



PRIMAVERA®



THE WONDER OF LIFE

AROMATHERAPY FOR PREGNANCY, BABIES AND TODDLERS

CAN YOU
HEAR MY LITTLE
HEART BEAT?



DEAR
PARENTS,

The months of pregnancy and the first moments with your newborn are a very special time as the wonder of life becomes fully apparent. This fascinating experience is unique and can trigger a variety of emotions even when things aren't picture perfect. It's absolutely natural when a new life arrives and turns your old life upside down. This continues into the toddler age, with all the ups and downs that come with growing together. The power of plants and essential oils can help as valuable aids on your journey.

In this brochure, we want to show you how to use essential oils and organic plant oils during this stage of life.

Enjoy this special time!

The PRIMAVERA team wishes you all the best, especially health and joy.

TESTED FOR YOU
BY PRIMAVERA:

Essential oil tips and useful
information for parents and
children.

CONTENTS



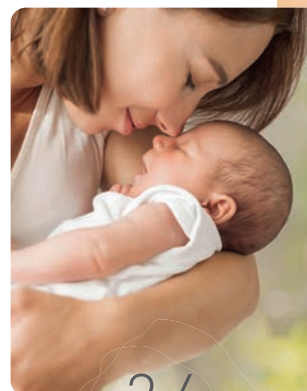
6

PREGNANCY



20

BIRTH
FROM PREPARATION TO
AFTERCARE



24

CUDDLE TIME
GETTING TO KNOW
YOUR BABY IN THE
POSTNATAL PERIOD



30

BABIES AND TODDLERS



44

QUESTIONS & ANSWERS
USING ESSENTIAL
OILS FOR PREGNANCY,
BABIES AND TODDLERS



WHEN LOVE
BECOMES LIFE...

PREGNANCY

WHEN THE WONDER OF LIFE OCCURS...

Every pregnancy is an extraordinary and truly special time for any woman as the female body performs miracles. The wonder of life occurs within you, but that doesn't automatically mean 40 weeks of pure happiness and joy!

Pregnancy is also marked by physical changes and thoughts about the health of the developing child, the birth process and motherhood in general. Your pregnancy is personal and unique. Listen to your body, care for yourself and seek out the support you need.

THE POWER OF PLANTS



ROSE

A rose is both strong and tender with deep roots and protective thorns. The flower is fragrant and beloved by most. Rose essential oil has both a strengthening and protective effect.

It opens the heart, embraces, soothes and accompanies new experiences. Rose Water is a valuable support, during pregnancy and birth.



MORNING SICKNESS



FROM AN UPSET STOMACH TO VOMITING

Most women experience typical morning sickness in the first months of pregnancy. If symptoms like frequent vomiting are severe, you should seek medical advice.

PROVEN NATURAL FRAGRANCES

When sniffed, the essential oils of ginger, bergamot, orange, lemon, grapefruit, red/green mandarin, spearmint and peppermint are found

to be helpful to combat nausea during a bout of morning sickness. Fresh scents are usually tolerated better when feeling nauseous rather than heavy, earthy or flowery aromas.

However, if you don't enjoy these fragrances, trust your nose to choose the right one for you.

Which aroma is right for you?

THE POWER OF PLANTS



GINGER

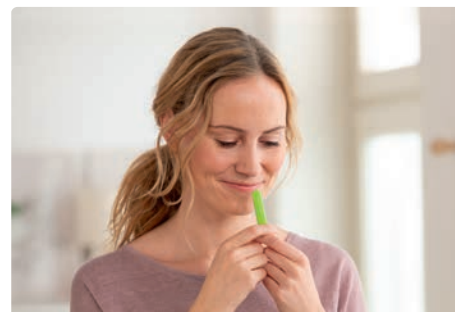


LEMON



PEPPERMINT

PREGNANCY



THIS HELPS ME



PERSONAL EXPERIENCE



DIY

Sniffing aid for nausea

INGREDIENTS

- 2 drops Lemon org.
- 1 drop Peppermint org.

OR

- 2 drops Mandarin Red org.
- 1 drop Ginger org.

