

ESSENTIAL OILS FOR ADHD KIDS



USE ESSENTIAL OILS TO HELP WITH KIDS ADHD SYMPTOMS

HYPERACTIVITY

LAVENDER
CAMOMILE
VETIVER
FRANKINCENSE
YLANG YLANG

ANXIETY

SANDALWOOD
MANDARIN
YLANG YLANG
LAVENDER
FRANKINCENSE
GINGER

SLEEP PROBLEMS

CHAMOMILE
LAVENDER
VETIVER
YLANG YLANG
CEDARWOOD
BERGAMOT
MANDARIN

DEPRESSION/MOOD

CHAMOMILE
YLANG YLANG
BERGAMOT
COPAIBA
FRANKINCENSE

CONCENTRATION

VETIVER
SANDALWOOD
PEPPERMINT
FRANKINCENSE
LEMON
ROSEMARY

RELAXATION

YLANG YLANG
CHAMOMILE
SANDALWOOD