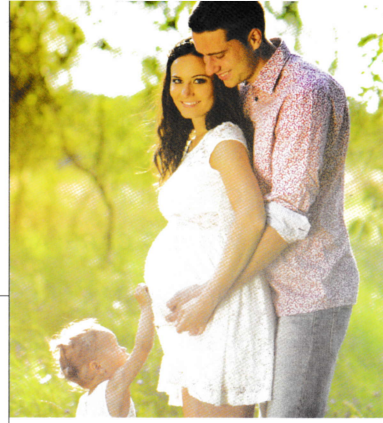


# ESSENTIAL OILS

## for PREGNANCY, BIRTH & BABY



### Natural support for a healthy pregnancy

No matter what your birth plan is, essential oils can provide comfort for many aspects of pregnancy, delivery, and bonding with your new baby. Please note that oil quality is important. Talk to the person who gave you this sheet about trusted oils.

### FAVORITE ESSENTIAL OILS FOR PREGNANCY

<b>Bergamot</b>	Eases leg spasms and aches, supports emotional well-being, diffuse for an uplifting aroma
<b>Ginger</b>	Eases nausea and aches, improves appetite, supports immune system
<b>Lavender</b>	Calms anxiousness and tension; induces sleep; soothes skin irritation and itching, breast tenderness and muscle aches; supports seasonal respiratory health
<b>Orange</b>	Eases anxiousness, anger, nausea, sleeplessness, fatigue, and supports digestion
<b>Ylang Ylang</b>	Eases sadness and frustration, supports healthy circulation, and induces peaceful sleep

**AVOID:** arborvitae, birch, cassia, cinnamon bark, fennel, myrrh, oregano, wintergreen. *Essential Oil Safety, 2nd ed., 2013, Tisserand.*

### SUPPORT DURING PREGNANCY

Dilute for all suggestions

**ANXIOUSNESS:** inhale orange or lavender. Add lavender, ylang ylang, or geranium to a warm bath.

**BOWEL SUPPORT:** apply lemon or ginger to stomach.

**BREAST TENDERNESS:** apply lavender to the top of each breast.

**CIRCULATORY SUPPORT:** add lavender or ylang ylang to a nightly bath or use in a diffuser.

**FATIGUE:** inhale orange.

**GROWING BELLY:** see Belly Butter recipe on reverse.

**ITCHY SKIN:** apply diluted lavender. Use belly butter recipe (see reverse).

**MUSCLE ACHES:** apply lavender, bergamot, or sandalwood.

**NAUSEA:** make a mist with 10 drops peppermint or ginger, 5 drops orange, 5 drops lemon. Add to a 2 oz. bottle, top with water. Mist into the air and inhale as needed. Massage earlobes with ginger.

**RESPIRATORY SUPPORT:** apply lemon under nose, on chest, or to bottoms of feet.

**SADNESS:** use lavender, frankincense, bergamot, orange, or geranium. Diffuse or apply to bottoms of feet.

**SLEEP SUPPORT:** use lavender or ylang ylang. Before bed, diffuse, add to bath, or apply to bottoms of feet.

**TENSION IN HEAD AND NECK:** apply lavender to the back of the neck and temples.

**URINARY SUPPORT:** apply lemon-grass over the bladder. Apply cypress over the kidneys.

See the blog at [www.ShareOils.com](http://www.ShareOils.com) for more ideas and recipes.



### HOW TO USE

**Deep Inhale** · *emotional support* · Add a drop of diluted oil to your palms. Rub hands together, then cup over nose. Inhale deeply for several breaths.

**Diffuse** · *immune, emotional & respiratory support* · Add 3–5 drops of essential oil to your diffuser.

**Mist** · *emotional support* · Add oils and water to misting bottles. Spritz into the air as needed. Inhale the aroma.

**On the skin** · *soothes skin & aches* · Apply diluted oils to bottoms of feet or to the area of concern.

**Bath** · *soothes & relaxes* · Add a drop of oil to warm bathwater.

**Massage** · *soothes & relaxes* · Add a drop of essential oil to a carrier oil or lotion and have someone give you a light massage.



