



Dear Parents and Caregivers,

As you are aware, life can be hard and stressful for many. One of our goals is to aid in the reduction of stress and anxiety in an effort to make learning more fun and effective. One method is by utilizing the effectiveness of essential oils in a diffuser and on the skin when appropriate during therapy sessions.

Essential oils have been reported to positively affect mood and memory. Many also have antibacterial properties as well. Below are listed the essential oils Therapies 4 Kids like to use along with their properties. These oils are certified pure therapeutic grade (CPTG) from a company called doTERRA. They have no synthetic chemicals or pesticides and are taken from organically grown plants. Please review this list and let us know if you have any questions or concerns regarding the use of these oils in our therapy centers and clinics.

We also need to know if your child has any allergies to any of the plants from which these oils are taken. Please sign below indicating that you have received this information and issue this form to the front desk personnel at the therapy center/clinic your child receives our services.

Single Oils

- Lavender** (*Lavandula angustifolia*): may help reduce anxious feelings.
Lemon (*Citrus limon*): naturally cleanses the body and aids in digestion.
Peppermint (*Mentha piperita*): natural invigorating agent
Melaleuca (*Tea Tree*): natural purifier
Frankincense (*Boswellia*): may promote relaxation and may help balance mood
Oregano (*Origanum vulgare*): may support healthy immune, digestion, and respiratory function
Fractionated Coconut Oil (*Coco nuciera*): all natural carrier oil
Vetiver (*Vetiveria zizanioides*): may promote calming, grounding effect on emotions
Wild Orange (*Citrus sinensis*): may energize and uplift the mind and body
Yellow Mandarin (*Citris nobilis*): may promote soothing and uplifting environment

Oil Blends

- Serenity (Restful Blend)**—*Ingredients: Lavendula angustifolia (Lavender) Oil, Juniperus virginiana (Cedarwood) Wood Oil, Cinnamomum camphora linalooliferum (ho Wood) Leaf Oil, Cananga odorata (Ylang Ylang) Flower Oil, Origanum majorana (Marjoram) Leaf Oil, Anthemis nobilis (Roman Chamomile) Flower Oil, Vetiveria zizanioides (Veteiver) Root Oil, Vanilla planifolia (Vanilla) Bean Extract, Sanralum paniculatum (Hawaiian Sandalwood) Wood Oil:* ability to lessen feelings of tension and calm emotions, and support a restful sleep when used aromatically
- Balance (Grounding Blend)**—*Ingredients: Cocos nucifera (Coconut) Oil, Picea mariana (Spruce) Branch.Leaf Oil, Cinnamomum camphora linalooliferum (Ho Leaf) Leaf Oil, Boswellia carterii (Frankincense) Oil, Tanacetum annum (Blue Tansy) Flower/Leaf/Stem Oil, Chamomilla recutita (Blue Chamomile) Oil, Osmanthus fragrans (Osmanthus) Flower Extract:* may promote tranquility and relaxation

DigestZen (Digestive Blend)—*Anise Fruit/Seed, Peppermint Plant, Ginger Rhizome/Root, Caraway Seed, Coriander Seed, Tarragon Plant, Fennel Seed*: known for its ability to aid in digestion, soothe occasional stomach upset, and maintain overall digestive health

On Guard (Protective Blend)—*Ingredients: Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, Rosemary Leaf*: may support the body's natural antioxidant defenses; Energizing and uplifting aroma

Breathe (Respiratory Blend)—*Ingredients: Laurus nobilis (Laurel) Leaf Oil, Eucalyptus globulus (Eucalyptus) Leaf Oil, Mentha piperita (Peppermint) Oil, Melaleuca alternifolia (Melaleuca) Leaf Oil, Citrus limon (Lemon) Peel Oil, Elettaria cardamomum (Cardamom), Seed Oil, Cinnamomum camphora (Ravintsara) Leaf Oil, Ravensara aromatica (Ravensara) Leaf Oil*: may maintains feelings of clear airways and easy breathing

