

# 20 Ways to Use Essential Oils for Pregnancy & Childbirth

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## Pregnancy



1. Swelling and water retention - Lemon: Drink water with a few drops of Lemon in it on a daily basis. Keeps things moving in your system and acts as a gentle detox.
2. Heartburn & morning sickness - DIY DigestZen and/or Peppermint: a drop under the tongue, rubbed on abdomen or rubbed on the bottoms of your feet. Add 2 drops of Peppermint to a shot glass of almond milk for instant relief of heartburn!
3. Restful Sleep - Zen or Lavender: Apply to the bottom of feet, even better if a special someone rubs it in for you. Dab just a little under your nose too or diffuse!
4. Lower Back & Leg Pain & Pressure - 1 drop Amend, followed by 1 drop DIY AromaTouch - A nightly massage is extra wonderful!
5. Pregnancy Edema - Grapefruit, Lemongrass, Cypress: put 2-3 drops each in a 5 ml roller bottle, top off with a carrier oil and roll on ankles and feet a few times a day especially at the end of the day, massage toward heart.
6. To avoid stretch marks: Combine 4 drops each Helichrysum, Lavender, Frankincense in an ounce of organic coconut oil, store in a small jar. Apply morning and night after the first trimester.



## Birth



7. To induce or speed labor - Clary Sage: considered a uterine tonic. Place a drop on ankle reflex points and diffuse along with Myrrh during labor.
8. Balance and Focus for Mom- Zen Blend: Apply topically, over heart and back of neck. Diffuse with Lavender.
9. Energy - Peppermint and Wild Orange: inhale or diffuse.
10. Back Labor – Amend: Apply topically...especially with a posterior baby.
11. To avoid or minimize tearing - Helichrysum: perineal massage 2 weeks before labor and delivery.



## Post-Partum



12. After birth bleeding - Clary Sage, White Fir, Helichrysum for toning. Apply blend on ankle reflex points or bottom of feet.
13. Pain and inflammation - Add 10 drops Lavender and 10 drops Frankincense to a bowl of alcohol free Witch Hazel. Soak feminine pads in this solution then freeze for soothing, healing, and inflammation during postpartum recovery.
14. Postpartum Contractions - 2 drops Lavender, 2 drops Frankincense with carrier oil to calm and help with discomfort. Apply directly on lower abdomen.
15. Hemorrhoids - Cypress, Geranium, Clary Sage, Helichrysum: 2 drops each in a 1 ounce glass spray bottle, top with Fractionated Coconut Oil or alcohol free Witch Hazel and spray directly on hemorrhoids. Apply each time you use the restroom.
16. Nipple Soreness - Add 4 drops each Frankincense and Lavender to 1 ounce of solid organic coconut oil, store in glass jar for breastfeeding soreness to speed healing and elasticity.
17. Yeast infection - 4 drops each Lavender and Melaleuca: add to 1 ounce of solid, organic coconut oil, store in small glass jar. Apply topically as needed.



## For Baby



18. Umbilical Cord- Myrrh: serves as a liquid band-aid, helps to avoid infection, cord should fall off sooner, 4 days vs. 7-9 days.
19. Ease Birth Trauma- 5 drops Zen in a 5ml roller bottle, top bottle off with a carrier oil. Roll on bottoms of baby's feet.
20. For Grounding - Frankincense: apply one drop of Frankincense to top of baby's head after birth for calming and grounding.

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