HOW IT'S DONE

Apply the essential oils on a fragrance stick or other carrier, e.g. a handkerchief. Sniff it as soon as symptoms of nausea arise.



SMILE,
AND THE WORLD CHANGES.



BUDDHA

GENTLE SKIN CARE

PREGNANCY STRETCH MARKS

With a good plant oil and an accompanying massage, you can improve your skin's elasticity. Regular massages with a plant oil can help prevent pregnancy stretch marks and stimulate blood circulation in the skin.



APRICOT – THE GENTLE ONE

The apricot (bot. Prunus armeniaca) is a warmth-loving tree of the rose family. The light yellow oil is cold-pressed from the kernels with a sweet, nutty aroma that evokes marzipan. Apricot Kernel Oil enhances the skin's elasticity for a smoothing, firming and calming effect. It absorbs quickly and is suitable for sensitive skin. A perfect body oil base for pregnant women, ideally suited to their skin's needs by providing care and protection to a growing baby bulge.



DIY

Body Oil "Baby Bulge"

INGREDIENTS

- 70 ml Organic Apricot Kernel Oil (or Organic Sweet Almond Oil)
- 30 ml Organic Rosehip Seed Oil
- 4 drops Lavender Fine org.
- 5 drops Benzoin Siam org.
- 5 drops Mandarin Red org.

HOW IT'S DONE

Mix the organic plant oils in a 100 ml bottle. Then drip in the essential oils, close the bottle and shake it well. After showering, apply to the damp skin of your belly, breast, thighs, buttocks and rub in.

TIP

Dry brushing: Regularly massage with a dry brush to stimulate skin circulation and prepare it for the oil.



BELLY MASSAGE

BABY BULGE OIL

Apply a small amount of plant oil to your hand and rub into your stomach.



1.



MASSAGE

Massage clockwise in small and large circles. Gentle plucking also promotes circulation in the skin.

2.



TIP

Enjoy a daily belly massage with your partner and connect with your baby - together.

3 QUESTIONS FOR...

MARIA, PRIMAVERA
PRODUCT MANAGER AND
AROMA EXPERT

Mommy of Coco



1 How did you experience your pregnancy and birth?

Having a small human growing inside me and carrying it into this world is the most exciting and joyful thing that I have ever experienced. My pregnancy was not all sunshine and rainbows, I had many physical issues like severe nausea, back pain and trouble sleeping. The birth was also exhausting, but luckily everything went well and I had a healthy daughter.

2 Could you make use of your aromatherapy knowledge?

I tried out several things at home. My Baby Bulge Belly Oil was great. What helped me during birth was sniffing grapefruit and rosemary essential oils. Aromatherapy is a valuable aid to support both, the physical and spiritual equilibrium.

PREGNANCY

There is a lot of uncertainty about using essential oils during pregnancy and around babies. This is why it is so important for me to share my knowledge with parents-to-be.



3 Do you have a favorite product, from a mother's point of view?

Just one? I've got many! What I've always carry with me is the Urgent Skin Aid Power Concentrate, which I mix into an absolutely magical roll-on. And sometimes I need the relaxing, balancing organic Orange Blossom Water to unwind.

TYPICAL PREGNANCY COMPLAINTS

RELIEF FOR MILD HEADACHES AND MUSCLE TENSION

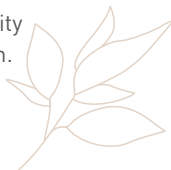
During pregnancy, many women search for alternatives. The powerful Peppermint Essential Oil can relieve mild headaches. Also worth trying is Kneipp lower leg hydrotherapy by running cold water over your feet, calves and knees (start with the right foot). Muscle tension can be relieved with warming massages and compresses. Special yoga and stretching exercises can also provide comfort.

THE POWER OF PLANTS



PEPPERMINT

Organic Peppermint Essential Oil helps during pregnancy, but should not be used for skin applications on the mom, nor the baby or in the proximity of the baby once it's born.