Deep Blue (Soothing Blend)—*Ingredients: Gaultheria procumbens (Wintergreen) Leaf Oil, Cinnamomum amphora (Camphor) Bark Oil, Mentha piperita (Peppermint) Oil, Cananga oforata (Ylang Ylang) Flower Oil, Helichrysum italicum (Helichrysum) Flower Oil, Tanacetum annuum (Blue Tansy) Flower Oil, Chamomilla recutita (German Chamomile) Flower Oil, Osmanthus fragrans (Osmanthus) Flower Extract*: may aide in alleviating muscle aches and pains

Motivate (Encouraging Blend)—*Ingredients: Mentha piperita (Peppermint) Oil, Citrus clementina (Clementine) Peel Oil, Coriandrum sativum (Coriander) Seed Oil, Ocimum basilicum (Basil) Oil, Citrus junos (Yuzu) Peel Oil, Melissa officinalis (Melissa) Leaf Oil, Rosmarinus officinalis (Rosemary) Leaf Oil, Vanilla planifolia (Vanilla) Bean Extract*

Cheer (Uplifting Blend)—*Ingredients: Citrus sinensis (Wild Orange) Peel Oil Expressed, Eugenia caryophyllus (Clove) Bud Oil, Illicium verum (Star Anise) Fruit/Seed Oil, Backhousia citriodora (lemon Myrtle) Leaf Oil, Myristica fragrans (Nutmeg) Kernel Oil, Vanilla planifolia (Vanilla) Bean Extract, Zingiber officinale (Ginger) Oil, Cinnamomum zeylanicum (Cinnamon) Bark Oil, Geranium macrorrhizum (Zdravetz) Herb Oil*

Passion (Inspiring Blend)—*Ingredients: Cocos nucifera (Fractionated Coconut) Oil, Elettaria cardamomum (Cardamom) Seed Oil, Cinnamomum zeylanicum (Cinnamon) Bark Oil, Zingiber officinale (Ginger) Oil, Eugenia caryophyllus (Clove) Bud Oil, Santalum album (Sandalwood) Oil, Jasminum gradniflorum (Jasmine) Flower Extract, Vanilla planifolia (Vanilla) Bean Extract, Turnera diffusa (Damiana) Leaf Extracurantiumt*

Forgive (Renewing Blend)—*Ingredients: Picea mariana (Spruce)Branch/Leaf Oil, Citrus aurantium bergamia (Bergamot FCF) Peel Oil, Juniperus communis (Juniper Berry) Fruit Oil, Citrus limon (Lemon Distilled) Peel Oil, Commoniphora myrrha (Myrrh) Oil, Thuja plicata (Arborvitae) Wood Oil, Cupressus nootkatensis (Nootkatree) Wood Oil, Thymus vulgaris (Thyme) Oil, Cymbopogon winterianus (Citronella) Leaf Oil*

Console (Comforting Blend)—*Ingredients: Boswellia carterli (frankincense) Oil, Pogostemon cablin (Patchouli) Oil, Cananga odorata (Ylang, Ylang) Flower Oil, Cistus ladaniferus*

Peace (Reassuring Blend) – *Ingredients: Vetiveria zizanoides (Vetiver)Root Oil, Lavandula angustifolia (Lavender) Oil, Cananga odorata (ylang Ylang) Flower Oil, Boswellia carterii (Frankincense) Oil, Salvia sclarea (Clary Sage) Oil, Origanum majorana (Marjoram) Leaf Oil, Cistus ladaniferus (Labdanum) Twig Extract, Mentha spicata (Spearmint) Her Oil*

Consent for Use of Essential Oils

Client Name: _____ **DOB:** _____

Parent/Legal Guardian Name (print): _____

I have read the above information and do not have any concerns or questions about the use of essential oils at Therapies 4 Kids.

I have read the above information and have questions or concerns about the use of essential oils at Therapies 4 Kids. Please call me at _____.

My child has allergies to one or more of the plants listed above. Please do not use the oils on my child.

Parent/Legal Guardian Signature: _____ **Date:** _____