

# ESSENTIAL OILS

## for PREGNANCY, BIRTH & BABY



### ESSENTIAL OILS *Perfect for Pregnancy*

The following is a select list of gentle, effective oils. Discuss adding additional oils with your care provider.

ESSENTIAL OIL	PREGNANCY USES
Bergamot	Relaxes 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, breast tenderness, and muscle ache; helps prevent early labor, reduces allergies
Lemon	Aides concentration; eases congestion, heartburn, nausea, constipation, reflux; safe for household cleaning, varicose veins
Sandalwood	Relaxes and calms, encourages deep sleep, soothes spasms and muscle cramps
Wild Orange	Eases anxiety, anger, nausea, insomnia, fatigue, acid reflux, heartburn, constipation
Ylang Ylang	Eases depression, frustration, reduces blood pressure and preeclampsia, insomnia

### Are they safe?

Essential oils are safe and gentle, especially when compared to synthetic medications. Essential oils reduce nausea, aches, and anxiety and they can help with more serious issues, such as infection or elevated blood pressure. Many women feel their bodies and babies are healthier as a result of using essential oils during pregnancy, and that pregnancy is more comfortable. Discuss your needs with your care provider. Start with small amounts and use common sense.

### PREGNANCY DISCOMFORTS

- ACID REFLUX/HEARTBURN:** Add 2 drops of Lemon to drinking water. Apply Frankincense on throat and chest.
- ANXIETY:** Diffuse or 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 or add to drinking water.
- 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, Sandalwood, or Ylang Ylang. Before bed, diffuse, apply to feet, or add to bath.
- ITCHY SKIN:** Apply diluted Lavender. Use Belly Butter recipe on the back of this sheet.
- MUSCLE CRAMPS:** Apply Lavender, Bergamot, or Sandalwood.
- NAUSEA:** Make a mist with 20 drops Peppermint or Ginger, 10 drops Wild Orange, 15 drops Lemon. Add to 4 oz. bottle and top with water. Mist when nausea strikes. Massage earlobes with Ginger; add to water to drink.
- PERINEUM PREP:** Dilute Geranium and apply to perineum. Massage daily from 37 weeks on.
- 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:** Use Belly Butter recipe on the back of this sheet.
- UTI:** Add Lemon to drinking water. Apply Lemongrass over the bladder. Apply Cypress over the kidneys.

DURING PREGNANCY

### 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.

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| <p><b>MIST #1—EASY BIRTH (RELAXING)</b><br/>Use during the active phase</p> <ul style="list-style-type: none"> <li>• 20 drops Lavender</li> <li>• 15 drops Wild Orange</li> <li>• 15 drops Peppermint</li> </ul> | <p><b>MIST #2—ENERGIZER</b><br/>Use during transition</p> <ul style="list-style-type: none"> <li>• 15 drops Wild Orange</li> <li>• 10 drops Bergamot</li> <li>• 10 drops Lavender</li> <li>• 10 drops Clary Sage</li> </ul> |
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- 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. Stop use if you are not enjoying the aroma.
- BACK LABOR:** Apply 1-3 drops of Black Pepper to lower back. Dilute and massage if that is comforting.
- PREVENT HEMORRHAGE:** Apply 1-3 drops of Helichrysum on lower back during labor to help prevent.
- STALLED LABOR:** Apply Clary Sage to the lower abdomen. Massage gently.

### How many chemicals would Lavender remove from your home?



**If in doubt, use Lavender!** Replace all of these products with one oil, proven to be safe and effective. How much money could one bottle of Lavender save you?

DURING DELIVERY

### SOOTHING POSTPARTUM DISCOMFORT



- AFTER PAINS:** Massage diluted Lavender onto lower abdomen. Apply a hot compress or heating pad. Rest as much as possible.
- ANXIETY:** Inhale Wild Orange or Lavender. Diffusing these oils will 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 Geranium, Lavender, and Helichrysum to a small spray bottle. Mist onto the tender area frequently. Add a little carrier oil to dilute if needed.
- 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.
- PERI RINSE:** Combine 5-10 drops of Lavender or Geranium to water in a Peri bottle for a soothing rinse. Use this rinse after using the restroom, or as directed by your care provider.

**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.*

AFTER DELIVERY

### WHAT ARE CERTIFIED THERAPEUTIC GRADE ESSENTIAL OILS?

<b>100% PURE PLANT EXTRACTS</b>	CONTAIN ZERO FILLERS, PESTICIDES, CHEMICALS, OR ARTIFICIAL INGREDIENTS	WORK QUICKLY	<b>NO SIDE EFFECTS, NON HABIT FORMING</b>
	RELIEVE PAIN, SOOTHE EMOTIONAL DISTRESS, EFFECTIVE AGAINST VIRUS & BACTERIA		
<b>SAFE AND EFFECTIVE FOR ALL AGES</b>			

## BREAST-FEEDING

**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

**REMOVE PEPPERMINT** from your routines; it may reduce milk supply for some women.

**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 this is mild, for other women it decreases supply dramatically.

*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](http://www.llli.org)*

## BELLY BUTTER

*For itching and stretch marks*

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

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

## BABY CARE RECIPES

Gentle baby care products you can easily make with essential oils and pure ingredients.

