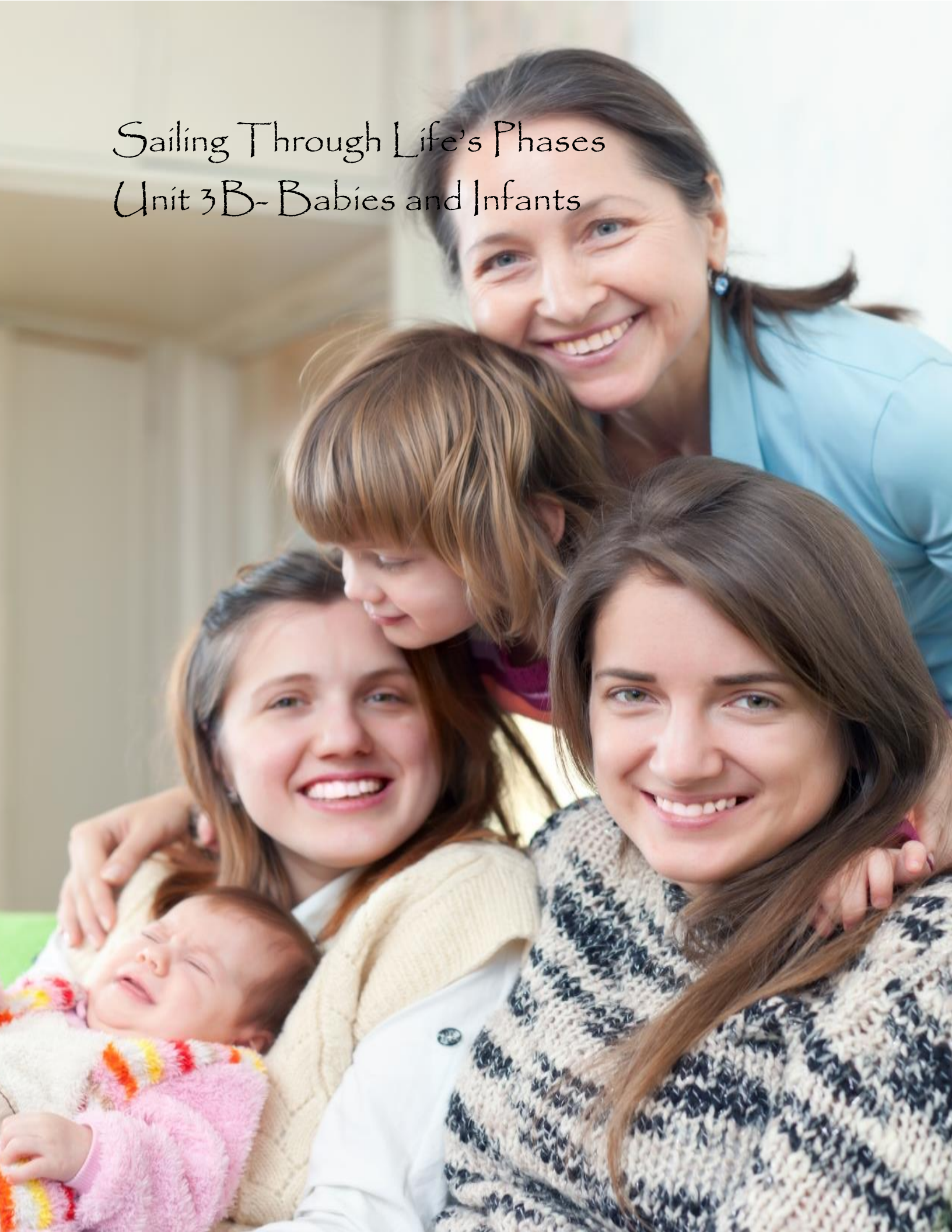


Sailing Through Life's Phases  
Unit 3B- Babies and Infants



## Babies and Infants(3B)

### Transformational Step-

#### Baby Care:

Gentle with the Wee One-

Review pages from Practical Potions Intro.

Learn to use carrier oils and hydrosols with babies.

We generally do not use essential oils on children under 3, especially avoiding peppermint and eucalyptus. But, carrier oils, barring any sensitivity or allergy are usually gentle and healing for baby. Carrier oils go rancid if they are old or not



stored in a cold, dark place. They will smell, “off”. Always throw any old smelling carrier away. Carrier oils can become toxic when spoiled.



## Faery Baby's Skin Oil: Review page

Find a calendula carrier oil made with an olive oil, safflower, coconut or jojoba. Ensure you choose a non-nut base to reduce the chance of reactions.

Do a small spot test on the child with the carrier oil. See how they react. Do a body massage with the carrier, if they like it. Keep the faery elixir in the fridge when not using it, to prevent spoilage.