ALWAYS HANDY: HEAD COMFORT ORGANIC AROMA ROLL-ON

The invigorating and fragrant experience with 100 % pure, natural essential oils helps to keep a cool head and relieves mild headaches. The formula of the Head Comfort Organic Aroma Roll-On, based on valuable peppermint water and peppermint oil, conveying the unique power of holistic aromatherapy. Roll-on application means that you can use the power of peppermint oil anywhere, anytime. That's practical.



THE POWER OF PLANTS



ST. JOHN'S WORT

St. John's Wort relieves as it warms and envelopes stressed skin. It promotes skin regeneration during soothing massages.



DIY

Back massage oil "Warmth and Wellbeing"

INGREDIENTS

- 30 ml Organic Sweet Almond Oil
- 20 ml Organic St. John's Wort Oil
- 2 drops Lavender Fine org.
- 5 drops Mandarin Red org.
- 3 drops Juniper org.

HOW IT'S DONE

Mix St. John's Wort Oil and Sweet Almond Oil in a 50 ml bottle, drip the essential oils in, close the bottle and swirl it. Massage the affected areas and keep them warm.

TIP

If you don't want to mix it yourself, we recommend the Organic Muscle Comfort Rub from our Active Comfort range.



IRIS – THE COMFORT-GIVER

Iris (bot. Iris pallida) forms wonderful lilac-blue flowers with a flowery, fruity aroma. The robust iris grows best in warm climates and tolerates dry spells. Its violet-scented essential oil is obtained through an extremely complex process from the root rhizomes, making it one of the most expensive essential oils. It has a balancing, calming, uplifting and grounding effect. The fragrance of the iris provides strength in particularly challenging moments.

WHEN WORDS FAIL

Iris Essential Oil is solid aromatherapy support during difficult times. It is used in our Let Go Blend.



UNSUCCESSFUL PREGNANCIES

In pregnancy, things may happen that we would rather not think about. A confident attitude helps us look ahead and stay mentally healthy. But a pregnancy can involve sad and shocking moments, such as the news of a congenital disease or miscarriage.

This subject is hardly talked about. Often only in deep conversations do we learn that another's pregnancy was also marred by shocking moments, or tragic outcomes.

Overcoming difficult life situations becomes easier when you know you are not alone and able to share with others. It feels good to talk about your feelings with trusted people and professionals.



DIY

Liniment "When Words Fail"

INGREDIENTS

- 10 ml Organic Sweet Almond Oil
- 4 drops Iris 1% Essential Oil

HOW IT'S DONE

Pour 10 ml Sweet Almond Oil into a glass and add the drops of Iris 1% Essential Oil. Apply the liniment in small amounts to the solar plexus (chest area), behind the ears, and to the pulse points. Consciously breathe in the fragrance. This mixture is also ideal as a roll-on for easy use on the go.

HEAVY LEGS

THIS HELPS ME



PERSONAL EXPERIENCE



DIY

Shake emulsion "Light Legs"

INGREDIENTS

- 50 ml Organic Witch Hazel Water
- 50 ml Organic Apricot Kernel Oil
- 5 drops Juniper org.
- 5 drops Lavender Fine org.
- 2 drops Lemon org./demeter

HOW IT'S DONE

Drip the essential oils into the Organic Apricot Kernel Oil. Fill up with Organic Witch Hazel Water. Close the bottle, ideally with a pump nozzle, and shake vigorously. Shake before each use and apply the light emulsion to the affected area of the body. Storing it in the refrigerator adds an extra cool kick.



TIP

*Remember to raise your legs
whenever possible.*



THE POWER OF PLANTS



JUNIPER essential oil has an activating and refreshing effect.

RELAX BY PAINTING

FRAGRANT RITUALS AND WONDERFUL MEMORIES

The appearance of the baby bulge is a very special time. Create rituals for yourself to appreciate this phase of life, for instance with your favorite fragrance or unique memories like a photo shoot.

You deserve to focus on yourself during these rituals and should only allow people near your belly and baby with whom you feel comfortable. From now on, you are deciding (at least) for the two of you.



Gut feeling and creativity

Feel like painting your belly for you and your baby? Get creative, or let artists or photographers lend you a hand.

