

OILS FOR PREGNANCY



ESSENTIAL OILS FOR PREGNANCY

Complete Guide for Oil Usage Support for
Pregnancy, Labor and Postpartum Care

www.womensintegrativehealthny.com

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Thank You!





WELCOME TO THE CLASS!

I am glad you are here! I hope you find this guide helpful and useful!

If you have any questions, be sure to let me know!

There is a Wish List included at the end - use it to keep track of all of your favorites. Contact me and I will help you get all the oils you would like from this class!



What are essential oils?

If you have ever enjoyed the scent of a rose, you've experienced the aromatic qualities of Essential Oils.

These naturally occurring, volatile aromatic compounds are found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant.

Essential Oils give plants their distinctive smells, protect plants, and play a role in plant pollination.

In addition to their intrinsic benefits to plants and being beautifully fragrant to people, essential oils have long been used for food preparation, beauty treatment, and health care practices.

So Essential Oils:

- Are naturally occurring, volatile aromatic compounds;
- Are found in the seeds, bark, stems, roots, flowers, and other parts of plants;
- Protect plants against environmental threats and provide beneficial properties;
- Are highly concentrated when distilled for purity, potency, and efficacy;
- Have been used historically for food preparation, beauty treatment, and health-care practices.



Why use essential oils?

WHY USE *Essential Oils*?

Essential oils have been used for thousands of years. When you choose our oils, you are choosing essential oils gently and carefully distilled from plants that have been patiently harvested at the perfect moment by experienced growers from around the world for ideal extract composition and efficacy.

Experienced essential oil users will immediately recognize the superior quality standard for naturally safe, purely effective essential oils.

- Provide health-conscious individuals with a safe and natural alternative.
- Used for a wide range of emotional and physical wellness applications.
- Have few, if any, undesirable side effects when used as directed.
- One drop is all that is needed to achieve a powerful benefit.



How do I use essential oils?

Essential oils are great for EVERYDAY USE. You can experience the many benefits of Essential Oils by using them to support overall health.

Here are the three ways to use them:

AROMATIC

- Essential oils, when diffused or inhaled, can be very stimulating, calming, or soothing. Diffusing Essential Oils can also cleanse and purify the air.

TOPICAL

- Essential oils can be safely applied for massage or topical therapy.
- Their chemical structure enables them to pass through skin for an immediate systemic response.

THIRTY SECONDS to get into your bloodstream - THIRTY MINUTES to get through your entire body.

INTERNAL

- Certain Essential Oils have a rich culinary history and can be used as dietary supplements for targeted wellness.



Wellness supplements

It is important to support your body with the proper vitamins and nutrients while pregnant, and this is often difficult to do with diet alone. The value of whole food wellness supplements is in their maximum bioavailability (nutrient absorption) to be used by the body.

The three core products of the LIFE LONG VITALITY PACK are formulated to provide you with effective levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.

The essential oils allow the body to absorb the nutrients more effectively, making these supplements our number one used product.

With beautifully balanced levels of key vitamins, minerals, omegas, and DHA, these supplements are critical for balanced nutrition and as a pre-natal vitamin pre-pregnancy, during pregnancy, and postpartum.



If you only get ONE PRODUCT, make it the VITALITY PACK! It has more benefits for your body than ANY OTHER item we offer!!!

+++++

VITALITY PACK BENEFITS

- General wellness and vitality.
- Antioxidant and DNA protection
- Energy metabolism.
- Bone health.
- Immune function.
- Stress management.
- Cardiovascular health.
- Healthy hair, skin, and nails.
- Eye, brain, nervous system.
- Liver function and digestive health.
- Lung and respiratory health.
- Gentle on stomach.
- Non-GMO, gluten-free, dairy-free.



The power of aroma

One of the most well-studied areas of aroma research is the effect of smell on EMOTIONS and MOOD.

For example, there is convincing evidence demonstrating that simply inhaling the AROMA of an ESSENTIAL OIL is effective for calming nervous or anxious feelings in a variety of settings.

The SMELL receptors located on the upper surface of the nasal cavity make direct links with the limbic system of the brain, an area that governs the body's EMOTIONAL responses.

This close connection between AROMA and EMOTION becomes obvious in our everyday life as certain odors trigger MEMORIES or specific FEELINGS. Some AROMAS directly impact MOOD (for example calming, balancing, or invigorating), while others trigger memories of a specific experience, often one tied to a strong EMOTION.

Intriguing new research has also helped us recognize that the benefits of AROMA extend far beyond just EMOTIONAL regulation.

