

# *Your Birth Bag Essentials*

WOMEN'S INTEGRATIVE HEALTH





Women's Integrative  
Health

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[www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com)

## What's Inside

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FAQ'S 3

What If? 4

Birth Bag Essentials 5-9

More Freebies and Support 10

Thank You! 11

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# *FAQ's*

I'm often asked if essential oils are safe and helpful for pregnancy, labor, delivery and for postpartum.

Yes! They are helpful and safe!

Not all oils are safe. This is why I choose to work with doTERRA essentials and health products exclusively.

They are always proving to be pure, safe, effective and leaders in the industry for research, testing and integrative healthcare options.

I you have any questions or concerns, please do not hesitate to contact me. I will answer any concerns and if I can't answer them, I will get you the information.





## *what if you could....*

How would it be to have tools for your pregnancy, labor, delivery and postpartum time?

Essential oils can be useful for creating a healthy body, supporting the immune system, soothing feelings of discomfort, and more. Because of these powerful benefits, essential oils are useful and effective during every phase of life—even during pregnancy. By following proper safety guidelines, you can feel confident in using essential oils during pregnancy. When you are pregnant, your body goes through a wide variety of changes. These changes often bring feelings of discomfort and sensitivity throughout the body.

While every pregnancy is a little different, the goal is to support the healthy, proper function of the entire body. Along with proper nutrition and regular exercise, essential oils can be used during pregnancy to help support a healthy body and healthy baby.

Your Birth Bag Essentials is a great tool to have at your disposal! I hope you find this kit beneficial and great help and resource for your pregnancy, birth and postpartum care.

If I can help in anyway, please let me know!

# *Your Birth Bag Essentials*

## Support for Your Pregnancy and Birth



### Lavender

Lavender oil is all things calming to the body. It's amazing for your mood and your skin. For mood, it's been shown to relieve anxiety, especially the anxiety that comes with pregnancy. It's been shown to help with a restful night's sleep. Use Lavender in a relaxing bath at night with Epsom Salts or Magnesium Flakes to help calm any emotions that come up during the day, and prepare for a restful night's sleep.

Use during labor in the following ways:

- Diffuse to fill the room with the calming aroma to help calm your body during contractions
- Put a few drops on a cotton ball and breathe in for a quick calm
- Combine with fractionated coconut oil and use for a calming and refreshing massage of your shoulders, back or legs

### Peppermint

One of the best uses for Peppermint is to help balance the digestive system. This is so helpful in pregnancy; especially during the first trimester when stomach upsets can be very prevalent.

Just opening the bottle and smelling it will help dissipate the normal nausea that comes with pregnancy. It can also help with normal pregnancy headaches that many pregnant moms experience.

A drop of Peppermint, Lavender and Frankincense applied to the forehead is amazing.

There are so many more uses. Overall, this amazing oil can be used on a regular basis throughout pregnancy.

Use during labor in the following ways:

- Great for easing back, shoulder and other pain experienced during labor
- Combine with fractionated coconut oil for a massage to help eliminate labor pains and stress
- Put drops on a cotton ball and breathe in for quick relief from nausea.
- Apply to back of neck and shoulders for stress and pain relief





# Your Birth Bag Essentials

## Support for Your Pregnancy and Birth



### Balance

This oil blend is very helpful in promoting feelings of calmness, peace and relaxation. It also helps keep you focused in the present moment.

It's a great blend to diffuse during labor to help mom stay focused and let go of any fear and anxiety that generally accompany labor and birth.

The single oils in this blend are Spruce, Ho Wood, Blue Tansy and Frankincense. This is also a perfect blend for every day use while pregnant. It creates a sense of calm and well-being and promotes whole-body relaxation.

Grounding blends bring harmony to the mind and body; evoke feelings of tranquility and balance and supports cellular health.

Use during labor in the following ways:

- Diffuse for letting go of fears and anxiety you may be experiencing during labor and delivery
- Apply to neck, wrists and bottoms of feet for relief from fear and anxiety
- Use on cotton ball for breathing the calming effects

### Wild Orange

This is a happy oil that is fabulous for releasing any feelings of anxiety.

It's great for diffusing with the grounding blend Balance during labor.

Most feel better after experiencing the aroma of Wild Orange. It's a natural antiseptic so putting a drop in your hands and inhaling not only promotes calmness, but also sanitizes your hands.

Wild Orange is also great to have on hand when the baby comes. Apply on the baby's feet to promote healthy bilirubin levels.

Use during labor in the following ways:

- For a natural antiseptic, drop in hands and rub together
- Breathe in on a cotton ball for an immediate lift in your emotions
- Use after delivery on bottoms of baby's feet to promote healthy bilirubin levels
- Diffuse during labor for a calming and uplifting feeling



# Your Birth Bag Essentials

## Support for Your Pregnancy and Birth



## Deep Blue

This blend contains oils that are well known and frequently used to soothe inflammation and tired muscles that accompany a normal pregnancy.

Deep Blue is an awesome blend to use throughout pregnancy for the typical backaches and other discomforts that come naturally with pregnancy and is also a “must have” for labor.