FRAGRANT RITUALS

Sometimes a specific smell is enough to bring pleasant memories to life. In our brains, smells are closely connected to feelings. This is due to the limbic system, which processes experiences and evaluates events emotionally. A fragrant ritual makes positive use of this ability.



Cute for expectant parents: the Aroma Diffuser Funny Friends





WHEN DREAMS BECOME REALITY

BIRTH

FROM PREPARATION TO AFTERCARE

There are many ways to prepare for birthing. Birth itself, however, is not predictable. You can prepare your skin with a perineal massage to make your private area as elastic as possible. A comforting aroma bath can help you relax during birth. You can find many recipes for bath essences with essential oils on the PRIMAVERA website.

Your favorite fragrance can really help you to consciously focus on the breath during labor, breathing your way through each contraction. And after your child arrives, there are many supportive plants to help you and your skin return to balance.

FRAGRANCE ANCHOR AND HYPNOBIRTHING



While preparing for birth, you can select a fragrance anchor by letting your nose choose its favorite fragrance during pregnancy. Pick out a few essential oils and blends that you really like. As you smell them, ask yourself which fragrance could support you through labor.

Trust your intuition to make the choice. Start using this fragrance during birth preparation and breath training.

Check for classes in your area.

ROSEHIP – THE HEALER

The valuable Organic Rosehip Seed Oil (bot. Rosa moschata), cold-pressed from organic rosehip seeds, has an intensely regenerating effect on the skin to soothe and moisturize. Its unusual fatty acid range makes it an effective oil for scar care. Rosehip seed oil is used in body oil to enhance skin elasticity.

PREPARING FOR BIRTH

PERINEAL MASSAGE



DIY

*Perineal massage oil
for birth preparation
and scar aftercare*

INGREDIENTS

- 30 ml Organic Rosehip Seed Oil
- 1 drop Skin Caress Power Concentrate

HOW IT'S DONE

Drip the essential oil into the Rosehip Seed Oil. Massage the perineum according to instructions.



VULVA

PERINEUM

○ ANUS

Place some oil on your fingertips and move your thumb slowly into your vagina. Gently stretch towards the anus. Massage the perineum (the area between the anus and the vagina) and the tissue around the vagina with circular or star-shaped motions. Daily repetition of this massage promotes blood circulation and trains the tissue's elasticity.



**FROM THE
32ND WEEK
ONWARDS**

**MASSAGE
AND STRETCH
DAILY**

INSTRUCTION

Wash your hands thoroughly, make sure your fingernails are not too long. Find a comfortable seated position with a pillow to prop you up, or raise a leg on the bathtub edge, for example.



THE GREATEST JOYS COME
IN SMALL BUNDLES.

CUDDLE TIME

GETTING TO KNOW YOUR BABY DURING THE POSTNATAL PERIOD

The weeks after birth are a gift that you should allow yourself to enjoy. Spending wonderful time together in bed – sleeping, relaxing, regenerating and doing as little as possible. This is a time to take care of yourself and your femininity.



THE POWER OF PLANTS

CALENDULA

For our Organic Calendula Oil, the flowers of the marigold are infused in cold-pressed organic olive oil. Calendula oil soothes reddened, irritated skin and activates your resilience.

Forming a protective skin barrier, calendula's gentle power makes it ideal for baby care and sensitive skin including private areas and the nipples.



YARROW – THE SOOTHER

The name of the medicinal plant yarrow (bot. Achillea millefolium) can be traced back to Achilles, who, according to legend, treated his wounds with it. Organic Yarrow Essential Oil has a herbal, warm fragrance and is particularly skin-friendly. It has many beneficial ingredients including compound chamazulene that forms during the distillation process and creates an intense dark blue color in the valuable oil.

An oil that truly caresses the skin through soothing stressed, irritated skin quickly. Ideal for hip baths after birth for regenerative, relaxing effect along with a fragrance that accompanies new phases of life.

IRRITATED SKIN AFTER BIRTH, AND SCARS

CUDDLE TIME

PROMOTES THE SKIN'S
REGENERATION

Practice self-care after birth with effective essential oils and pure, organic plant oils.

