



## Essential Oils Made Easy for the Pregnant Mama and Her New Baby

Essential oil use is an ancient form of healing and health that has been used for thousands of years in many cultures throughout the world. These powerful essences can be utilized with a few cautions on pregnant mothers, through the transitions of labor, birth and the postpartum period and also on our babies just as they have been for eons before us. This handout is designed to give practice tips and advice for safe, everyday use. Please always consult your midwife or trained aromatherapist when you have questions regarding use.

### General Guidelines and Tips to Get Started

- Essential oils should **NEVER** be **ingested** or used **undiluted** without first consulting with a trained aromatherapist
- The best overall carrier oil for pregnancy, labor, postpartum and to use with your baby is: **Sweet Almond Oil**. Olive Oil can also be used
- Use quality essential oils and pure carrier oils, no synthetics
- Essential oils can cause **skin irritation**
  - If irritation occurs, wipe area with a damp cloth then apply pure carrier oil to the area and wipe with a dry cloth
- Essential oils can **irritate eyes**
  - If irritation occurs or essential oil is in an eye NEVER attempt to wash it out with water, instead flush the eye with a carrier oil by pouring the oil so it exits the eye in the area at the place of entry
- Finally, I recommend purchasing a book on essential oil use to reference for home use. See my references for a couple of suggestions



## Pregnancy

### Applications

*Massage:* use 1 drop per month of pregnancy not to exceed 7 drops for each 25 ml.

*Aromatic Bath:* 2-4 drops, soaking for 10-15 minutes and no more than 4 drops in a bath

*Showers, footbaths or sitz baths:* 2 drops

*Compress:* 2-3 drops in 1 cup water

*Inhalation:* 2-3 drops in a bowl or mug of water or 1 drop on a tissue or handkerchief

*Burners:* 2-3 drops

*Diffuser:* 1 drop

## Essential Oils Suitable in Pregnancy

Essential Oil	Additional Information
Bergmot	Helpful with mood (uplifting, relaxing), can help with skin problems, appetite regulator, helpful in treatment of urinary infections. *AVOID exposure to sunlight
Grapefruit	Relieves constipation, diuretic, treats fluid retention.
Lemon	Antiseptic, great for treating infections (especially cold and flu), insect bites and viruses.
Lime	Helps with circulation, aids in varicose veins, immune stimulant, great for morning sickness in a burner. *AVOID exposure to sunlight.
Mandarin	Helpful with digestive issues and nausea, good for muscle cramps, uplifting and relaxing, cleansing and detoxifying.
Neroli	
Orange (sweet)	
Petitgrain	
Tangerine	



## Essential Oils to be Used with CAUTION in Pregnancy

Essential Oil	Additional Information
Benzoin	Anti-inflammatory
Clove	
Coriander	Anti-inflammatory, stimulant
Eucalyptus	Anti-inflammatory
Frankincense	Anti-inflammatory
Garlic	Anti-inflammatory,
Lemon Grass	Anti-inflammatory
Lemon Verbena	Anti-inflammatory (used in our area to induce labor)
Niaouli	Anti-inflammatory
Oregano	Stimulant
Palmarosa	Stimulating
Patchouli	Anti-inflammatory
Sandalwood	
Tea Tree	
Vetiver	Anti-inflammatory
Ylang ylang	



## Essential Oils to **AVOID** in Pregnancy

Essential Oil	Additional Information
Aniseed	Narcotic, toxic
Arnica	
Basil	Possible abortive properties
Black Pepper	Can over-stimulate kidneys
Cajeput	Stimulant, can cause vomiting and internal bleeding
Camomile (German and Roman)	Very mild emmenagogue
Camphor	Toxic
Cedarwood	Abortive properties, avoid in pregnancy, with high blood pressure or heart problems
Cinnamon	Emmenagogue
Clary Sage	Abortive properties, stimulating
Cypress	Abortive properties, stimulating
Fennel	Emmenagogue, do not use on children under 6 or those with epilepsy
Geranium	Emmenagogue
Ginger	Emmenagogue,,stimulating <b><i>Can be used as tea or in a burner or steam bowl in pregnancy</i></b>
Hyssop	Anti-coagulant, borderline toxic, not for use in pregnancy, with high blood pressure or epileptics
Jasmine	Abortive properties
Juniper	Stimulant, anti-inflammatory
Lavender	Mild Emmenagogue
Marjoram	Anti-coagulant, avoid with low BP
Melissa	
Myrrh	Anti-inflammatory
Nutmeg	Emmenagogue
Origanum	
Peppermint	Stimulating
Pine	
Rose	Emmenagogue
Rosemary	Stimulating, not for use in pregnancy, with high BP or epilepsy
Sage	Emmenagogue
Thyme	Stimulating, not for use in pregnancy or with high BP.