### SORE BOTTOM SPRAY

*For areas of skin irritation or diaper rash.*

- 2 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 WIPES

- 1 roll of paper towels, such as Viva
- 3 cups of distilled water, more as needed
- 1 Tbsp. unscented liquid soap, such as Dr. Bronner's
- 1 Tbsp. fractionated coconut oil or olive oil
- 2 drops each: Melaleuca, Lavender, Roman Chamomile

**MAKE IT.** Cut the roll of paper towels in half lengthwise with a serrated knife (this takes some elbow grease). Place half in a resealable container for storage (a plastic tub or zipper bag) and reserve the other half for your next batch.

Combine the ingredients and pour over paper towels. Let the mixture rest, then turn over. Add more water if needed. After 30 minutes, remove the paper roll and pull wipes from the center.

### BABY WIPE SPRAY

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

- 1 Tbsp. fractionated coconut oil or olive oil
- 2 drops each: Melaleuca, Lavender, Roman Chamomile
- ½ tsp. 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.

### POWDER

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

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

### HAND SANITIZER

- 1 Tbsp. water
- 5 drops Melaleuca
- 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.

## BABY AND CHILD AILMENTS

Dilute oils for all ailments listed. Start with small amounts and repeat as needed, as often as every 15 minutes. The bottoms of feet are an ideal place for application as baby is less likely to rub the oil into eyes.

**ACID REFLUX:** Apply a digestive blend (Ginger, Peppermint, Fennel) to the belly button.

**BED-WETTING:** Apply Cypress to the bladder area. Apply Cilantro to the bottoms of feet.

**COLD/FLU:** Apply Basil, Clove, or Melaleuca to the feet. Apply Eucalyptus and Basil to the chest.

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

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

**CONSTIPATION:** Use Grapefruit or Ginger. Apply to stomach or add to drinking water.

**CORD-STUMP CARE:** Apply Lavender or Myrrh.

**CRADLE CAP:** Massage Lavender and olive oil into the scalp 1 hour before bath time, rinse well.

**DIAPER RASH:** See recipe for Sore Bottom Spray 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.

**NAUSEA/UPSET STOMACH:** Apply Peppermint, Ginger, or Basil to stomach. Lavender eases motion sickness.

**RSV:** Diffuse Peppermint, Eucalyptus, and Lemon constantly. Apply Eucalyptus, Rosemary, Basil, or Frankincense to chest and to the bottoms of feet.

**RUNNY NOSE:** Apply Lemon under nose, on chest, or to the bottoms of feet.

**SUNBURN:** Apply Lavender. Use a spray bottle to mist onto skin that is too sensitive to touch.

**TOOTHACHE/TEETHING PAIN:** Apply Clove or Lavender. Lightly dip finger in Clove, wipe off excess oil, then touch finger to sensitive area.

## BABY'S MEDICINE CABINET

ESSENTIAL OIL	BABY USES
Basil	Earache, insect bite, respiratory issues, nausea, tension, cold
Clove	Teething pain; helps boost the immune system
Eucalyptus	Respiratory issues, fever, muscle aches and pains
Fennel	Tummy aches, cough, wounds
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
Peppermint	Fever, upset stomach, respiratory issues, headache
Roman Chamomile	Emotional upset, anger, irritability, skin irritation

**FOR MORE INFORMATION OR TO PURCHASE ESSENTIAL OILS, CONTACT:**

# Pregnancy & Beyond

Making your journey more than just manageable!

Pregnancy and motherhood are the most amazing experiences for any woman! Essential oils can ensure that the journey towards motherhood allows each woman the opportunity to savor, enjoy, and cherish the moments of pregnancy and motherhood, without the potential emotional, physical, or physiological distractions.



## Essential Oils?

Essential oils are natural aromatic compounds found in plants. They have been used throughout history and in the modern era for their therapeutic benefits without the risk of side effects.

## Why CPTG?

Choose essential oils that are **Certified Pure Therapeutic Grade**. These oils are 100% pure, natural aromatic compounds. They do not contain fillers or artificial ingredients that would dilute the active qualities.

## Application?

Just as there are different oils that can be utilized, there are also different methods of application. Oils may be applied topically, ingested, diffused, and more. Each woman must identify what works for her!

