

ESSENTIAL OILS

for PREGNANCY, BIRTH & BABY










Essential oils provide a safe, gentle alternative to OTC and prescription drugs that are not recommended during pregnancy. Essential oils can provide relief for nausea, aches, and anxiety. They may also help with more serious issues such as infection or elevated blood pressure.

Discuss your needs with your care provider. Start with small amounts, dilute, and use common sense.

Lavender can help with dozens of health concerns, saving money and space in your medicine cabinet.



ESSENTIAL OILS PERFECT FOR PREGNANCY

	Bergamot	Relieves muscle spasms, muscle aches, emotional-upset, cold sores, reduces fever
	Geranium	Soothes skin, hemorrhoids, varicose veins, nausea, emotions, acne
	Ginger	Eases nausea, heartburn, muscle pain, improves appetite, fights colds
	Lavender	Eases anxiety and headache; induces sleep; soothes skin irritation and itching, breast tenderness, and muscle aches; helps prevent early labor, reduces allergies
	Lemon	Boosts concentration, eases congestion, heartburn, nausea, safe for household cleaning
	Wild Orange	Eases anxiety, anger, nausea, insomnia, fatigue, acid reflux, heartburn, constipation
	Ylang Ylang	Eases depression and frustration, reduces blood pressure and preeclampsia, insomnia


OILS TO AVOID: Arborvitae, Birch (sweet), Cassia, Cinnamon Bark, Fennel (sweet), Myrrh, Oregano, Wintergreen. *Essential Oil Safety* 2nd edn., Tisserand

HOW TO USE ESSENTIAL OILS DURING PREGNANCY

Aromatically: Inhale or diffuse oil for emotional, immune, or respiratory issues.

Topically: apply diluted essential oil directly to painful areas, irritated skin, or the bottoms of feet for systemic effects.



 per teaspoon

Diluting- just 1-2 drops of essential oil in a teaspoon of carrier oil (a fatty oil, such as almond, olive, or coconut) is enough.

ACID REFLUX/HEARTBURN: Apply Frankincense to throat and chest.

ANXIETY: Inhale Wild Orange or Lavender. Add Lavender, Ylang Ylang, or Geranium to a warm bath.

BREAST TENDERNESS: Apply Lavender to the top of each breast.

COLD SORE: Apply Melissa or Bergamot at the first tingle; repeat hourly.

CONGESTION: Apply Lemon under nose, on chest, or to bottoms of feet.

CONSTIPATION: Apply Lemon or Ginger to stomach.

DEPRESSION: Use Lavender, Frankincense, Bergamot, Wild Orange, or Geranium. Diffuse, add to bath or massage, or apply to bottoms of feet.

EDEMA/SWELLING: Massage diluted Geranium, Ginger, Lemon, or Lavender into legs, starting at the feet. Work toward the heart, stopping at the thighs. Cypress may be used in the third trimester. Drink plenty of water.

FATIGUE: Inhale Wild Orange

HEADACHE: Apply Lavender to the back of the neck and temples.

HEMORRHOIDS: Apply Geranium or Cypress to affected area or add to a shallow bath.

HIGH BLOOD PRESSURE: Add Lavender or Ylang Ylang to a nightly bath, or diffuse. Avoid Peppermint oil.

INSOMNIA: Use Lavender or Ylang Ylang. Before bed, diffuse, apply to feet, or add to bath.

ITCHY SKIN: Apply diluted Lavender. Use Belly Butter recipe (see reverse).

MUSCLE CRAMPS: Apply Lavender, Bergamot, or Sandalwood.

NAUSEA: Make a mist with 10 drops Peppermint or Ginger, 5 drops Wild Orange, 5 drops Lemon. Add to a 2 oz. bottle, top with water. Mist as needed. Massage earlobes with Ginger.

PRETERM LABOR: To help stop, massage 1-3 drops diluted Lavender from ankles to hips. To prevent, add to a relaxing bath each evening.

SCIATICA: Massage Bergamot into painful area and down the leg.

STRETCH MARK PREVENTION: See Belly Butter recipe on reverse.

UTI: Apply Lemongrass over the bladder. Apply Cypress over the kidneys.

ESSENTIAL OILS to Use During Birth

Prepare in advance. Instruct a helper on how they are used, and add a label with notes. Talk to your care provider about implementing these techniques.

