

# WHY ESSENTIAL OILS FOR AUTISM?



There are many reasons why you might be considering using essential oils with your autistic child, including:

- Looking for practical solutions to use on a daily basis and without a big time commitment
- Interested in trying other sensory therapy strategies
- Prefer to use natural methods
- Want to avoid prescription medications
- Hoping to find something that will help your child sleep better
- Tired of other strategies not working or having little impact
- Hoping to find something that will help with your child's anxiety
- Finding a less expensive therapy solution to try (admit it: autism therapies are expensive!)
- Want to have some tools that you can take with you on the road or while traveling

**Vetiver** - Of all the oils on this list, vetiver is my favorite and the most important. Vetiver has a sedative quality that can help sedate emotional outbursts such as anger, anxiety, and hysteria. It calms the nervous system and stabilizes emotions. I like to apply vetiver, diluted with a carrier oil, to the base of the neck and the base of the spine. I think vetiver was the first oil I ever tried with my son and saw immediate results.

**Texas Cedarwood** - This oil has a soothing and calming effect on the mind, helps with sleep, and helps to balance emotions.

**Frankincense** - An effective sedative, frankincense lowers anxiety, anger, and stress. It promotes

deep breathing, relaxation, and a sense of peace and calm.

**Lavender** - Lavender is great for promoting sleep and for reducing anxiety and stress. A must have oil!

**Mandarin Orange** - Most kids enjoy the scent of citrus fruits and honestly, so do I. Mandarin orange balances emotions, provides stress relief, and calms the nervous system.

**Happy Kids Blend** - A blend of lime, tangerine, cardamom, and benzoin, the Happy Kids Blend is seriously the most amazing smelling essential oil blend that I've ever encountered. More importantly, it is an uplifting scent that keeps my kids...well...happy. Just like the bottle's label says. I like to diffuse it at home during the day and add it to our **DIY calm & focused child blend**.

## Other Oils to Try

There are lots of other essential oils that may be good for autism, including the following. We have not yet incorporated these particular oils into our routine, but I'm sharing them in case you are interested in exploring them further.

**Ylang Ylang** - This essential oil strengthens the nervous system, making it great for relieving stress, anger, and anxiety.

**Bergamot** - This essential oil relaxes nerves and muscles. It also reduces anxiety and stress. It would be a lovely oil for kids with autism.

# HOW TO USE ESSENTIAL OILS FOR AUTISM

Incorporating essential oils into your day can be super easy to do! You can:

- Add a few drops (lavender is wonderful for this!) to the bathtub
- Diffuse the oils using an **essential oil diffuser**
- Incorporate them into sensory activities, such as: **lavender scented beans**, **rainbow scent matching game**, **lemon soap foam**
- Make lotions/rubs by whipping up some **coconut oil** with your favorite essential oils
- Make calming sprays like our **DIY calm and focused child** or **DIY bedtime blend**
- Give your kids a **detox bath**
- Diffuse it in the car while traveling using an **aromatherapy car diffuser**
- Make a diffuser necklace or bracelet scented with your favorite essential oils for your child to wear

\*Colored beans – 1 cup of beans / 15 drops of food coloring