In addition to influencing the limbic region of the BRAIN, olfactory centers are also intricately linked with the hypothalamus, an area of the BRAIN more familiarly nicknamed the "visceral control center" because it controls physiologic functions throughout the body. The hypothalamus exerts its POWERFUL influence by interacting directly with the pituitary gland, or "master gland," a small gland located in the BRAIN.

The pituitary gland secretes hormones involved in the regulation of BLOOD PRESSURE, HUNGER and THIRST signals, THYROID function, SLEEP cycles, production of sexual HORMONES, and MEMORY, among other things.



Because of the direct link of the olfactory system to this area of the brain, AROMA is capable of interacting directly with the hypothalamus, influencing neurochemistry throughout the body, and, in turn, potentiating POWERFUL health outcomes.

There are many acceptable ways to use essential oils for their AROMATIC properties. One method is to DIFFUSE the oil into the air.

Not only does diffusion make the oil accessible to the body, but research indicates that there are also AIR PURIFICATION benefits when diffusing oils.

When diffusing oils, use of cold air or hydro-diffusion is best because burning or heating essential oils can ALTER their delicate chemistry. If a diffuser is not available, simply DROPPING essential oils into the palm of the hand and then cupping around the nose and breathing deeply is a CONVENIENT METHOD for using essential oils at ANY time, in ANY situation.



The protective blend

When you are expecting, your immune system runs at a lower speed than normal in order to allow your body to embrace your baby. The downside to this immune suppression is that your body cannot fight off seasonal or environmental threats as well, making you more vulnerable.

Using essential oils is a great way to help support a healthy immune system because essential oils are lipophilic, which is to be fat soluble, allowing the essential oil to work with your body in a natural way.

Our proprietary PROTECTIVE BLEND ESSENTIAL OIL - OnGuard provides a natural and effective alternative to keep your family and home healthy.

As one of the MOST POPULAR blends, it protects against environmental and seasonal threats with essential oils known for their positive effects on the immune system.

This ESSENTIAL OIL BLEND can be taken internally on a daily basis to maintain healthy immune function, as well as used on surfaces throughout the home as a non-toxic cleaner.

When diffused, it helps purify the air and support healthy respiratory function, and can be very energizing and uplifting.

It also provides cleansing and purifying benefits while promoting healthy circulation.

This blend has Wild Orange Peel, Clove Bud, Cinnamon Bark, Eucalyptus Leaf/Stem, and Rosemary Leaf/Flower essential oils.



- An effective alternative to synthetic options for immune support.
- Supports the body's natural antioxidant defenses.
- Supports healthy immune function.
- Protects against environmental threats.
- Supports healthy respiratory function.

PRIMARY USES

- Diffuse for cleansing the air.
- Add two to three drops in a veggie capsule for a quick immune boost.*
- Rub on bottom of kid's feet during school season.
- Diffuse in home before company arrives to help cleanse the air and add a spicy and sweet aroma.
- Diffuse in class setting for an uplifting scent.
- Diffuse in your home or office during fall and winter months.
- Add to water for an effective all-purpose cleaner for surfaces.
- Gargle with a few drops as a healthy mouth rinse or for an irritated throat.
- Soak sliced apples in water and a few drops of Protective Blend for a healthy, immune-boosting snack.
- Combine a few drops with Fractionated Coconut Oil for a natural hand cleanser.

DIRECTIONS FOR USE

- **DIFFUSE:** Use three to four drops in the diffuser of your choice.
- **INTERNAL:** Dilute one drop in 4 fl. oz. of liquid.
- **TOPICAL:** Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.



OTHER OPTIONS

OREGANO – (known as a “HOT” oil and should be diluted before use) In addition to immune support, Oregano supports healthy digestion and respiratory support, and is a powerful cleansing and purifying agent.

MELALEUCA – (also known as Tea Tree Oil) Is best known for its purifying properties, supports healthy immune function, and protects against environmental and seasonal threats.

THYME – Supports a healthy immune system, helps support healthy digestion, may help to reduce bloating, gas, and occasional indigestion, may help reduce occasional nausea, and supports healthy progesterone levels.



Digestive blend

Digestive issues are common during pregnancy and can range from stomach upset to indigestion to overall gastrointestinal inconsistency. Many of the changes occur late in pregnancy when your growing baby compresses your digestive organs. However, your first trimester can have you experiencing digestive changes, mostly due to hormones.

The hormones that are required for pregnancy slow your digestive system to help your body absorb nutrients from the foods that you eat, but can cause digestive upset. It is important to have good nutrition and to stay hydrated to help your digestive system work as optimally as possible.

Our proprietary DIGESTIVE BLEND ESSENTIAL OIL - DigestZen provides a natural and effective alternative to maintain and support a healthy digestive system.

The DIGESTIVE BLEND is also known as the “tummy tamer” blend due to its ability to aid in digestion, soothe stomach upset, and maintain overall digestive health.

This unique blend contains Ginger, Fennel, Cardamom, and Coriander to help ease stomach discomfort, including motion sickness and indigestion, while Peppermint, Tarragon, Anise, and Caraway aid with digestion and help maintain a healthy gastrointestinal tract.

It can be taken internally as well as applied topically to the abdomen when stomach upset occurs, and can be used safely by the entire family.

This ESSENTIAL OIL BLEND is a healthy, natural, and gentle way to soothe an upset stomach or maintain a healthy digestive system.



DIGESTIVE BLEND EO

PRIMARY BENEFITS

- Eases feelings of queasiness.
- Helps reduce bloating, gas, and occasional indigestion.

PRIMARY USES

- Use with fractionated coconut oil for a soothing abdominal massage.
- Before a road trip, apply one to two drops for a calming aroma.
- Add to water or tea to maintain a healthy gastrointestinal tract.
- Have on hand when enjoying heavy holiday meals to promote digestion.
- When traveling or trying new foods, take to soothe occasional stomach discomfort.

DIRECTIONS FOR USE

DIFFUSE: Use three to four drops in the diffuser of your choice.

INTERNAL: Dilute one drop in 4 fl. oz. of liquid.

TOPICAL: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

OTHER OPTIONS

GINGER – May help support healthy digestion, reduce occasional nausea, and reduce bloating, gas, and occasional indigestion. Diffuse to help create a sense of equilibrium and for added energy in the afternoon. Helps alleviate feeling of apathy.

CARDAMOM – May help ease indigestion and maintain overall gastrointestinal health, delivers a cooling sensation to the skin, promotes clear breathing and maintains respiratory health. Diffuse to promote a clear mind and ease fatigue.

PEPPERMINT – Helps reduce gas, bloating, and occasional indigestion, helps alleviate occasional nausea, promotes healthy respiratory function and clear breathing, apply topically to reduce tension, may help curb cravings. Diffuse to feel energized and invigorated.



Message blend

Growing another human is bound to cause occasional discomfort! This tends to worsen as your pregnancy progresses. Good supplements, exercise, and hydration will help control and lessen some discomfort. For moments when you need alternative methods, essential oils are a great way to alleviate occasional discomfort.

Our proprietary MESSAGE BLEND - AromaTouch provides a unique and effective alternative to relieve, relax, and rejuvenate occasional muscle discomfort.

This proprietary massage blend combines the unique benefits of oils known to provide relaxing and comforting effects. The MESSAGE BLEND combines the essential oils of Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender in a perfect blend that adds many important benefits to various massage techniques.

PRIMARY BENEFITS

- Comforting and relaxing effects.
- Helps to lessen tension.
- Adds an aromatic experience to a soothing massage.

PRIMARY USES

- Apply to neck and shoulders to promote feelings of relaxation and lessen tension or use with a carrier oil for massage.
- Add to Epsom salts and enjoy soaking in a hot bath.

DIRECTIONS FOR USE

TOPICAL: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.



MASSAGE BLEND EO

OTHER OPTIONS

LAVENDER – Massage topically into area of discomfort. Helps ease feelings of tension. Add to bath water to soak away stress and relieve occasional muscle discomfort.

MARJORAM – Valued for its calming properties and positive effect on the nervous system. Add to a soothing massage blend for targeting tired, stressed muscles. Promotes healthy immune function.

SOOTHING BLEND – Deep Blue - A soothing solution for sore, tired muscles and joints. Apply diluted onto the shoulders and neck to recover and ease muscle tension.



Promoting healthy skin

During pregnancy, your skin will experience many changes. Hormone fluctuation in your body, and changes to your circulation and immune system, can all have an effect on your skin. You may experience broken veins, fine lines, spots, and changes in pigmentation, to name a few.

Our ANTI-AGING BLEND - Immortelle - is a proprietary blend of powerfully renewing, rare essential oils, used throughout history for their beautifying benefits. This blend is formulated to protect and nourish the skin while helping to reduce the contributing factors to aging skin.

ANTI-AGING BLEND contains some of the most sought after and prized essential oils. This proprietary blend contains: Frankincense Resin, Hawaiian Sandalwood, Lavender Flower, Myrrh Resin, Helichrysum Flower, and Rose Flower essential oils.

PRIMARY BENEFITS

- Helps to reduce the appearance of fine lines and wrinkles.
- Helps reduce contributing factors to the appearance of aging skin.
- Helps sustain smoother, more radiant, and youthful-looking skin.

PRIMARY USES

- Apply a thin layer of the Anti-Aging blend to the face, neck, and décolletage, then repeat application to targeted areas of concern. Follow with moisturizer of your choice.
- Apply to reduce the appearance of blemishes.
- Use as part of your morning and night facial routine.



PROMOTING HEALTHY SKIN

DIRECTIONS FOR USE

TOPICAL USE: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

OTHER OPTIONS

GERANIUM – Promotes the appearance of clear skin, maintains hormonal balance, supports emotional balance, supports and maintains a healthy reproductive system for women while on their path to bearing children.

FRANKINCENSE – Add to moisturizer to reduce the appearance of blemishes and to rejuvenate the skin. Reduces appearance of skin imperfections. Apply to the bottom of your feet to promote feelings of relaxation and to balance mood.



Relaxing and calming

Emotional changes during pregnancy can have many causes. Physical stresses, fatigue, digestive changes, and hormonal changes all play a part in your emotional balance. Significant changes in hormone levels can affect the brain chemicals, neurotransmitters that regulate mood. However difficult it may be, it is important to take care of your emotional and mental well being while creating life. With hormones, your body, and essentially your life, is changing daily, and this can prove to be difficult. Topical and aromatic use of essential oils can help create balance once again.

RESTFUL ESSENTIAL OIL BLEND calms the mind, relaxes the body, and soothes the soul, providing a safe haven from life's daily stressors.

The essential oils in this must-have blend were meticulously chosen to lessen feelings of tension, calm emotions, and leave a peaceful feeling.

RESTFUL ESSENTIAL OIL BLEND - Serenity - is the perfect blend to diffuse at bedtime for a restful night's sleep, to calm a restless baby or child, or to help reduce the worry and stress so many of us feel.

It combines the soothing scents of Lavender, Marjoram, Roman Chamomile, and Ylang Ylang with the warming aromas of Hawaiian Sandalwood and Vanilla Bean to create a prized essential oil blend that every home, family, and individual needs.

PRIMARY BENEFITS

- Creates a perfect escape with its calming, renewing fragrance.
- Promotes relaxation and a restful sleeping environment.
- Diffuses into a subtle aroma, ideal for aromatic benefits.
- Lessens feelings of tension and calms emotions.



PRIMARY USES

- Apply to bottoms of feet at bedtime to help wind down before going to sleep.
- Add two to three drops into a warm bath to create a peaceful, renewing aroma.
- Diffuse to help promote relaxation and decrease stress.
- Apply to an aromatherapy necklace to help reduce anxious feelings throughout the day.

DIRECTIONS FOR USE

DIFFUSE: Use three to four drops in the diffuser of your choice.

TOPICAL: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

OTHER OPTIONS

GROUNDING BLEND – Balance - Promotes a whole body sense of relaxation, evokes feelings of tranquility and balance, and eases anxious feelings.

WILD ORANGE – Melts away feelings of anxiousness and relieves feelings of fatigue.

CEDARWOOD – Relaxes the mind and body, and promotes feeling of belonging, grounding



First trimester

The first trimester of pregnancy starts an amazing transformation of your body. Your body will experience many new, exciting, and sometimes overwhelming changes. The most common changes in the first trimester are not the changing of the shape of your stomach, but smaller, sometimes invisible changes.

Tender, sore breasts are among the first changes that you will notice. Lavender, geranium, grapefruit, and Ylang Ylang may be applied topically for a soothing sensation.

You may notice that you need to elevate your legs more often. Use the following Essential Oils to help alleviate discomfort or occasional swelling:

- Cypress
- Ginger
- Lemon
- AromaTouch

Along with occasional muscle soreness, your muscles may cramp. Applying Essential Oils topically and massaging them with Fractionated Coconut Oil into affected area can alleviate cramping and discomfort:

- Lavender
- Marjoram
- Deep Blue
- AromaTouch



FIRST TRIMESTER EOs

Occasional indigestion, gas, and bloating can be relieved by using these Essential Oils:

- Ginger
- Cardamom
- Peppermint
- DigestZen

Feeling fatigued and feeling a lack of motivation can make an appearance early in your pregnancy. Diffusing or using these Essential Oils topically are beneficial to help you feel invigorated:

- Cypress
- Grapefruit
- Lemon
- Peppermint
- Wild Orange
- Citruss Bliss
- Elevation

INVIGORATING BLEND - Citruss Bliss merges the benefits of citrus essential oils. We combine the powerful essences of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine with a hint of Vanilla Absolute to form this unique and harmonious blend.

INVIGORATING BLEND has natural, potent compounds with cleansing properties. Mixed with water, it is a perfect solution for wiping down countertops and other surfaces while producing a fresh, sweet scent.



FIRST TRIMESTER EOs

PRIMARY BENEFITS

- Cleanses and purifies the air.
- Helps reduce stress and uplifts mood.
- Positively affects mood with energizing and refreshing properties.

PRIMARY USES

- Diffuse to help lift mood.
- Put one drop on your wrist and rub both wrists together for a great everyday perfume.
- Add two to three drops to dryer sheets to add a refreshing aroma to your laundry.
- Add to a carrier oil for a cheerful hand massage.

DIRECTIONS FOR USE

DIFFUSE: Use three to four drops in the diffuser of your choice.

TOPICAL: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.



Second trimester

SECOND TRIMESTER EOS

The second trimester has been said to be the easiest of the three. This is most likely the time you will feel your very best and the time when you will begin to “show.” This may cause some discomfort in your lower back and some skin irritation. Overall, you may feel more energetic than during the first trimester.

The following Essential Oils are beneficial for occasional lower back discomfort:

- Peppermint
- Rosemary
- Marjoram
- AromaTouch
- Deep Blue Rub

The following oils are beneficial for skin irritations. Blend these Essential Oils with Fractionated Coconut Oil and massage into your skin for a soothing effect:

- Immortelle
- Frankincense
- Geranium
- Lavender

Deep Blue rub is formulated with a proprietary blend of natural plant extracts and other powerful ingredients. It provides a comforting sensation of cooling and warmth to problem areas. It is an essential oil blend of Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus. DEEP BLUE RUB is blended in a base of moisturizing emollients that leave your skin feeling soft and not greasy.



SECOND TRIMESTER EOS

This RUB is great to use after a long day on the computer, working in the garden, exercising, or carrying a big baby in your womb!

PRIMARY BENEFITS

- Soothing and cooling oil blend.
- Comforting part of a massage.



Third trimester

The third trimester is the “home stretch” and may feel like the most difficult part of your pregnancy. Your body will feel awkward and heavy, making movement and sleep difficult. The fatigue felt earlier in your pregnancy may return and you may begin to feel your emotions change more often.

You may even experience the “nesting instinct” and want to deep clean the house! Be sure to remember the importance of relaxation and rest. Your body will also start to prepare for labor.

Diffuse or apply these Essential Oils to aid in sleep and relaxation:

- Frankincense
- Lavender
- Serenity

Perineum Massage is a debated practice that has been used to prepare the body for labor. It is meant to help the elasticity of the perineum and allow the baby to birth with minimal tearing. Many midwives use a peri-spray or a massage blend.

Essential Oils that are commonly used for this include the following:

- Geranium
- Frankincense

It is extremely important to maintain hydration to help optimal gastrointestinal health. The following Essential Oils may soothe occasional rectal discomfort:



- Cypress
- Helichrysum
- Geranium
- Melaleuca
- Peppermint

Maybe you haven't started contractions, but baby has decided that head up is better than head down. Take a drop of PEPPERMINT and rub along the upper arch of your stomach, where the baby's head is. Many women have had success getting their baby to rotate using this method.

Some women experience "Braxton Hicks" contractions, and some actually start to have productive contractions before their baby is ready to make his debut. LAVENDER massaged on your stomach can help relax your body and muscles.

LAVENDER has been used and cherished for centuries for its unmistakable aroma and myriad of therapeutic benefits. In ancient times, the Egyptians and Romans used LAVENDER for mummification, bathing, relaxation, cooking, and as a perfume; its ability to calm and soothe the mind and body continue to be its most notable qualities.

LAVENDER is frequently used to soothe skin irritations and help skin recover quickly. Applying it to the back of the neck and temples helps reduce muscle tension.

Inhaling LAVENDER promotes relaxation and a restful night's sleep, making it an ideal oil to diffuse at bedtime and when stress levels are high.



Due to its versatility and soothing properties, LAVENDER is considered the must-have oil to have on hand at all times.

PRIMARY BENEFITS

- Widely used for its calming and relaxing qualities.
- Soothes occasional skin irritations.
- Reduces appearance of skin imperfections.
- Helps to ease feelings of tension.
- Take internally to reduce anxious feelings.
- Take internally for a peaceful sleep.

PRIMARY USES

- Add a few drops of Lavender to pillows, bedding, or bottoms of feet for a restful night's sleep.
- Freshen your linen closet, mattress, car, or the air with a light mist of Lavender combined with water in a spray bottle.
- Add to bath water to soak away stress or apply to the temples and the back of the neck.
- Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.

DIRECTIONS FOR USE

DIFFUSE: Use three to four drops in the diffuser of your choice.

INTERNAL: Dilute one drop in 4 fl. oz. of liquid.

TOPICAL: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.



Labor

The end is near! Soon you will have that beautiful baby in your arms. Your body has worked hard to get you to this point, softening the ligaments in your pelvis; your baby should have begun to move down, and your cervix has also softened. However, your body will have to continue to work hard. Essential oils can help you support your physical and mental well being during labor.

Women may feel increasing discomfort in their lower backs as labor progresses. The following Essential Oils may provide some soothing relief:

- Black Pepper
- Basil
- Deep Blue Rub

HELICHRYSUM may be applied to lower back when labor starts, to help support the reduction of the flow of blood during and after delivery.

Sometimes labor just stalls and the contractions slow. In order to support your body to naturally continue until delivery occurs the following Essential Oils may help:

- Clary Sage (stronger when combined with Myrrh and applied on inside of ankles)
- Cinnamon

Diffusing Essential Oils during delivery can help promote a calm and focused environment. There are many great options to achieve this.

- Balance
- Wild Orange
- Ylang Ylang
- Bergamot



Essential Oils **FOR LABOR**

The warm, woody aroma of the **GROUNDING BLEND - Balance** - creates a sense of calm and wellbeing.

We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance that promotes tranquility and relaxation.

Spruce, one of the oils in the **GROUNDING BLEND**, was used by Native Americans for health and spiritual reasons and is still used today to bring harmony to the mind and body.

Ho Wood, Blue Tansy, and Blue Chamomile can ease anxious feelings, while Frankincense provides a grounding, balancing effect on emotions.

PRIMARY BENEFITS

- Promotes a whole body sense of relaxation.
- May help ease anxious feelings.
- Evokes feelings of tranquility and balance.

PRIMARY USES

- Begin your day by putting on the bottom of your feet to promote feelings of calmness and tranquility throughout the day.
- Great oil blend to use during a Hand Massage.
- Apply to your wrists or neck to help ease anxious feelings.
- Diffuse in your car during road trips to create a calming, soothing environment.

DIRECTIONS FOR USE

DIFFUSE: Use three to four drops in the diffuser of your choice.

TOPICAL: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.



After Delivery

ESSENTIAL OILS FOR AFTER DELIVERY

Baby has arrived! There are some oils that are perfect to use after delivery to help support your newborn.

Some parents feel comfortable applying the oils undiluted, while others would rather dilute. If you would like to dilute your oils, you may use 1 tbsp carrier oil to one to two drops of essential oil.

FRANKINCENSE is beneficial to anoint the crown of your newborn to help support them after the trauma of birth. It is the “king of ALL oils”, supports healthy cellular function, and promotes feelings of relaxation.

BALANCE should be used on the bottoms of the feet, back of the neck, or down the spine to help promote a whole body sense of relaxation, help ease anxious feelings, and evoke feelings of tranquility and balance.

MYRRH can be applied to the umbilical cord to help seal the area, as it has powerful cleansing properties and is soothing to the skin.

LAVENDER could be used after circumcision to help soothe the skin and ease feelings of tension.

LEMON can be applied to the bottom of the feet to support the liver and maintain healthy bilirubin levels.



Postpartum

ESSENTIAL OILS FOR POSTPARTUM

The postpartum period is considered to begin with birth and extend through the following six weeks. This is a time in which the mother's body returns to a non-pregnant state, including hormone levels and uterus size.

Women can experience all sorts of different types of occasional soreness associated with hormones, from head tension to cramping. With fluctuating estrogen levels and emotional stresses, it can be hard to hold it together. Essential oils to the rescue!

MONTHLY BLEND for WOMEN - ClaryCalm - is a topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex,

ClaryCalm for WOMEN provides a cooling effect to the skin and helps balance emotions.

PRIMARY BENEFITS

- Provides a soothing and calming effect during a woman's menstrual cycle.
- Calming aroma helps soothe and balance heightened emotions.
- Helps balance mood throughout the month.



ESSENTIAL OILS FOR POSTPARTUM

PRIMARY USES

- During your menstrual cycle, apply to abdomen to experience a soothing and calming massage.
- During moments of heat, apply to the skin for a cooling, soothing effect.
- Diffuse for a calming aroma that helps soothe heightened emotions.
- Helps balance hormones.
- Provides temporary respite from cramps, hot flashes, and emotional swings.
- Apply to inner and outer of the right ankle one to two weeks prior to your cycle.

DIRECTIONS FOR USE

TOPICAL: Apply topically to the back of the neck, on temples, and bottoms of feet. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.



Breastfeeding

ESSENTIAL OILS FOR BREASTFEEDING

Postpartum abdominal discomfort is a result of uterine cramping as the uterus shrinks back to normal after the birth, and can be an uncomfortable part of recovery after baby is born.

CLARY SAGE supports and assists the uterus as it tones after delivery. It also promotes increased lactation.

CLARY SAGE is a biennial or perennial herb that grows up to six feet in height. It is known for its calming properties and benefits to the skin. The main chemical component of CLARY SAGE is linalyl acetate, part of the esters group, making it one of the most relaxing, soothing, and balancing essential oils.

In the Middle Ages, the CLARY SAGE plant was frequently used to soothe skin. Inhaling CLARY SAGE promotes feelings of relaxation, allowing for a restful night's sleep.

POSTPARTUM

- FOR SUPPORTING THE UTERUS – Apply to the abdomen, ankles, or bottoms of feet.
- FOR INCREASING MILK SUPPLY – Mix 2 tbsp. of Fractionated Coconut Oil and add 10–15 drops of oil. Apply a small amount of the mixture on your breasts, avoiding the nipples. FENNEL and BASIL also help with milk supply.

PRIMARY BENEFITS

- Promotes healthy-looking hair and scalp.
- Promotes a restful night's sleep.
- Calming and soothing to the skin.



ESSENTIAL OILS FOR BREASTFEEDING

PRIMARY USES

- During your menstrual cycle, rub three to five drops on the abdomen for a soothing massage.
- Combine with Roman Chamomile and add to bath water for a stress-relieving bath.
- Diffuse or apply to pillow at night for a restful sleep.
- Add to shampoo or hair conditioner to promote healthy hair and scalp.
- Combine with Fractionated Coconut Oil to massage, soothe, or rejuvenate skin.

DIRECTIONS FOR USE

DIFFUSE: Use three to four drops in the diffuser of your choice.

INTERNAL: Dilute one drop in 4 fl. oz. of liquid.

TOPICAL: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.



DIY postpartum recipes

DIY POSTPARTUM RECIPES

After delivery, it may be helpful to have some natural DIY recipes on hand.

Perineum support can be achieved with a peri spray and/or the use of peri pads.

DIY PERINEUM SPRAY

- 15 drops Lavender Essential Oil
- 15 drops Frankincense Essential Oil
- 15 drops Geranium Essential Oil

Combine with Fractionated Coconut Oil or Witch Hazel in 4oz glass spray bottle.

DIY PADSICLES

- Use Perineum Spray listed above
- Find the biggest overnight feminine pads available

Spray liberally on pad, but do not soak through. Put in ziploc bag or wrap in aluminum foil and store in freezer.

DIY NIPPLE CREAM

- Use the ESSENTIAL EO OINTMENT - Correct-X
- That's it!

Apply after each feeding. Correct-X has Lavender, Frankincense, Melaleuca, Cedarwood, and Helichrysum. This petroleum-free, preservative-free ointment absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin.



Emotional aromatherapy

EMOTIONAL AROMATHERAPY

Emotions are the result of complex psychological and sensory stimuli, including smell. Modern scientific study of the influence of aromatherapy on emotions is confirming what people of the world have known for centuries: the delicate and complex aromatic compounds of pure essential oils can be used effectively to help balance emotions and brighten moods.

UPLIFTING BLEND - Cheer

- Promotes feelings of optimism, cheerfulness, and happiness.
- Counteracts negative emotions of feeling down, blue, or low.

RENEWING BLEND - Forgive

- Promotes feelings of contentment, relief, and patience.
- Counteracts negative emotions of anger and guilt.

INSPIRING BLEND - Passion

- Ignites feelings of excitement, passion, and joy.
- Counteracts negative feelings of boredom and disinterest.

ENCOURAGING BLEND - Motivate

- Promotes feelings of confidence, courage, and belief.
- Counteracts negative emotions of doubt, pessimism, and cynicism.

REASSURING BLEND - Peace

- Promotes feelings of peace, reassurance, and contentment.
- Counteracts anxious and fearful emotions.

COMFORTING BLEND - Console

- Promotes feelings of comfort and hope.
- Counteracts negative emotions of grief, sadness, and hopelessness.

STRETCH MARK BLEND

Recipe for Help with Stretch Marks



How to make this recipe:

Fill 10ml Roller Bottle or 1 oz. Spray Bottle with Ingredients. Roll or Spray on 2-3 times a day or add a couple drops of each to doTERRA's Body Butter or Hand and Body Lotion and apply 2-3 times a day.

YOU'LL NEED THE FOLLOWING INGREDIENTS:

- 10 Drops Lavender
- 10 Drops Myrrh
- 10 Drops Helichrysum
- Fill remainder with Fractionated Coconut Oil

MORNING SICKNESS

Blend for Relief of Morning Sickness



How to make this recipe:

Apply Peppermint, DigestZen, Ginger or Fennel under nose or put a drop in water or capsul.

YOU'LL NEED THE FOLLOWING INGREDIENTS:

- Peppermint
- DigestZen
- Ginger
- Fennel

DIAPER RASH

Blend for Diaper Rash



How to make this recipe:

Use doTERRA's Baby Diaper Rash Cream or add the following ingredients to a spray bottle, spray on rash as needed

YOU'LL NEED THE FOLLOWING INGREDIENTS:

- 6 Drops Lavender
- 6 Drops Tea Tree
- 6 Drops Frankincense
- 4 oz. of Fractionated Coconut Oil

TUMMY AND COLIC

Sore Tummy and Colic Support



How to make this recipe:

Combine the following ingredients or use doTERRA's DigestZen Touch and gently massage over abdomen in a clockwise motion.

YOU'LL NEED THE FOLLOWING INGREDIENTS:

- 1 Drop Lavender
- 1 Drop Roman Chamomile
- 1 Tablespoon Fractionated Coconut Oil

ESSENTIAL OILS FOR PREGNANCY WISH LISTS

| WHAT'S ON YOUR WISH LIST? |  |
|---------------------------|---|
| Onguard | <input type="checkbox"/> |
| Oregano | <input type="checkbox"/> |
| Melaleuca | <input type="checkbox"/> |
| Thyme | <input type="checkbox"/> |
| DigestZen | <input type="checkbox"/> |
| Ginger | <input type="checkbox"/> |
| Cardamon | <input type="checkbox"/> |
| Peppermint | <input type="checkbox"/> |
| AromaTouch | <input type="checkbox"/> |
| Lavender | <input type="checkbox"/> |

ESSENTIAL OILS FOR PREGNANCY WISH LISTS

| WHAT'S ON YOUR WISH LIST? |  |
|---------------------------|---|
| Marjoram | <input type="checkbox"/> |
| Deep Blue Rub or Oil | <input type="checkbox"/> |
| Immortelle | <input type="checkbox"/> |
| Geranium | <input type="checkbox"/> |
| Frankincense | <input type="checkbox"/> |
| Serenity | <input type="checkbox"/> |
| Balance | <input type="checkbox"/> |
| Wild Orange | <input type="checkbox"/> |
| Cedar Wood | <input type="checkbox"/> |
| Cypress | <input type="checkbox"/> |

ESSENTIAL OILS FOR PREGNANCY WISH LISTS

| WHAT'S ON YOUR WISH LIST? |  |
|---------------------------|---|
| Lemon | <input type="checkbox"/> |
| Grapefruit | <input type="checkbox"/> |
| Citrus Bliss | <input type="checkbox"/> |
| Rosemary | <input type="checkbox"/> |
| Helichrysum | <input type="checkbox"/> |
| clary Sage | <input type="checkbox"/> |
| Black Pepper | <input type="checkbox"/> |
| Basil | <input type="checkbox"/> |
| Ylang Ylang | <input type="checkbox"/> |
| Bergamot | <input type="checkbox"/> |

ESSENTIAL OILS FOR PREGNANCY WISH LISTS

| WHAT'S ON YOUR WISH LIST? |  |
|---------------------------|---|
| Myrrh | <input type="checkbox"/> |
| ClaryCalm | <input type="checkbox"/> |
| Fennel | <input type="checkbox"/> |
| Chamomile | <input type="checkbox"/> |
| Correct-X | <input type="checkbox"/> |
| Cheer | <input type="checkbox"/> |
| Forgive | <input type="checkbox"/> |
| Passion | <input type="checkbox"/> |
| Motivate | <input type="checkbox"/> |
| Peace | <input type="checkbox"/> |

ESSENTIAL OILS FOR PREGNANCY WISH LISTS

| | |
|--|---|
| WHAT'S ON YOUR WISH LIST? |  |
| Console | |
| AromaTouch Kit | |
| Life Long Vitality | |
| Healthy Habits Kit | |
| Women's Health Kit | |
| Ginger | |
| Other Items - List Here | |
| Connect with me for more information and to order | |

Essential Oils and Pregnancy

Thank You...

I am so happy you joined us! I hope you found some solutions for using oils during your pregnancy through postpartum.

I would welcome any questions or chatting with you about any of the oils in this presentation and how I can help with your pregnancy, birth and postpartum concerns.

Contact me and we can go over your Wish List and get you on your way to having an amazing pregnancy, delivery and postpartum period!

Warmly, Lisa



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