

*Experience the power of....*  
**ESSENTIAL OILS AND PREGNANCY**

It is difficult to comprise a list of essential oils that are to be avoided during pregnancy as there are several different opinions available. However, some general guidelines to follow are to never use an essential oil that has been adulterated. Therapeutic-grade oils are the most recommended. Oils that are diluted in a carrier oil or that are used externally and in moderation should not have an adverse affect. Consult your doctor, pharmacist, herbalist or other health specialist if you have any questions.

*Avoid during the first 8 months of pregnancy:*

Aniseed, basil, cinnamon, clove, fennel, hyssop, myrrh, oregano, sage, savory, thyme

Some experts say that some of the oils listed to avoid the first eight months of pregnancy are safe to use after that period of time. Sage and fennel are two excellent oils for strengthening the womb and for Braxton Hicks contractions.

*Avoid during pregnancy:*

Pennyroyal

*Use with caution during pregnancy:*

Angelica, Cedarwood, chamomile (German/Blue), cistus, citronella, Clary sage, clove bud, cumin (Black), cypress, davana, fennel, jasmine, laurel, lemongrass, marjoram, Mountain savory, myrrh, nutmeg, peppermint, rose, spearmint, thyme, vetiver, yarrow

Use the following chart with the precautionary information provided above.

Essential Oil	Uses
Bergamot	Cystitis, skin irritations, anxiety
Calendula	Stretch marks, nappy rash, skin irritations
Chamomile, Roman	Nausea, postnatal breast care, nappy rash, dry skin, insomnia, morning sickness, anxiety
Clary Sage	Postnatal depression, menstrual pain, pre-menstrual, tension, dry skin, stress, anxiety, depression
Cypress	Perineum healing, hemorrhoids, anxiety, tension, circulation
Eucalyptus	Colds, fever, asthma, sinusitis, wounds, bronchitis
Fennel, Sweet	Strengthens womb, stimulates lactation, cellulite, edema, balances hormones, diuretic
Frankincense	Labor, stress, fear
Geranium	Balances hormones, postnatal depression, dermatitis, eczema
Jasmine	Postnatal depression, uterine tonic, cough, dry skin, dermatitis
Juniper	Perineum healing, stretch marks, constipation, cellulite, tension
Lavender	Headaches, pain, eczema, insomnia, nappy rash, postnatal breast care, calming
Lemon	Morning sickness, nausea, heartburn, colds, lymph system
Marjoram	Insomnia, perineum healing
Myrrh	Nappy rash, thrush, skin care
Neroli	Dry skin, scars, circulation, stretch marks, stress, anxiety
Orange	Skin care, stress, insomnia, heartburn, lymph system, anxiety
Peppermint	Morning sickness, nausea, headaches, indigestion, lymph system, sinuses, pain
Petitgrain	Skin care, insomnia, stress
Rose	Dry skin, strengthens womb, tension, nausea
Rosewood	Nervous tension, anxiety, stress, tiredness, dry skin
Sandalwood	Skin rash, nausea, heartburn, diarrhea, colds, nappy rash
Tangerine OR Mandarin	Stretch marks, insomnia, nervous tension, scars
Ylang Ylang	Skin care, insomnia, hypertension, palpitations, tension

## Essential oil recipes for pregnancy and childbirth

Cypress and Lavender in a bath. Cypress to staunch blood flow; lavender to heal the wound.

**Mastitis:** Massage into breasts and under armpits three times daily

8 drops lavender  
7 drops tea tree  
5 drops Roman chamomile  
7 drops thyme linalol  
10 drops mandarin  
2 ounces calendula OR apricot kernel oil

Also, compresses of lavender, geranium & peppermint

**Morning Sickness:** Inhale

2 drops ginger  
3 drops spearmint

**Stretch Mark Preventative:** Massage over abdomen, breasts & thighs

5 drops lavender  
10 drops mandarin  
50 ml apricot kernel oil

**Labor / Childbirth:** Massage over abdomen and lower back (only when labor has started or if baby is overdue)

10 drops jasmine  
5 drops Clary sage  
25 ml apricot kernel oil

**Sore nipples:** Massage immediately into nipple after feeding – wash carefully directly before next feeding

1 drop lavender  
5 ml apricot kernel OR calendula oil

**Hemorrhoids:** Apply to affected area

3 drops lavender  
3 drops geranium  
2 drops myrrh  
2 drops Roman chamomile  
10 ml calendula oil