**Be safe—dilute:**  
Start with 1–2 drops of essential oil in a teaspoon of carrier oil (such as olive or coconut)



1–2 drops per teaspoon is enough

### SUPPORT DURING DELIVERY



Pack oils and a diffuser in your hospital bag or birth kit. Instruct a helper about how the oils are used and add a label with notes. Talk to your care provider about implementing these techniques.

#### CALM MAMA MIST

- 20 drops lavender
- 15 drops orange
- 15 drops peppermint

**MAKE IT.** Pour oils into a 4 oz. spray bottle and top with distilled water.

Instruct someone to periodically spray the mist. Discontinue if you are not enjoying the aroma.

**BACK LABOR:** Apply 1–3 drops of diluted black pepper to lower back. Apply counterpressure if that is comforting.



**An eight-year UK study** found that the use of essential oils in the maternity ward helped relieve anxiousness, aches, discomfort, and nausea during labor and delivery. Soothing and calming oils, including lavender helped women have more comfortable birth experiences.

(Burns et al. 2000)

## SOOTHING POSTPARTUM DISCOMFORT

**ANXIOUSNESS:** Inhale orange or lavender, or use in a diffuser to benefit everyone in the family. Roman chamomile and frankincense are also helpful.

**CRAMPING:** Massage diluted lavender or clary sage onto lower abdomen. Apply hot compress or heating pad. Get plenty of rest.

**WOUND 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 frequently onto the tender area.

**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 healing process.

**POSTPARTUM SADNESS:** Use a combination of lavender, patchouli, frankincense, and clary sage in a diffuser, in a bath, or with carrier oil for a massage. Apply to the bottoms of the feet several times a day. *Seek professional support if feelings do not improve.*

## BREASTFEEDING

**NIPPLE CARE:** Apply lavender and olive oil to nipples after each feeding. Make sure latch is correct.

**FUSSINESS:** Diffuse lavender and/or orange to help calm mother and baby.

**DISCOMFORT:** Don't stop nursing/pumping. Use lavender on top of each 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.

**STARTING PRODUCTION:** Clary sage  
AVOID PEPPERMINT. For 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

Moisturizes and soothes

- 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.

*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)*

## 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 4 oz. spray bottle. Mist onto affected areas as needed.

### SOFT AND DRY POWDER

- 4 oz. bentonite clay powder, such as Redmond clay
- 1 drop each: melaleuca and 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 CLEANING SPRAY

- 5 drops melaleuca, lemon, or lavender
- ¼ tsp. witch hazel (optional)

**MAKE IT.** Pour ingredients in small spray bottle and fill with water. Shake well before each use.

### SIMPLE CLEAN UP 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.

For more information about essential oils contact:

## GENTLE ESSENTIAL OILS FOR BABY

Lavender	Emotional upset, skin soothing, sleeplessness, aches, colic
Melaleuca	Immune support, skin health
Roman Chamomile	Emotional upset, skin soothing, little teeth



1 drop 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).

**Colic:** apply fennel to belly button. Apply lavender to bottoms of feet.

**Cord-stump care:** apply lavender or myrrh.

**Diaper irritation:** apply sore bottom spray or soft and dry powder (recipes at left).

**Digestive support:** apply a digestive blend, fennel, or ginger to the belly button.

**Dry scalp:** apply lavender and olive oil to scalp 1 hour before bath time; rinse well.

**Dry skin:** combine 2 oz. of olive oil with 2 drops of lavender. Use a dime sized amount after bath or as needed.

**Ear support:** apply melaleuca, basil, and lavender behind ears.

**Immune support:** apply basil, frankincense, or melaleuca to the feet.

**Little teeth:** apply lavender and Roman chamomile along jawline.

**Respiratory support:** apply lemon to chest or to bottoms of feet.

**SAFETY PRECAUTIONS:** Keep oils out of reach of children. Do not use in the eyes or ear canals or on mucous membranes. If irritation occurs, apply a carrier oil. Do not add water. Citrus oils can increase sun sensitivity; allow at least 12 hours between application and exposing skin to the sun.

**DISCLAIMER:** This handout has not been evaluated by the FDA. The products and methods recommended are not intended to treat, diagnose, cure, or prevent illness or disease. It is not a substitute for medical advice. ©ShareOils, LLC 2016 v.3