This soothing blend also comes in a rub that is very helpful for back labor. The oils in this blend are Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysm and Osmanthus.

Use during labor in the following ways:

- Mix fractionated coconut oil and rub on back and any other areas that are painful
- Use for after pains after delivery

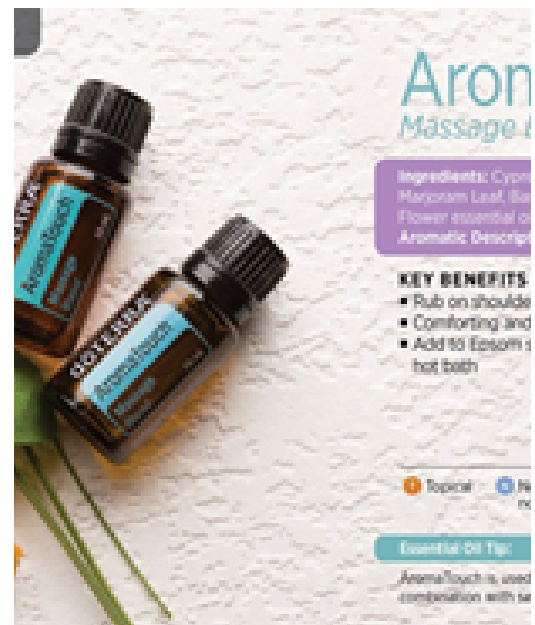
## Aromatouch Massage Blend

AromaTouch, dōTERRA’s proprietary massage blend, combines the unique benefits of oils known to provide relaxing and comforting effects. AromaTouch combines Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender essential oils in a perfect blend that adds many important benefits to for massaging sore legs, shoulders and neck during labor and delivery.

Combine with fractionated coconut oil for relief from back labor and other muscle aches during labor.

Use during labor in the following ways:

- As a massage for sore legs, etc. when combined with fractionated coconut oil
- Apply to neck and shoulders to promote feelings of relaxation and lessen tension or use with a carrier oil for massage
- Aromatouch provides comfort and relaxation during labor
- Helps lessen tensions



# *Your Birth Bag Essentials*

## Support for Your Pregnancy and Birth



### Melaleuca

Tea Tree essential oil has over 90 different compounds and limitless applications. The leaves of the Tea Tree have been used by the Aboriginal peoples of Australia for centuries.

They would apply crushed leaves directly to the skin for a cooling effect. Tea Tree is best known for its purifying properties. Diffusing Tea Tree will help purify and freshen the air.

During labor and delivery, use Melaleuca (Tea Tree Oil) to help freshen the air and to clean and purify any surfaces.

Use during labor in the following ways:

- Add a few drops to a spray bottle with water and use on surfaces as a cleansing and purifying agent
- Diffuse throughout the room to help purify and freshen the air

### On Guard Protective Blend

doTERRA On Guard protects against environmental and seasonal threats. It can also be used on surfaces throughout the home and labor room as a non-toxic cleaner. When diffused, doTERRA On Guard helps purify the air, and can be very energizing and uplifting

Use during labor in the following ways:

- Diffuse for an energizing and uplifting aroma
- Add to water for an effective all-purpose surface cleaner.
- Combine a few drops of doTERRA On Guard with Fractionated Coconut Oil for a natural hand cleanser.
- Combine with Fractionated Coconut Oil and apply to bottoms of feet for extra immune support





# *Your Birth Bag Essentials*

Support for Your Pregnancy and Birth



## Top Kit for Labor and Delivery

This kit is the perfect companion for pregnancy, labor and babies.

It contains all the oils used in Your Birth Bag Essentials!

Order the Labor and delivery kit:  
<https://doterra.me/EtmYbvLg>

## Add the Petal Diffuser

Add kit and diffuse for a complete kit:  
<https://doterra.me/gq4W50xu>

Diffusing the oils is a great way to receive the benefit of the oils.

Let me help you with your order and with using these tools for pregnancy, labor, delivery and postpartum.

With each kit you receive a consult with me to help implement using all the oils for pregnancy, birth, labor and postpartum.





# Congratulations!

We are so happy for you and your family. You can find more resources and support here:

Want more support? Join me for my upcoming workshop – The Ultimate Birth Bag Companion and Tools for Support for Pregnancy Through Postpartum.

Contact me here and you will be informed of the date and time of the class. This will be available online and as an in-person class.

I help pregnant moms find the clarity, confidence and tools they need to trust birth and have the experience they desire.

Visit me at The Essential Doula:  
<https://womensintegrativehealthny.com/essential-doula/>  
for more great downloads and information.



# Thank You...

Thank you for viewing our e-Book! We hope you found it helpful and will want to use the kit for your pregnancy through postpartum period.

Let us know how we can be of help to you and your family.

Please keep in touch! We would love to hear about your experiences using this kit!

Many blessings for the pregnancy and birth experience you are wanting.



*Women's Integrative Health*

## *Contact Information*

Phone: 518-307-9810

Email: [wihny@yahoo.com](mailto:wihny@yahoo.com)

Website:

[womensintegrativehealthny.com](http://womensintegrativehealthny.com)

