



A GUIDE TO
essential oils
FOR THE ENTIRE FAMILY



30 ESSENTIAL OIL FORMULAS TAILORED
FOR INFANTS, KIDS, AND ADULTS

CLOVE + CHAI



CLOVE + CHAI

DIFFUSER BLENDS FOR BABIES

Sweet Dreams Blend:

1 drop Lavender

1 drop Roman Chamomile

This soothing blend promotes relaxation and can be diffused during bedtime to create a tranquil environment for a restful sleep.

Gentle Citrus Delight:

1 drop Sweet Orange

1 drop Mandarin

This cheerful blend adds a touch of brightness to the room while maintaining a gentle and calming atmosphere. Ideal for daytime diffusing.

Calm and Cozy Comfort:

1 drop Cedarwood

1 drop Frankincense

Create a warm and comforting ambiance with this blend. Perfect for use during naptimes or to provide a sense of security.

Tranquil Lullaby Blend:

1 drop Lavender

1 drop Geranium

This delicate blend combines floral notes to promote a serene and peaceful environment. Ideal for use during quiet moments

Fresh Baby Breeze:

1 drop Spearmint

1 drop Lemon

This gentle and refreshing blend introduces a mild and uplifting fragrance, perfect for creating a clean and airy atmosphere.





CLOVE + CHAI

DIFFUSER BLENDS FOR CHILDREN

Happy Sunshine Blend:

2 drops Sweet Orange
1 drop Lemon
1 drop Grapefruit

This bright and cheerful blend brings a burst of citrusy goodness, promoting a positive and uplifting atmosphere.

Woodland Adventure Blend:

2 drops Cedarwood
1 drop Lavender
1 drop Bergamot

Take your little ones on a virtual woodland adventure with this grounding and calming blend. Ideal for creating a cozy and imaginative setting

Sleepytime Serenity Blend:

2 drops Lavender
1 drop Roman Chamomile
1 drop Frankincense

Create a tranquil bedtime atmosphere with this soothing blend that encourages relaxation and a peaceful sleep.

Sweet Dreams Carousel Blend:

2 drops Vanilla
1 drop Ylang Ylang
1 drop Sweet Orange

This sweet and comforting blend is reminiscent of a delightful carousel ride, perfect for winding down before bedtime.

Focus and Play Blend:

2 drops Peppermint
1 drop Lemon
1 drop Rosemary

Enhance concentration and create an energizing environment for play and learning with this invigorating blend.





CLOVE + CHAI

DIFFUSER BLENDS FOR ADULTS

Stress Relief Blend:

3 drops Lavender
2 drops Frankincense
1 drop Bergamot

This calming blend helps ease stress and promotes relaxation, creating a serene atmosphere after a long day.

Energizing Citrus Burst:

2 drops Lemon
2 drops Orange
1 drop Peppermint

Revitalize your space with this uplifting blend, perfect for boosting energy and enhancing mood.

Cozy Autumn Evening Blend:

2 drops Cedarwood
2 drops Sweet Orange
1 drop Cinnamon Bark

Enjoy the warm and inviting scents of fall with this comforting blend, which is ideal for creating a cozy atmosphere.

Focus and Clarity Blend:

2 drops Rosemary
2 drops Peppermint
1 drop Eucalyptus

Enhance mental clarity and concentration with this invigorating blend, perfect for work or study sessions.

Tranquil Evening Retreat:

3 drops Lavender
1 drop Chamomile
1 drop Vetiver

Create a peaceful and calming ambiance for a restful evening with this soothing blend, perfect for winding down.



ROLLER BALL RECIPES FOR BABIES

Sweet Dreams Roller Blend

1 drop Lavender

1 drop Roman Chamomile

2 tablespoons Carrier Oil (e.g., fractionated coconut oil)

Mix the essential oils with carrier oil in a glass bowl. Roll a small amount onto the baby's wrists or the bottoms of their feet before bedtime for a calming and soothing sleep.

Tummy Ease Roller Blend

1 drop Dill

1 drop Ginger

2 tablespoons Carrier Oil

Blend the essential oils with carrier oil in a glass bowl. Gently massage a small amount onto the baby's tummy in a clockwise motion to ease digestive discomfort.

Gentle Baby Calm Roller Blend

1 drop Frankincense

1 drop Geranium

2 tablespoons Carrier Oil

Combine the essential oils with carrier oil in a glass bowl. Roll a small amount onto the baby's wrists or the back of their neck for a gentle, calming effect.

