diffusing

Continual vaporisation in a child's room is not recommended. Intermittent vaporisation of 30 minutes on and 2 hours off is safer and more effective. IFPA does not recommend diffusers with a naked flame due to the flammability of essential oils.

Disclaimer

The IFPA has made every effort to provide accurate and safe information and guidance for the use of aromatherapy with babies and children. However, the IFPA cannot be held responsible for any actions made, implied, or expressed by anyone as a result of this guidance. The therapist is individually accountable for their actions. IFPA will endeavour to provide professional support should a potential problem arise.

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Created August 2021.

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