SUPPORTS WOUND HEALING

“For scar care after an episiotomy or C-section, cold-pressed Organic Rosehip Seed Oil is intensely nourishing and promotes skin regeneration. It helps smooth the skin and make scars less visible. Apply pure or as a mixture (Perineum Massage Oil recipe).

Massage gently 2x daily onto sealed scars. This was the best care for my scar which healed very nicely.”



DIY

*Bath salts for
intimate areas*

INGREDIENTS

- 250 g quality sea salt
- 10 drops Skin Caress Power Concentrate
- Jar (for 250 g salt)



HOW IT'S DONE

Drip the Skin Caress Power Concentrate (contains yarrow, lavender fine, manuka and carrot seed essential oils) directly into the jar and swirl. Add sea salt, shake well. Put 2 teaspoons of the mixture into the hip bath as needed (the baby bathtub also works) and bathe your intimate area once a day. Alternatively, you can dissolve 2 teaspoons of the salt in 1 l of lukewarm water. Then rinse your private area with the water, for instance with a portable bidet.

RAMONA,
PRIMAVERA PRODUCT
MANAGER
AND AROMA EXPERT

Mommy of Theo



NURSING & FEEDING

CUDDLE TIME

FEEDING AND CLOSENESS

Closeness is valuable whether you breastfeed or use a bottle. These are moments of undivided togetherness - just you and your baby.

Especially in the early stages, it is beneficial to take your time and stay calm in order to discover your common rhythm.



DIY

Calendula Shea Balm

INGREDIENTS

- 20 ml Shea-Butter, natural and organic
- 10 ml Organic Calendula Oil

HOW IT'S DONE

Warm the shea-butter and the calendula oil together in a jar au bain-marie, stir well. Leave to chill in the refrigerator. This mixture can be used as an all-round care balm for chapped skin for the whole family.



DIY

Calendula cooling pads

INGREDIENTS

- 20 ml Organic Calendula Oil
- 20 ml boiled chamomile tea, cooled
- Hot-washed cloths around 15×15 cm of pure, natural material (organic cotton or linen)

HOW IT'S DONE

Mix the chamomile tea and calendula oil in a jar and shake vigorously to achieve a homogeneous mixture.

Soak the cloths in it and freeze them in batches (10 pieces). You can thaw these batches in the refrigerator; use them quickly (within 1-2 days). For irritated, reddened nipples, apply cooled cloths to the nipples in a way that makes you comfortable. The cooling pads can also be used to soothe the skin in your private area.





CHILDREN SHOULD RECEIVE TWO
THINGS FROM THEIR PARENTS:
ROOTS AND WINGS.

JOHANN WOLFGANG VON GOETHE

BABIES AND TODDLERS

PROVIDE SECURITY

At first, a baby doesn't need much more than the closeness of its parents and the security this brings. With skin care, less is more to allow your newborn's skin to develop a healthy skin flora and protective

barrier. Take the time when you're together and enjoy as much skin contact as possible.

THE POWER OF PLANTS



ALMOND

Natural Organic Sweet Almond Oil is the basic care for the whole family, as it is very gentle and protects and nourishes the skin. The light yellow, very nourishing plant oil is

obtained by cold-pressing almond seeds. The Organic Sweet Almond Oil is sourced from our organic farm partner in Spain.



3 QUESTIONS FOR...

JOHANNES,
PRIMAVERA IT-PROJECT LEAD

Daddy of Frida and Paula



1 How did you prepare during the pregnancies, and what were the births like?

We used the PRIMAVERA oils to mix a belly oil to massage my wife's belly. In the preparation course, I learned a massage technique for the back and sacrum using a massage ball. I used it to support my wife during the birth of our first daughter, Frida. Paula was born in the birthing pool; that was also a very impressive experience.



2 What was the time right after birth like for you?

Our first daughter would only sleep on our chest and belly at the start. On the one hand, it was wonderful to get to know her, but it was also tiring. It helped that we could take turns. I find it absolutely natural that as a father I take on many tasks and that childcare is shared equally.

3 What is your favorite product?

There is always a bottle of Sweet Almond Oil in our bathroom, we use it to oil our daughters' skin after bathtime. Sometimes they enjoy the massage, other times it's got to be quick. In any case, it has become a ritual we all enjoy.

THE POWER OF PLANTS



SHEA-BUTTER

Natural shea-butter is a protective and regenerating intensive care for every skin; smoothes chapped skin.

BASIC CARE
PERFUME-FREE

LESS IS MORE,
AS PURE AS POSSIBLE

At first, when a newborn child is overwhelmed with sensations, absorbing the surroundings through all of its senses, without the protection of the womb. The nose is one organ through which many stimulants are directly perceived; the baby knows its mother's smell and associates it with safety and security.

It is very important not to overload the baby with smells and, at least in the early stages. The entire family should avoid perfume or perfume-containing body care products, detergent etc. calendula oil, sweet almond oil, as well as shea-butter, are ideal for basic skincare.



TIP

Nest fragrance – the baby first learns the smell of the family through cuddling.



ORGANIC SWEET ALMOND OIL

- nourishes sensitive skin
- ideal for baby massage
- as bath essence
- as unscented body oil for the whole family

ORGANIC CALENDULA OIL

- soothes irritated skin
- for irritated baby bottoms
- for mummy's nipples and private area

ORGANIC SHEA BUTTER RAW

- rich nourishment for chapped skin
- forms a protective film
- as cold protection cream for tender babies' and children's skin

BATHING RITUALS

CLOSENESS AND FUN

Bathing together is fun and creates close bonding. Many babies like warm water and enjoy the feeling of floating in the tub.

Foaming additives are not needed, as the water is enough to clean the skin. Oiling the skin and massaging the baby after the bath can turn into a lovely ritual.



"At first our daughter did not want to bathe. We then tried out a bathing bucket, and that was great, because she really felt good in that. Maybe it was because of the edges. Bathing in the bathing bucket also helped her get over several bellyaches."

MARIA



PROBLEMS IN THE EARLY DAYS

RITUALS AND NATUROPATHY

Especially in the early days, warming compresses and wraps can relieve newborn problems.

Tummy issues can often be eased with gentle belly massages, warmth, or changing the position you carry the baby.



DIY

Massage oil "Belly Caress"

From 6 months

INGREDIENTS

- 100 ml Organic Sweet Almond Oil
- 2 drops Belly Caress Power Concentrate org.

OR

- 2 drops Lavender Fine org.
- 3 drops Coriander Seed org.

HOW IT'S DONE

Drip the essential oils into the Organic Sweet Almond Oil. Warm up some oil in your hands. Rub the baby's belly in a gentle circular motion (clockwise) and massage gently. Observe the baby, adjust the movements. Some babies don't like being touched on the belly; foot massages may also help.

THE POWER OF PLANTS



CORIANDER SEED

This warm and spicy essential oil is balancing and relaxing.

LAVENDER – THE ALL-ROUNDER

Lavender Fine (bot. Lavandula angustifolia) is the essential oil used by old and young alike and is truly versatile. It is known for its ability to create a relaxing atmosphere that supports falling asleep. This mild essential oil has a soothing and regenerating effect on the skin.

SLEEP COMFORT

SLEEP COMFORT
ORGANIC BABY
& KIDS BALM
From 6 months



The Sleep Comfort Organic Baby & Kids Balm is a beneficial care that helps create a relaxing atmosphere. With the mild essential oils organic benzoin siam, camphor tree leaves and organic lavender fine, the gentle fragrance creates a calming sleep ritual as a foot massage or when rubbed on chest and back.



FRANK, PRIMAVERA PRODUCT
MANAGER AND NATUROPATH

Daddy of Jonas and Elias



“For a relaxing baby massage, you can use the Sleep Comfort Organic Baby & Kids Balm, or just Organic Sweet Almond Oil. You will feel calm yourself and this creates a cozy, warm atmosphere. Warm the balm or the oil between your palms and start massaging with spreading movements from the shoulders to the feet, always away from the heart. Continue for as long as it’s agreeable for you and your baby. Finish by holding their feet in your hands and breathe consciously.”



FROM A LIKE AH! TO Z LIKE ZZZ...



GENTLE AIDS

*Runny noses
are annoying and affect
breathing. Provide relief by
hanging damp towels in the
bedroom.*



COLD COMFORT ORGANIC BABY- & KIDS BALM From 6 months

A red nose in the winter is typical for a toddler. The Organic Cold Comfort Baby & Kids Balm with valuable Sweet Almond Oil protects the irritated skin. The fresh scent of organic thyme linolol, organic myrtle and cajeput strengthens and stimulates calmer breathing and better sleep.

This is beneficial to the body and helps children breathe deep during the cold season.



DIY

Liniment "Teething Oil" From 6 months

INGREDIENTS

- 20 ml Organic Sweet Almond Oil
- 2 drops Lavender Fine org.

HOW IT'S DONE

Mix the sweet almond oil with lavender fine. Cool the hot cheeks with some water and apply the Teething Oil to the affected spot from outside.





DIY

"Skin Caress" Bath essence for itchininess and dermatitis

From 6 months

INGREDIENTS

- 1 drop Skin Caress Power Concentrate
- 3 tablespoons sea salt

HOW IT'S DONE

Mix sea salt with Skin Caress Power Concentrate. Add to running bath water and bathe for about 20 minutes. Then apply Organic Sweet Almond Oil to the skin. Alternatively, you can mix and apply a body oil of 50 ml Sweet Almond Oil and 1 drop of Skin Caress Power Concentrate. For children over 3, you can use up to 5 drops in 3 tablespoons of sea salt or 50 ml Organic Sweet Almond Oil.



SWEET DREAMS BLEND

From 1 year

A child's day is full of excitement including fascinating, memorable, and also exhausting experiences. Therefore, a good night's sleep so important. While they rest and regenerate, children can process the day's events and transform them into dreams. The Sweet Dreams Blend accompanies the whole family during relaxing evening rituals.



DIY

Magic Roll-On

From 2 years

INGREDIENTS

- 1 drop Urgent Skin Aid Power Concentrate
- 10 ml Organic Jojoba Oil
- Empty Roll-On bottle 10 ml

HOW IT'S DONE

Fill the Organic Jojoba Oil into the empty bottle, add 1 drop of First Aid Mixture and close the bottle. Use as a magic wand by applying to closed wounds, small bruises or after falls. This mixture is also perfect for scar care.



SMALL AIDS FOR CHILDREN

It can be important for children to have a symbolic companion or lucky charm. This may include a fragrance associated with a specific ritual.



THE POWER OF PLANTS



MANDARIN RED

The Mandarin Red Essential Oil enlivens the mood. It relaxes and provides tranquility, security and optimism.

BRAVE DRAGON ORGANIC AROMA ROLL-ON

From 3 years

The Brave Dragon Organic Aroma Roll-On is designed for new and exciting situations. Ideal to have when your child is acclimatizing to kindergarten or has a school trip. Apply the fragrance like an invisible magic wand on the foot soles or wrists. Brave Dragon helps children and their parents deal with new environments thanks to mandarin, cedar and the fragrance hero, Eberhard.



GUARD ME ORGANIC ROOM SPRAY

Not suitable under 3 years

Children have a wonderfully wild imagination. During this magical phase, they may become scared of monsters or other fantasy creatures. The sweet, flowery room spray with Ria, the Guard Me Witch, dispels unsettling thoughts and can easily be included in everyday rituals.

Perform a ritual together using magic incantation and spray under the bed or into dark corners.

PLAY TIME! ORGANIC ROOM SPRAY AND BLEND

Not suitable under 3 years

Flowery, zesty and 100% pure and natural. Whether alone, with friends, siblings or parents – the fresh Play Time! scent creates a balanced, playful atmosphere that stimulates imagination and creativity, bringing even more joy to games.

The room spray and the fragrance blend create a relaxing atmosphere with the help from our little fragrance hero Tara Paw.





QUESTIONS AND ANSWERS

USING ESSENTIAL OILS FOR PREGNANCY, BABIES AND TODDLERS

WHAT SHOULD BE CONSIDERED WHEN USING PEPPERMINT ESSENTIAL OIL?

Peppermint is useful for external use in a skincare oil and to sniff during pregnancy. Applying one drop of pure peppermint to the temples can provide a cooling, soothing relief for mild headaches. Sniffing Peppermint Essential Oil can be very refreshing and helpful against morning sickness and tiredness.

Application by adults or pregnant women inside the mouth (mucous membrane), is possible in low doses, but the oil should not be swallowed. Strongly diluted by adding one drop to a plant oil for gargeling or oil pulling. We do not recommend ingesting essential oils. This should only be done under professional therapeutic guidance.

Before the age of 3 years, peppermint should not be applied around the face, especially near the nose. The

ingredient menthol may result in airway difficulties as the breathing function has not yet fully matured.

ESSENTIAL OILS DURING PREGNANCY

Can essential oils be used during pregnancy without worries?

Generally, you should trust your nose and your intuition. If you “can’t stand” an essential oil, then it is not right for your current condition.

For normal room aromas, PRIMAVERA essential oils and fragrance blends can be used during pregnancy.

ESSENTIAL OILS DURING PREGNANCY (CONTINUED)

For skin applications there are a few exceptions that you should consider during pregnancy. Essential oils that should not be applied on the skin during pregnancy: organic anis seed, bitter fennel demeter, organic sweet fennel, organic spanish sage, organic oregano 31 %, organic thyme thymol, organic turkish thyme, organic sage, organic wintergreen, organic hyssop, organic clove bud, organic lemon verbena, organic ceylon cinnamon bark 30 %.

HOW SHOULD ESSENTIAL OILS BE DOSED FOR BABIES AND TODDLERS?

The smaller and more delicate the child, the less essential oils should be used.

As a rule, home-made mixtures for skin application for infants should contain 0.5 % essential oils at most, and the fragrance should barely be perceptible to an adult.

For room fragrancing, use essential oils that children can tolerate in moderation.

CAN ESSENTIAL OILS BE USED FOR BABIES (AGE 0-6 MONTHS)?

For the basic care of babies up to 6 months, we recommend natural, certified PRIMAVERA plant oils like Sweet Almond Oil, Calendula Oil and Shea-Butter. In some cases, selected essential oils can be valuable aids. However, you should be experienced or seek advice from experts (aroma experts, midwives, doctors).



WHICH ESSENTIAL OILS CAN BE USED WITH BABIES OLDER THAN 6 MONTHS, IN CORRESPONDINGLY SMALL DOSES, AND PROVIDE PROVEN RELIEF?

In general, the following from the PRIMAVERA selection is suited for babies above 6 months: Organic Benzoin Siam, Organic Chamomile Roman, Organic Coriander Seed, Lavender Extra, Fine Lavender Organic/Demeter, Mandarin Red Organic/demeter, Organic Andes Myrtle, Organic Rose Otto 3 %, Organic Afghan Rose, Bulgarian Rose 10 %, Organic Turkish Rose 10 %, Organic Persian Rose 10 %, Organic Rose Geranium, Organic Palmarosa, Organic Vanilla Extract and Thyme Linalol.

These oils have proven their benefits and we recommend them. Other essential oils can be used; please seek expert advice.

ESSENTIAL OILS DURING THE COLD SEASON FOR BABIES OLDER THAN 6 MONTHS

Proven essential oils like organic benzoin siam, organic/demeter fine lavender, organic andes myrtle and thyme linalol in 0,5 % solution are valuable aids for infants and toddlers.

Essential oils containing large quantities of the ingredient 1,8-cineole have a strong effect on the airways. This could be critical for babies, as they cannot cough up properly due to undeveloped chest muscles. Essential oils with 1,8-cineole should not be used on babies.

RULE OF THUMB

*0.5 % mixture is
about 10 drops in 100 ml
organic plant oil*



PRIMAVERA®

The power of plants for body,
mind and soul

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