## Pregnancy

<b>Breasts (Soothe)</b>	<i>Lavender, Geranium</i>	Add 3–5 drops to 1 Tbs. fractionated coconut oil, and massage on location.
<b>Breasts (Sore)</b>	<i>Roman Chamomile</i>	Add 3–5 drops to 1 Tbs. fractionated coconut oil, and massage on location.
<b>Constipation</b>	<i>Digestion Blend, Lemon, Peppermint, Fennel</i>	Take 1–3 drops in water or in a capsule, <b>OR</b> massage on abdomen undiluted or, if desired, with carrier oil.
<b>Depression</b>	<i>Vitality Supplements, Invigorating Blend, Joyful Blend, Grounding Blend, Frankincense</i>	Take vitamin supplements as directed, <b>OR</b> diffuse any of the oils listed, <b>OR</b> place 3–5 drops of frankincense oil under tongue, and chase with water.
<b>Fatigue</b>	<i>Invigorating Blend, Lemon, Joyful Blend, Grapefruit, Wild Orange, Peppermint</i>	Place 1–2 drops in palms of hands, rub together, and inhale deeply, <b>OR</b> massage onto back, shoulders, or back of neck, adding carrier oil if needed.
<b>High Blood Pressure</b>	<i>Ylang Ylang, Geranium, Lemongrass, Lavender</i>	Place 3 drops ylang ylang in evening bathwater twice a week, <b>OR</b> combine 5 drops geranium, 8 drops lemongrass, and 3 drops lavender in 1 oz. fractionated coconut oil. Rub over heart and on reflex points of left foot and hand.
<b>Nausea/Vomiting</b>	<i>Ginger, Peppermint</i>	Dilute as recommended, and apply 1–3 drops on ears, down jawbone, and on reflex points of feet, <b>OR</b> place 1–3 drops in an empty capsule, and swallow, <b>OR</b> diffuse into the air.
<b>Sleep</b>	<i>Calming Blend, Lavender</i>	Apply a few drops directly to the bottoms of feet, <b>OR</b> diffuse oil at night to assist with relaxation.
<b>Stretch Marks</b>	<i>Anti-Aging Blend</i>	The roll-on is a perfect, already diluted blend. If using an undiluted blend, mix with carrier oil to more easily massage a large area.
<b>Swelling</b>	<i>Water, Invigorating Blend, Lemon, Massage Blend, Cypress, Lavender, Ginger</i>	Drink 3–4 quarts of water every day. In addition, mix 3–5 drops of oil with fractionate coconut oil, and massage into legs, ankles, and feet, <b>OR</b> add 3–5 drops of lemon to all water.

## Delivery

<b>Contraction Effectiveness</b>	<i>Clary Sage, Myrrh, Geranium, Lavender</i>	Blend clary sage with geranium and lavender for a topical mixture, <b>OR</b> apply myrrh and clary sage topically to help improve a stalled labor.
<b>Energy</b>	<i>Roman Chamomile, Geranium, Lavender</i>	Combine 2 drops Roman chamomile, 2 drops geranium, and 2 drops lavender in 2 tsp. fractionated coconut oil, and massage into the skin.
<b>Episiotomy</b>	<i>Geranium</i>	Add 5–10 drops to 1/2 tsp. olive oil, and massage on perineum
<b>Hemorrhaging</b>	<i>Helichrysum</i>	Apply 1–3 drops on lower back to help prevent hemorrhaging
<b>Pain</b>	<i>Basil, Black Pepper</i>	Massage either essential oil with fractionated coconut oil on lower back to help relieve pain during labor.
<b>Perineum Support</b>	<i>Helichrysum</i>	Mix 20 drops with 2 Tbs. of fractionated coconut oil, and apply all over perineum area.
<b>Pre-term Labor</b>	<i>Lavender</i>	Rub 1–3 drops on stomach.
<b>Tone Uterus</b>	<i>Clary Sage</i>	Apply 1–3 drops around the ankles.
<b>Transition</b>	<i>Basil</i>	Dilute as recommended, and apply 1–2 drops to temples or abdomen.



## Post Pregnancy

<b>Breast Soreness</b>	<i>Myrrh, Geranium, Sandalwood</i>	Apply any of the oils mentioned, undiluted, directly on nipple after breastfeeding. Oils do not need to be removed prior to the next feeding session.
<b>Caesarean Scars</b>	<i>Anti-Aging Blend</i>	Rub undiluted on scar area every day, twice a day.
<b>Increase Milk Production</b>	<i>Fennel, Basil, Clary Sage, Geranium</i>	Apply any of the oils mentioned, undiluted, on the breast. Massage into tissue, avoiding the nipple.
<b>Mastitis</b>	<i>Melaleuca, Clove, Lavender, Rosemary</i>	Apply any of the oils mentioned, undiluted, on breast and on lymph nodes under armpit.
<b>Perineum Support</b>	<i>Frankincense, Lavender</i>	Drop 10 drops of each in a 15 ml bottle with a spray top. Fill the rest of the bottle with distilled water, and spray on perineum after birth to soothe.
<b>Tone Uterus</b>	<i>Clary Sage</i>	Apply 1–3 drops around the ankles.



Each woman and each pregnancy, delivery, and postpartum experience is different. Hopefully, by utilizing essential oils, the journey into motherhood is a blissful one. Different blends and methods assist women in various ways. Utilize the various oil options, and find the right one that works best for your body and YOU. Congratulations on this special and amazing journey!

**DON'T LET YOUR ESSENTIAL OIL JOURNEY END THERE...  
EXPERIENCE WHAT ESSENTIAL OILS CAN OFFER YOU IN  
EVERY ASPECT OF YOUR LIFE!**