

# ESSENTIAL OILS FOR MAMA

Young Living Essential Oils

## Safety

\*While pregnant, use a 1% -5% dilution of oils when applying topically (1-5 drops per teaspoon/5ml). If using in the bath, 4% is safe (3 drops per teaspoon/5ml) when mixed with soap or a carrier oil.

\*Post-natally, 6% dilution is safe (5 drops per teaspoon/5ml)

### \*Safe oils for pregnancy:

Geranium	Tangerine
Grapefruit	Lemon
Orange	Frankincense
Melaleuca A.	Rosewood
Sandalwood	Thyme
Ylang Ylang	Ginger
Peace & Calming	Valor
Lavender (3rd trimester only)	

\* Avoid these oils (incomplete list), although some may be used during labor:

Angelica	Peppermint
Cypress	Citronella
Calendula	Jasmine
Sage	Rose
Rue	Clary Sage
Chamomile	Wintergreen
Cinnamon	Clove
Lavender (ok for 3rd trimester)	

## Pregnancy

### •Support Skin Elasticity

- Cel-Lite massage oil
- 3 tbsp carrier oil blended with 4 drops of each: tangerine, geranium, lemon



### •Sleep Support

- Diffuse Peace & Calming
- Apply 1 drop of Valor to each foot

### •Digestive Support

- Constipation: apply diluted mandarin, orange, bergamot, lime or grapefruit to abdomen.
- Diarrhea: apply 2 drops of DiGize to abdomen, or 1 drop of basil (antispasmodic)

### •Proper Baby Position

- Apply peppermint and myrrh to abdomen to encourage baby to turn

### •Immune Support

- Diffuse lemon and eucalyptus, diluted Thieves on feet

### •Water Retention

- Massage with tangerine (2 drops), lemon (1 drop), geranium (3 drops) blended with 3 tbsp carrier oil

### •Stress/Emotional Support

- Oils can be applied topically (dilute), diffused or inhaled
- Forgiveness (holding the past)
- Surrender (helps let go)
- Neroli, bergamot, mandarin, sandalwood, Peace & Calming, Ylang Ylang (stress release)



## Post Partum

### \*C-section

- Rose (1 drop around incision to release trauma and rejuvenate skin)
- helichrysum (1 drop on incision to heal tissue and stop bleeding)
- Believe or Trauma life (inhale or diffuse)

### \*Perineum care

- Compress with the following oils: geranium, lavender, fennel, cypress and melrose
- ClaraDerm spray
- Bath with German/Roman chamomile and lavender (calming and heals wounds)

### \*Lactation Support

- cold compress hourly with 1 drop geranium, 1 drop lavender and 2 drops rose
- Peppermint, Jasmine and Clary Sage are milk regulators and suppressants. Apply topically but wipe clean before nursing.

### \*Blues

- Trauma Life, apply to feet right after birth
- Diffuse citrus oils, rose, jasmine, geranium, bergamot, ylang ylang and Joy



## Labor

- Many oils that are contraindicated for pregnancy are ideal for labor.
- Birth Kit of Oils: Lavender, PanAway, Lemon, Purification, Valor, Gentle Baby, Clary Sage, Fennel, Jasmine, Chamomile, Sandalwood, Frankincense, ClaraDerm Spray
- Encourage labor
  - lavender, jasmine, Clary Sage (3 drops each with 1 tsp carrier oil) on belly
  - 1 drop Clary Sage every 15 mins on tongue
  - inhale or diffuse jasmine
- During labor
  - Clary Sage and sandalwood creates feeling of relaxation and euphoria, eases discomfort
  - Jasmine and Rose enhance uterine action and ease muscle discomfort, apply topically or diffuse
  - Frankincense and chamomile (German and Roman) decrease muscle discomfort
  - Perineum massage blend (5 drops clary sage, 2 drops rose in (1 oz. wheatgerm oil)
  - ClaraDerm spray on perineum
  - Nausea - peppermint 1 drop on tongue as needed, or mix with water as spray
  - Clary Sage to facilitate a slow labor, 1 drop orally every 15 mins
  - Diffusing blend: lavender, frankincense, ylang ylang, Roman chamomile and melaleuca alternifolia
  - Cloth compress blend: jasmine, Roman chamomile, geranium, lavender
  - Ease back discomfort: PanAway, Valor
  - Fear release: Peace & Calming, lavender, mandarin, ylang ylang, neroli

*"I have personally used Clary Sage at multiple births which were either stalled or moving slower than normal. After each dose of Clary Sage used at the proper time, the mothers would have a big contraction with a lot of progress following it."*

*- Hailey Aliff, Doula & Student-Midwife*