

# MAKE OVER MY DIAPER BAG

Care for your bundle of joy with these natural basics.

## ESSENTIAL OILS for Baby

### BREATHE RESPIRATORY BLEND

Apply alone or with a carrier oil onto the chest to maintain airways.

### DIGESTZEN DIGESTIVE BLEND

Massage clockwise onto an occasional upset tummy or rub on the bottoms of feet.

### ROMAN CHAMOMILE

Soothes irritated skin.

### LAVENDER

Calming, relaxing, soothes irritated skin.

### MELALEUCA

Soothes irritated skin.

## Diaper Cream

Use this cream for irritated skin.

### WHAT YOU NEED:

- ¼ ounce beeswax
- 3 ½ ounces dōTERRA Fractionated Coconut Oil
- 2 drops each: dōTERRA melaleuca and lavender
- 4 ounce glass jar *Tip: use an empty baby food jar*
- Spoon or stick for stirring

### DIRECTIONS:

Put the beeswax in the glass jar and place in the top portion of a double boiler. Gently melt it over simmering water, stirring until smooth.

Slowly add the fractionated coconut oil.

Remove from heat and add the essential oil, stir then let cool. Label your cream.

*Tip: If too firm, re-melt and add more coconut or olive oil.*

### Stay hydrated!

Dehydration can lead to exhaustion. Add essential oils, such as lemon or wild orange, to your water throughout the day.

## Talc-free Baby Powder

### WHAT YOU NEED:

- ½ cup corn starch
- ½ cup Arrowroot powder
- 1 drop dōTERRA Roman chamomile
- 1-2 drops dōTERRA lavender
- ¼ cup finely ground oats

**DIRECTIONS:** Mix well and put in a shaker style bottle.

*Tip: Use an empty spice jar with a sifter lid. Label your powder.*

### Diaper Cream —

Our recipe is free from petroleum and artificial ingredients that can further irritate skin.

### Peppermint Beadlet —

A burst of peppermint will freshen breath and soothe digestive discomfort.

### Wipes —

Commercial wipes are made with ingredients that can irritate a baby's delicate skin. This easy recipe is great on the go, just place wipes in a wet bag.

## Homemade Wipes

### WHAT YOU NEED:

- 1 roll of premium paper towels
- 2 cups warm water
- 2 tablespoons dōTERRA fractionated coconut oil
- 3 drops dōTERRA lavender
- 3 drops dōTERRA melaleuca
- Airtight storage container

### DIRECTIONS:

Cut paper towel roll in half with a serrated knife. Use half the roll now and half later.

Place towels in storage container. Add the oil and water mixture, turning until liquid is absorbed. Remove the cardboard roll, and pull wipes from the center.



### Essential Oils —

Gentle, multi-use oils like lavender and melaleuca are must-haves.

### Coconut Oil —

Moisturize and protect skin without an oily residue.