

Essential Oils DURING PREGNANCY (& BEYOND)

ALWAYS discuss essential oil use with your midwife or OB/GYN as well as your lactation consultant. Be sure to discuss any preexisting healthcare conditions or pregnancy issues, medications, overall systems while pregnant (ex) blood pressure, blood sugar, and sensitivity to oils (which may change while pregnant). But also trust your mother's intuition - you are in charge of your healthcare.

WHAT EOs ARE SAFE DURING PREGNANCY?

Easy answer - **AVOID Clary Sage** while pregnant and **Peppermint** while nursing.

Complicated answer - Discuss with your trusted healthcare provider to see what your needs are.

EOs that are generally considered **SAFE** during all of pregnancy can be used by putting 1 drop in a diffuser or by applying to bottoms of feet:

- ◆ **Geranium** - promotes healthy skin; energizing during moments of low energy
- ◆ **Grapefruit** - alleviates occasional nausea by inhaling; also energizing
- ◆ **Lavender** - promotes calm and alleviates stress; wonderful for promoting a restful night's sleep
- ◆ **Roman Chamomile** - promotes calm and relaxation during stress
- ◆ **Ylang Ylang** - promotes calm and relaxation; helps sustain sleep

The following list of oils are those that should be **AVOIDED** during and surrounding pregnancy by most women: *Angelica, Aniseed, Basil, Birch, Black Pepper, Camphor, Cassia, Chamomile, Cinnamon, Clary Sage (unless in labor), Clove, Fir, Horseradish, Hyssop, Idaho tansy, Jasmine, Juniper, Marjoram, Mugwort, Mustard, Myrrh, Nutmeg, Oregano, Pennyroyal, Rosemary, Sage, Thyme (unless in labor), Wintergreen*

GUIDE BY TRIMESTER

FIRST TRIMESTER

Typical symptoms - exhaustion, morning sickness, nausea, gas & bloating, muscle cramps, skin issues

EO Guide

- ◆ Limit topical application
- ◆ Morning Sickness/Nausea - inhale citrus oils like **Grapefruit**
- ◆ Intense Nausea - occasionally inhale **Peppermint**
- ◆ Exhaustion - inhale **Grapefruit** to uplift mood and energize the mind and body

End of 1st Trimester

- ◆ Nausea - occasionally inhale or apply extremely-diluted **Ginger** if the other oils don't work
- ◆ Breast or Nipple Tenderness - apply extremely-diluted **Lavender, Geranium, or Roman Chamomile**
- ◆ Muscle Cramps - extremely diluted **Lavender** applied to bottoms of feet can ease muscle tension

SECOND TRIMESTER

Typical symptoms - indigestions, gas & bloating, constipation, muscle cramps, stretch marks, lack of sleep

EO Guide

- ◆ Tummy Troubles - heavily-diluted **Cardamom, Fennel, and Ginger** applied to bottoms of feet
- ◆ Stretch Marks - diluted **Helichrysum** and **Frankincense** applied directly to problem areas
- ◆ Nipple Preparation - massage raw organic Coconut Oil directly on nipples; also a great moisturizer
- ◆ Sleep Support - diffuse **Lavender** or **Ylang Ylang** and massage into pulse points & tops of feet

ESSENTIAL OILS • 101

with Dr. Marisa Snyder
CHEAT SHEET

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THIRD TRIMESTER

Typical symptoms - heartburn, gas & bloating, muscle cramps, perineum stretching, sleep issues, respiratory issues

EO Guide

- ◆ Belly Issues - use oils recommended above for gas/bloating, indigestion, and heartburn
- ◆ Sleep Support - diffused or diluted **Lavender** supports a restful night's sleep and promote calming
- ◆ Respiratory Issues - diffuse **Cardamom** or **Eucalyptus** to enhance respiratory function
- ◆ Birth Prep - massage perineum with coconut oil and **Geranium** or **Frankincense** to prevent tearing

LABOR AND DELIVERY

Discuss first with your healthcare provider and place of delivery. Add EOs to your Birth Plan

EO Guide

- ◆ Calm & Relaxation - diffuse **Lavender** to calm everyone in the room
- ◆ Labor Tensions - diluted **Lavender** massages are helpful (if you want to be touched)
- ◆ Uterine Contractions - diluted **Clary Sage** can promote contractions and ease labor along
- ◆ Transition - apply 1-2 drops of diluted **Basil** to temples and abdomen to promote labor

POSTPARTUM, NURSING, BEYOND

- ◆ Menstrual Healing & Postpartum Bleeding - Diluted **Helichrysum** applied to abdomen
- ◆ Mood Boost & Sleep - Diffuse **Lavender** while alone or apply diluted to bottoms of feet at night
- ◆ Postpartum Depression - to prevent, diffuse **Lavender** and **Grapefruit** for calming and uplifting when alone; apply diluted Clary Sage and Lavender to temples or forehead to enhance mood and balance hormones
- ◆ Stretch Marks/Skin Issues - diluted **Lavender** and **Myrrh** or **Helichrysum** to areas of need
- ◆ Milk Production - Diluted **Clary Sage** applied anywhere can jump start milk production; diluted **Fennel** and **Basil** applied directly to breasts post-feeding can increase milk production if lacking (avoid using Fennel 10+ days in a row to prevent UTIs)
- ◆ Sore Nipples - massaging Coconut Oil into nipples after feedings can ease discomfort
- ◆ Thrush - diluted **Lavender** in coconut oil can prevent and help to treat this nasty rash
- ◆ Mastitis - diluted **Lavender** applied and covered with a warm compress can ease discomfort
- ◆ Weaning - diluted **Peppermint** can decrease milk production

Safety Tips

Avoid diffusing EOs in rooms where the newborn will be; apply EOs on your body in places where the newborn will NOT touch (bottoms of feet, back, etc.)

Be sure that your infant is at least 3 months of age before introducing Essential Oils, and be sure to discuss their use with your pediatrician or trusted healthcare provider before using anything new