MIST #1—EASY BIRTH (RELAXING)

Use during the active phase

- 20 drops Lavender
- 15 drops Wild Orange
- 15 drops Peppermint

MIST #2—ENERGIZER

Use during transition

- 15 drops Wild Orange
- 10 drops each: Bergamot, Lavender, and Clary Sage

MAKE IT. Pour oils into a 4 oz. spray bottle and top with water. Instruct someone who will be at your birth to spray the mist periodically, or add it to a diffuser. Discontinue use if you are not enjoying the aroma.

BACK LABOR: Apply 1-3 drops of diluted Black Pepper to lower back. Massage if that is comforting.

PREVENT HEMORRHAGE: Apply 1-3 drops of Helichrysum on lower back during labor to help prevent excessive bleeding.

FOR BEST RESULTS CHOOSE CERTIFIED THERAPEUTIC GRADE ESSENTIAL OILS

100% PURE PLANT EXTRACTS	CONTAIN ZERO FILLERS, PESTICIDES, CHEMICALS, OR ARTIFICIAL INGREDIENTS	WORK QUICKLY	EVERY BATCH TESTED FOR PURITY & POTENCY
	RELIEVE PAIN, SOOTHE EMOTIONS, COMBAT VIRUSES AND BACTERIA		
	SAFE AND EFFECTIVE FOR ALL AGES		

SUPPORT GROWER'S ECONOMIES, SUSTAINABLE PRODUCTION, AND FAIR TRADE PRACTICES



SOOTHING POSTPARTUM DISCOMFORT

AFTER PAINS: Massage diluted Lavender or Clary Sage onto lower abdomen. Apply a hot compress or heating pad. Rest.

ANXIETY: Inhale Wild Orange or Lavender, or use in a diffuser to benefit everyone in the family. Roman Chamomile and Frankincense are also helpful.

C-SECTION INCISION CARE: Apply Lavender, Frankincense, and Helichrysum to promote healing. Add Melaleuca if infection is a concern.

PERINEUM CARE: Prepare at least one of these remedies in advance; they are perfect for soothing soreness or sutures.

PERI MIST: Add a few drops of Geranium, Lavender, and Helichrysum to a small misting bottle. Top with carrier oil. Mist onto the tender area frequently.

SOOTHING PADS: Add 20-30 drops of Lavender, Roman Chamomile, or Geranium to a bottle of witch hazel. Shake mixture well and apply to large maxi pads. Place pads in the freezer until needed. Use during the healing process.

POSTPARTUM DEPRESSION: Use a combination of Lavender, Patchouli, Frankincense, and Clary Sage in a diffuser, in a bath, or use with carrier oil for a massage. Apply to the bottoms of the feet several times a day. *Seek support if feelings do not improve.*

BREASTFEEDING

CRACKED NIPPLES: Apply Lavender and olive oil to nipples after each feeding. Myrrh can also be soothing. Make sure latch is correct.

FUSSINESS: Diffuse Lavender and/or Wild Orange to help calm mother and baby.

MASTITIS: Don't stop nursing/pumping. Use Lavender on top of each infected breast throughout the day. Massage the following blend over the entire breast: 10 drops each Melaleuca, Lavender, Roman Chamomile in 2 tablespoons carrier oil. Massage from armpits toward the nipple.

MILK SUPPLY ISSUES: Apply 1-2 drops on top of each breast for each of the following suggestions.

HELP STARTING PRODUCTION: Clary Sage

AVOID PEPPERMINT in essential oil or tea form. In some women, it may reduce milk supply.

INCREASING MILK SUPPLY: Basil or Fennel (do not use Fennel for more than 10 days at a time). Drink plenty of water, rest as much as possible, and eat a nourishing diet.

DECREASING MILK SUPPLY: Peppermint. Start slowly; for some the effect is mild and gentle, while for others, milk supply drops dramatically.

BELLY BUTTER

For itching and stretch marks

- ½ cup unrefined coconut oil (solid at room temp)
- ¼ cup cocoa butter
- ¼ cup shea butter
- 5 drops Sandalwood
- 3 drops Patchouli
- 3 drops Lavender

MAKE IT. Melt first three ingredients over low heat. Mix and allow to cool slightly, then stir in essential oils. Apply generously over belly, legs, or breasts as needed.