Immune Support Roller Blend

1 drop Tea Tree

1 drop Lemon

2 tablespoons Carrier Oil

Blend the essential oils with carrier oil in a glass bowl. Apply a small amount to the baby's wrists or the bottoms of their feet to provide gentle immune support.

Safety Tips:

- Use a roller bottle with appropriate dilution (e.g., 1% dilution for babies).
- Perform a patch test before widespread use to ensure there are no adverse reactions.
- Avoid contact with the eyes, nose, and mouth.
- Choose high-quality, pure essential oils from reputable sources.
- If you have any concerns or if your baby has specific health conditions, consult with a pediatrician or a qualified aromatherapist before using essential oils.

ROLLER BALL RECIPES FOR CHILDREN

Sleepytime Serenity

2 drops Lavender

1 drop Roman Chamomile

2 tablespoons Carrier Oil (e.g., fractionated coconut oil)

Combine the essential oils with the carrier oil in a rollerball bottle. Roll a small amount onto your child's wrists or the bottoms of their feet before bedtime for a calming and soothing sleep.

Happy Day Blend

2 drops Bergamot

1 drop Ylang Ylang

2 tablespoons Carrier Oil

Combine the essential oils with the carrier oil in a rollerball bottle. Roll a small amount onto your child's wrists or behind their ears to promote a positive and cheerful atmosphere.

Tummy Comfort Roll-On

1 drop Ginger

1 drop Roman Chamomile

1 drop Spearmint

2 tablespoons Carrier Oil

Blend the essential oils with the carrier oil in a rollerball bottle. Gently massage a small amount onto your child's tummy in a clockwise motion to ease digestive discomfort.

Focus and Play Blend

2 drops Sweet Orange

1 drop Peppermint

2 tablespoons Carrier Oil

Mix the essential oils with the carrier oil in a rollerball bottle. Roll a small amount onto your child's wrists or the back of their neck to enhance concentration and create an energizing environment for play and learning.

Safety Tips:

- Use a roller bottle with a suitable dilution (e.g., 1-2% dilution for children).
- Perform a patch test before widespread use to ensure there are no adverse reactions.
- Be mindful of individual sensitivities and preferences.
- Use high-quality, pure essential oils from reputable sources.
- Monitor your child's reaction and discontinue use if any adverse effects occur.

Always consult with a healthcare professional or aromatherapist if you have any concerns or if your child has specific health conditions.

ROLLER BALL RECIPES FOR ADULTS

Stress Relief Roll-On

3 drops Lavender

2 drops Frankincense

2 drops Bergamot

2 tablespoons Carrier Oil (e.g., jojoba oil)

Combine the essential oils with the carrier oil in a rollerball bottle. Apply to pulse points, such as wrists and temples, for a calming and stress-relieving effect.

Relaxation and Sleep Aid

3 drops Cedarwood

2 drops Lavender

1 drop Vetiver

2 tablespoons Carrier Oil

Combine the essential oils with the carrier oil in a rollerball bottle. Roll onto wrists or the soles of feet before bedtime to promote relaxation and support a restful sleep.

Invigorating Energy Blend

2 drops Peppermint

2 drops Eucalyptus

1 drop Lemon

2 tablespoons Carrier Oil

Mix the essential oils with the carrier oil in a rollerball bottle. Apply to wrists or the back of the neck for a refreshing and energizing boost.

Mood Uplift Blend

2 drops Orange

1 drop Bergamot

1 drop Geranium

2 tablespoons Carrier Oil

Mix the essential oils with the carrier oil in a rollerball bottle. Apply to pulse points for a mood-boosting and uplifting experience.

Safety Tips:

- Adjust the number of drops based on personal preferences.
- Conduct a patch test before widespread use to ensure there are no adverse reactions.
- Choose high-quality, pure essential oils from reputable sources.
- If you have specific health concerns or conditions, consult with a healthcare professional or aromatherapist before using essential oils.

CLOVE + CHAI



ENJOY!!



Mastering the art of essential oil dilution is a personalized journey, considering the unique needs and sensitivities of babies, kids, and adults. By adhering to proper dilution ratios, we ensure the safety and well-being of our loved ones while unlocking the full potential of these aromatic wonders. Always prioritize quality oils, listen to individual responses, and consult with experts when needed, making the application of essential oils a harmonious and beneficial experience for every age group.



WWW.CLOVEANDCHAI.COM

WWW.INSTAGRAM.COM/CLOVEANDCHAI