

ESSENTIAL OILS

FOR PREGNANCY



DISCOVER A MORE NATURAL WAY TO CARE FOR YOUR PREGNANCY

DURING PREGNANCY

ACID REFLUX: *DigestZen, Peppermint, Ginger, Wild Orange, Frankincense*

Place 1 to 2 drops in a capsule or underneath your tongue and chase with water. Apply Frankincense to throat and chest.

BREAST TENDERNESS: *ClaryCalm, Lavender, Geranium*

Apply 1-2 drops to top of each breast. Massage gently on location.

EDEMA/SWELLING: *AromaTouch, Cypress, Lavender, Geranium (Can mix with coconut oil for massage)*

Apply to ankles and feet and massage in circular motions up towards the heart, stopping at thighs. For leg cramps, soak feet in bath water w/ 5 drops Geranium, 10 drops Lavender, 2 drops Cypress.

HIGH BLOOD PRESSURE: *Ylang Ylang, Lemongrass, Lavender (Avoid peppermint)*

Place 3 drops Ylang Ylang to evening bathwater twice a week. Or combine 5 drops Geranium, 8 drops Lemongrass, & 3 drops Lavender in 1 oz coconut oil. Rub over heart daily.

NAUSEA: *Ginger, Peppermint, DigestZen, Wild Orange, Lemon*

Mist: 20 drops Ginger or Peppermint, 10 Drops Wild Orange, 15 Drops Lemon. Add to 4oz water bottle and spray. Massage earlobes with Ginger. Place 1-3 drops of Ginger and Peppermint in capsule.

PERINEUM PREP: *Roman Chamomile, Geranium or Frankincense*

Mist on vagina every day. Or put your thumb, about 1 to 1 1/2 inches inside your vagina. Press gently but firmly downwards towards your rectum. Keeping a steady pressure, move thumb from side to side and back and forth along both sides in a U-shaped motion on the lower half of vagina. Continue for 3-5 minutes. Repeat daily gradually increasing pressure and time.

ANXIETY: *Serenity, Balance, Lavender*

Place 1 to 2 drops in a capsule or underneath your tongue and chase with water. Apply Frankincense to throat and chest.

BACK PAIN: *Black Pepper, Basil, Deep Blue*

Apply 1-3 drops of Black Pepper, Basil or Deep Blue to lower back. Massage if it is comforting.

PREVENT HEMORRHAGE AND TEARING: *Helichrysum*

Apply 1-3 drops of Helichrysum on lower back during labor to prevent. Mix 20 drops with 2TBLs of coconut oil and apply all over perinium area during crowning.

STALLED CONTRACTIONS: *Clary Sage*

Apply Clary Sage to the lower abdomen, Massage gently. Apply to reflex points on the feet.

AFTER PAINS: *Lavender and White Fir or ClaryCalm*

Apply 1-3 drops of each to lower adomen for instant relief. Apply ClaryCalm to abdomen when needed.

DEPRESSION: *ClaryCalm, Balance, Frankincense, and any Citrus Oil (Wild Orange, Lemon, Lime)*

Use a combination in a diffuser throughout the day. Apply 1-2 drops of Balance and Frankincense on bottoms of feet every morning and night. Cover with cotton sock afterwards. 1-2 drops of citrus oil per glass of water during the day.

PERINEUM CARE: *Geranium, Lavender*

Combine 5-10 drops of either oil to water in a Peri bottle for a soothing rinse. Use after bathroom. Or add 20-30 drops of each to a bottle of witch hazel. Shake well & apply to large maxi pads. Place pads in freezer until needed. Use duing healing process.

DURING LABOR

POST PARTUM

BREAST FEEDING

CRACKED NIPPLES: Apply Lavender or Geranium and olive oil to nipples after each feeding.

MASTITIS: Apply 10 drops each Melaleuca, Lavender, Roman Chamomile in 2 TBL coconut oil. Massage from armpit to nipple.

INCREASING MILK SUPPLY: Basil or Fennel. Apply all over breast, avoiding nipple 3-4 times a day. Or take in capsule 4-5 drops daily.

DECREASING MILK SUPPLY: Peppermint. Start slowly. For some this is mild, for others is decreases supply dramatically.