

Aromatherapy Inhalers for Kids



I was leading an aromatherapy workshop several months ago with a group of moms and their kids. At that particular workshop, the popular items were aromatherapy inhalers. They just couldn't get enough of them. One of the moms shared with me that her young son "John" has a hard time settling down to do his homework in the evening. So we decided to let him make his own inhaler that he could use at home when it was homework time.

John "sniff tested" several of the essential oils to see what he liked and wanted in his blend. He came up with two essential oils that I hadn't really thought about combining before, but he loved them: cinnamon and lemongrass. John and his mom worked together to make the essential oil inhaler, and then he proudly passed it around for everyone there to smell.

We were all so captivated by his choice that a couple of the other moms decided to make that same personal inhaler for either themselves or their children.

Perhaps you've not tried aromatherapy inhalers before. They look just like the Vicks tube inhalers that were popular years ago. And they make a wonderfully portable aromatherapy experience.

Benefits of Aromatherapy Inhalers



- They are small and easily slide into your pocket or purse.
- They are customizable to the condition you're trying to address: stress, chest congestion, sleep, lack of energy, and a fuzzy mind just to name a few.
- Many of them are refreshable.
- They are inexpensive. They usually last for several months.

If you'd like to make your own inhalers, you can easily find the blank inhalers online. Here's John's recipe to get you started. The dilution rate of the essential oils are in an amount that is safe for an elementary-aged child. As always, if your child is on any medication, please check WebMd.com for possible interactions between the essential oils and the

medication.

Settle Down Inhaler

- 1 blank inhaler (with cotton insert)
- 5 drops of lemongrass (*Cymbopogon citratus*)
- 3 drops of cinnamon (*Cinnamomum zeylanicum*)

Directions: Mix the drops of essential oils in a small glass. Take the cotton insert and absorb the drops. Put the insert in the inhaler and snap on the bottom cap. You may have to press very hard to get it on correctly. It's now ready to use.

If you don't want to go to the trouble of making your own, you can purchase inhalers from my Etsy shop. These are very easy for me to customize, so if you don't see the one you want, hit the orange Request Custom Order button on the left side of my Etsy page and let me know what you would like.

Do you have a favorite recipe for essential oil inhalers? If so, please share it in the comments below.

Botanically yours,