Note that other oils to avoid in pregnancy also include: boldo, birch, calamus, caraway, cassia, costus, elecampane, horseradish, jaborandi leaf, mugwort, mustard, parsley, pennyroyal, rue, saffras, savin, savoury, tansy, tarragon, thuja, wintergreen, and wormwood.

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# Labor and Postpartum

## Helpful Essential Oils

Labor	Postpartum
Clary sage	Benzoin
Geranium	Bergamot
Jasmine absolute	Camomile (Roman)
Lavender	Clary Sage
Mandarin	Cypress
Neroli	Eucalyptus
Rose absolute	Geranium
Tangerine	Grapefruit
Tea Tree	Jasmine absolute
Ylang Ylang	Lavender
	Lemongrass
	Mandarin
	Marjoram
	Neroli
	Orange (sweet)
	Petigrain
	Rose absolute
	Rosemary
	Sandalwood
	Tangerine
	Tea tree
	Ylang ylang

**Transition Recipe:** Add 2-3 drops of rose, lavender or neroli to a cool bowl of water. Soak then wring out a washcloth and apply to moms forehead, wipe down face, neck, arms or any other area she will allow to be touched.

**Pushing Recipe:** 2 drops neroli or bergamot onto a tissue and allow mom to sniff tissue between pushing contractions to help her prepare for the next one.

**Peri Bottle Recipe:** To aid the perineum in healing, add 2 drops lavender and 2 drops niaouli to your peri bottle and fill with water. Rinse on toilet with the peri bottle after using the restroom 2-3 times a day, patting dry or allowing to air or drip dry.

**Postpartum Mood Lifter Recipe:** Add 3 drops Clary Sage and 2 drops Geranium to burner.



## Baby

### Applications

**Massage:** 3-6 months of age 1 drop of Essential Oil, 6+ months of age, 1-2 drops of Essential oil to 25ml carrier oil

- Avoid placing oil on baby's face or hands
- Massaging too vigorously or longer than 10-15 minutes can cause overstimulation

**Bath:** Before 3 months, do not use essential oils in bath, however almond or olive oil can be used as a bath oil. 3-6 months 1 drop of essential oil diluted in 5ml of almond or olive oil before placing in bath water. 6 + months, 1-2 drops of essential oil diluted in 5ml of almond or olive oils before placing in bath water.

**Burner:** 0-3 months 1 drop of essential oil into burner, 3+ months 1-2 drops of essential oil in burner.

### Essential Oils Suitable for Babies

3 – 6 months	6 – 12 months	Over 12 months
Bergamot	*Previous column +	*Previous columns+
Grapefruit	Benzion	Camphor
Lemon	Camomile (Roman)	Clove
Mandarin	Eucalyptus	Frankincense
Neroli	Lavender	Lemon Verbena
Petitgrain	Tea Tree	Palmarosa
Tangerine	Niaouli	Patchouli
		Sandalwood
		Vetiver
		Ylang ylang

**Cold Recipe:** Babies 3-6 months, 1 drop lemon and for babies 6 months and older, add 1 drop eucalyptus or tea tree in 25ml almond or olive oil. Massage into chest and back twice a day. Can also use same recipe in bath but using 5ml carrier oil.

**Restless Baby Recipe:** Bath: Babies 3-6 months, 1 drop of citrus oil (no sweet orange) of your choice in 5ml almond or olive oil then place mixture in bath. Babies 6+ months add 1 drop of Lavender. Burner: Babies under 3 months 1 drop, babies over 3 months 1-2 drops your choice lavender, rose, chamomile, neroli or any citrus oil.

**Teething Recipe:** For babies 6 months and older, 1 drop camomile (Roman) and 1 drop Lavender or eucalyptus to 50ml almond oil. Rub a few drops of this oil along the lower jaw from ear to ear, avoiding face (cheeks, mouth, eyes).

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### Essential Oils to **Avoid** with Babies

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Aniseed

Arnica

Basil

Black Pepper

Cajeput

Camomile (German)

Cedarwood

Cinnamon

Clary Sage

Cypress

Fennel

Geranium

Ginger

Hyssop

Jasmine

Juniper

Marjoram

Melissa

Myrrh

Nutmeg

Peppermint

Pine

Rose

Rosemary

Sage

Thyme

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### References

Salvensen, C. (2000). *Aromatherapy for natural health and beauty*. Lifestyle Institution LLC.

Worwood, V. (1991). *The complete book of essential oils and aromatherapy*. Novato, CA: New World Library

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