Don't wait to seek support if you are having difficulty. Contact a lactation specialist, or find a local La Leche League meeting at www.llli.org

BABY CARE RECIPES

SORE BOTTOM SPRAY

For areas of skin irritation or diaper rash.

- 4 Tbsp. carrier oil
 - 1 drop each: Melaleuca, Lavender, Roman Chamomile
- MAKE IT.** Add ingredients to a small spray bottle. Mist onto affected areas as needed.

BABY WIPE SPRAY

Use with soft cloths to clean and soothe baby's bottom

- 1 Tbsp. fractionated coconut oil or olive oil
 - 1 drop each: Melaleuca, Lavender, Roman Chamomile
 - 2 drops unscented liquid soap, such as Dr. Bronner's
- MAKE IT.** Add ingredients to 8 oz. spray bottle and fill with distilled or boiled water. Shake well.

MOISTURIZER

- 2 oz. olive or coconut oil
- 2 drops Lavender

MAKE IT. Combine oils in dark bottle. Apply to clean, damp skin.

SOFT AND DRY POWDER

- 4 oz. bentonite clay powder, such as Redmond clay
- 1 drop Melaleuca
- 1 drop Lavender

MAKE IT. Add all ingredients to a shaker or spice jar. Shake well to distribute oils. Sprinkle on as needed.

MAMA AND PAPA'S HAND SANITIZER

- 1 Tbsp. water
- 5 drops Melaleuca, Lemon, or Lavender
- ¼ tsp. witch hazel (optional)

MAKE IT. Place ingredients in small spray bottle. Shake before each use.

SIMPLE DISINFECTANT SPRAY

- 10-15 drops Lemon or Melaleuca

MAKE IT. Add oil to empty spray bottle and fill with water. Shake and spray on surfaces such as bathtub or toys. Allow to dry.

DISCLAIMER: This handout provides information on essential oils. It is not a substitute for medical advice. **SAFETY PRECAUTIONS:** Keep oils out of reach of children. Do not use in the eyes, ear canal, or on mucous membranes. If irritation occurs, apply a carrier oil. Do not add water. Citrus oils and blends containing them can increase sun sensitivity; allow at least 12 hours between application and exposing skin to the sun.

GENTLE ESSENTIAL OILS FOR BABY

Basil	Earache, insect bite, respiratory issues, nausea, tension, cold
Lavender	Emotional upset, skin issues, sleeplessness, aches and pains, allergies
Lemon	Runny nose and congestion, anxiety, airborne and surface germs
Melaleuca	Germs, wounds, virus, cold and flu, fungus
Roman Chamomile	Emotional upset, anger, irritability, skin irritation



per 2 teaspoons

DILUTE—use 1 drop of essential oil per 2 teaspoons of carrier oil (a fatty oil, such as almond, olive, or coconut).

ACID REFLUX: Apply a digestive blend or Ginger to the belly button.

COLD/FLU: Apply Basil, Frankincense, or Melaleuca to the feet.

COLIC: Apply Fennel to the belly button. Apply Lavender to the bottoms of feet.

CONGESTION/RUNNY NOSE: Apply Lemon on chest, or to the bottoms of feet.

CONSTIPATION: Use Grapefruit or Ginger. Apply to stomach.

CORD-STUMP CARE: Apply Lavender or Myrrh.

CRADLE CAP: Apply Lavender and olive oil to the scalp 1 hour before bath time. *Rinse well.*

DIAPER RASH: Apply Sore Bottom Spray or Soft and Dry Powder (recipes at left).

EARACHE: Apply Melaleuca, Basil, and Lavender behind ears and to the bottoms of feet.

FEVER: Apply Peppermint to the bottoms of feet.

JAUNDICE: Apply Lemon to the bottoms of feet.

INSECT BITES: Apply Basil or Lavender to bite.

NAUSEA/UPSET STOMACH: Apply Fennel or Ginger to stomach.

PINKEYE (CONJUNCTIVITIS): Apply Lavender to the bottoms of feet.

TEETHING PAIN: Apply Lavender and Roman Chamomile along jawline.

FOR MORE INFORMATION OR TO PURCHASE ESSENTIAL OILS, CONTACT: