

So here, finally, is a list of essential oils with **warnings against on children** according to The Book, [Essential Oil Safety](#) (click here to download a printable pdf version of this list):

- **Anise/Aniseed** *Pimpinella anisum* - avoid using (all routes) on children under 5
- **Anise (Star)** *Illicium verum* - avoid using (all routes) on children under 5
- **Basil (lemon)** *Ocimum x citriodorum* - avoid topical use on children under 2
- **Benzoin** *Styrax benzoin*, *Styrax paralleloneurus* and *Styrax tonkinensis* - avoid topical use on children under 2
- **Birch (sweet)** *Betula lenta* - avoid using (all routes) on children
- **Black Seed** *Nigella sativa* - avoid topical use on children under 2
- ***Cajuput** *Melaleuca cajuputi*, *Melaleuca leucadendron* - avoid using on children under 6
- ***Cardamon** *Elettaria cardamomum* - avoid using on children under 6
- **Cassia** *Cinnamomum cassia*, *Cinnamomum aromaticum* - avoid using on children under 2
- **Chaste Tree** *Vitex agnus castus* - avoid using (all routes) on prepubertal children
- **Clove Bud, Clove Leaf, Clove Stem** *Syzygium aromaticum*, *Eugenia caryophyllata*, *Eugenia aromatica* - avoid topical use on children under 2
- ***Cornmint** *Mentha arvensis*, *Mentha canadensis* - avoid using (all routes) on children under 6
- ***Eucalyptus** *Eucalyptus camaldulensis*, *Eucalyptus globulus*, *Eucalyptus maidenii*, *Eucalyptus plenissima*, *Eucalyptus kochii*, *Eucalyptus polybractea*, *Eucalyptus radiata*, *Eucalyptus Australiana*, *Eucalyptus phellandra*, *Eucalyptus smithii* - avoid using on children under 10
- **Fennel (bitter), Fennel (sweet)** *Foeniculum vulgare* - avoid using (all routes) on children under 5
- ***Galangal (lesser)** *Alpinia officinarum*, *Languas officinarum* - avoid using on children under 6
- **Garlic** *Allium sativum* - avoid using on children under 2
- **Ginger Lily** *Hedychium coronarium* - avoid topical use on children under 2
- ***Ho Leaf/Ravintsara** *Cinnamomum camphora* (cineole chemotype) - avoid using on children under 6
- **Hyssop** *Hyssopus officinalis* (pinocamphone chemotype) - avoid using (all routes) on children under 2
- ***Laurel Leaf/Bay Laurel** *Laurus nobilis* - avoid topical use on children under 6
- **Lemon Leaf/Lemon Petitgrain** *Citrus x limon*, *Citrus limonum* - avoid topical use on children under 2
- **Lemongrass** *Cymbopogon flexuosus*, *Andropogon flexuosus*, *Cymbopogon citratus*, *Andropogon citratus* - avoid topical use on children under 2
- ***Marjoram (Spanish)** *Thymus mastichina* - avoid using on children under 6
- **Massoia** *Cryptocarya massoy*, *Cryptocaria massoia*, *Massoia aromatica* - avoid using on children under 2
- **May Chang** *Litsea cubeba*, *Litsea citrata*, *Laura cubeba* - avoid using on children under 2
- **Melissa/Lemon Balm** *Melissa officinalis* - avoid topical use on children under 2
- ***Myrtle (red)** *Myrtus communis* - avoid using on children under
- **Myrtle (aniseed)** *Backhousia anisata* - avoid using (all routes) on children under 5
- **Myrtle (honey)** *Melaleuca teretifolia* - avoid using on children under 2
- **Myrtle (lemon)/Sweet Verbena** *Backhousia citriodora* - avoid dermal use on children under 2
- ***Niaouli** (cineole chemotype) *Melaleuca quinquinervia* - avoid using on children under 6
- **Oakmoss** *Evernia prunastri* - avoid dermal use on children under 2
- **Opopanax** *Commiphora guidottii* - avoid dermal use on children under 2

- **Oregano** *Origanum onites*, *Origanum smyrnaeum*, *Origanum vulgare*, *Origanum compactum*, *Origanum hirtum*, *Thymbra capitata*, *Thymus capitatus*, *Coridothymus capitatus*, *Satureja capitata* - avoid dermal use on children under 2
- **Peppermint** *Mentha x Piperita* - avoid using (all routes) on children under 6
- **Peru Balsam** *Myroxylon balsamum*, *Myroxylon pereirae*, *Myroxylon peruiferum*, *Myrospermum pereirae*, *Toluifera pereirae* - avoid topical use on children under 2
- ***Rambiazana** *Helichrysum gymnocephalum* - avoid using on children under 6
- ***Rosemary** *Rosmarinus officinalis* - avoid using on children under 6
- **Saffron** *Crocus sativus* - avoid topical use on children under 2
- ***Sage (Greek)**, *Salvia fruticosa*, *Salvia triloba* Sage (White) - avoid using on children under 6
- **Sage (White)** *Salvia apiana* - avoid using on children under 6
- **Sage (Wild Mountain)** *Hemizygia petiolata* - avoid topical use on children under 2
- ***Sanna** *Hedychium spicatum* - avoid using on children under 6
- ***Saro** *Cinnamosma fragrans* - avoid using on children under 6
- **Savory** *Satureia hortensis*, *Satureia montana* - avoid topical use on children under 2
- **Styrax** *Liquidambar orientalis*, *Liquidambar styraciflua* - avoid topical use on children under 2
- **Tea Leaf/Black Tea** *Camellia sinensis*, *Thea sinensis* - avoid topical use on children under 2
- **Tea Tree (lemon-scented)** *Leptospermum petersonii*, *Leptospermum citratum*, *Leptospermum liversidgei*, - avoid topical use on children under 2
- **Treemoss** *Pseudevernia furfuracea* - avoid topical use on children under 2
- **Tuberose** *Polianthes tuberosa* - avoid topical use on children under 2
- **Turpentine** *Pinus ayacahuite*, *Pinus caribaea*, *Pinus contorta*, *Pinus elliottii*, *Pinus halepensis*, *Pinus insularis*, *Pinus kesiya*, *Pinus merkusii*, *Pinus palustris*, *Pinus pinaster*, *Pinus radiata*, *Pinus roxburghii*, *Pinus tabulaeformis*, *Pinus teocote*, *Pinus yunnanensis* - avoid topical use on children under 2
- **Verbena (Lemon)** *Aloysia triphylla*, *Aloysia citriodora*, *Lippa citriodora*, *Lippa triphylla* - avoid topical use on children under 2
- **Ylang-Ylang** *Cananga odorata* - avoid topical use on children under 2

* indicates essential oils that are high in 1,8-cineole and can potentially cause respiration to slow in children. If you are looking for age-appropriate anti-congestion suggestions, read this post: [Anti-Germ and Anti-Congestion blend recipes](#).