



Oils and Pregnancy

**SUPPORT FOR YOU
AND BABY**



KNOW MORE



WWW.WOMENSINTEGRATIVEHEALTHNY.COM



Pregnancy

& Essential Oils

Morning sickness & nausea

These oils will
alleviate, upset
sensitive stomachs
during pregnancy
Peppermint
Cardamon
Ginger
Spearment
DigestZen® Softgels
/ ZenGest® Softgels

1 drop in
water/capsule



Heartburn

DigestTab®
Chewable Tablets -
delivering
digestion's supportive
oils, and the
acid-neutralizing
benefits of calcium
carbonate

TerraZyme® is a
proprietary blend of
active whole food
enzymes to support
digestion



*Essential Oils are safe to use while
pregnant. Consult with your doctor.*

where to apply oils for pregnancy

head

rub one drop of peppermint
+ lavender onto temples to
help ease tension

nose

rub one drop digestzen® or
1 drop breathe® on bridge
of nose for clear airways

heart

rub balance®, serenity®,
lavender or adaptiv® over
heart to promote grounding

stomach

rub one drop of cardamon,
peppermint and digestzen®
over belly for morning nausea

lower back

rub one drop aromatach®
and deep blue® on back for
occasional aches

feet

rub 1-2 drops serenity® and
vetiver on bottoms of feet
and big toe to promote rest



*apply diluted

top 10 oils for pregnancy



Alleviates occasional
stomach upset. Simply
breathe in or take
internally in a veggie
cap



Maintains feelings of
clear airways, easy
breathing + promotes
a restful nights sleep



Massage into
shoulders, neck,
forehead and back,
diluted when
occasional aches
strike



When consumed,
soothes the occasional
upset stomach and
helps reduce
occasional indigestion



Creates a restful
environment at
bedtime. Apply to
bottoms of feet to
help unwind before
going to sleep



Rub on lower back
muscles, joints and
hips for a soothing
and cooling rub



May help occasional
nausea or upset
stomach when inhaled
or taken internally



Internal use naturally
aids in digestion and
also supports healthy
respiratory function



Calming, grounding
effect on emotions.
Apply to bottoms of
feet and big toe
before bed



Apply two to three
drops with Deep
Blue® to soothe sore
muscles

first trimester

must haves



- + Simply smell Peppermint for occasional morning nausea
- + Rub a drop of Cardamom on pulse points and smell for upset stomach
- + Suck on a Ginger drop when queasiness is happening



- + Rub a drop of PastTense® diluted on forehead, hips or lower back when muscle aches happen
- + Take a Deep Blue® Polyphenol and Copaiba softgel to help ease occasional tension



- + Take a Serenity® softgel before bed to help ease into a restful night
- + Diffuse Serenity® when calm is needed or before bed
- + Rub a drop of Vetiver on big toes in to help ease back into sleep

second trimester

must haves



- + Take TerraZyme®, PB Assist+® every day as directed for digestive support
- + Take a Digest Tab® as needed to relieve occasional heartburn and indigestion

- + Roll over chest, back, or anywhere else help is needed to promote a clear complexion and reduce breakouts



- + Rub a drop of PastTense® diluted on forehead, hips or lower back when muscle aches happen
- + Take a Deep Blue® Polyphenol and a Copaiba softgel to help ease occasional tension

- + Add a squirt of fractionated coconut oil to the palm of your hands with a drop of Frankincense and Serenity®. Rub together and massage into the belly and hips to help your growing belly stretch with ease



Products to use during 1ST TRIMESTER



Products to use during 1ST TRIMESTER



Place 1-2 drops
in the palm of your hands
& inhale, massage into your back,
shoulders & back of your neck



Massage any onto your breast

Products to use during 2ND TRIMESTER



Add 4 drops each
in a veggie capsule



Products to use during 3RD TRIMESTER



**SWELLING &
WATER RETENTION**



Add 3 drops AromaTouch® +
5 drops Geranium to 1 tbsp of
organic coconut oil & apply to
the area



essential oils for your BIRTH KIT



energy boost, air purifier,
uplifting



head tension, energy boost,
stomach upset, cooling



reduce tension and increase
contractions*



helps bring in milk supply, gut
support



perineal care, cord care, skin support,
emotional support



balance emotions, dispel anxious feelings



create a relaxing, calm environment



apply topically to soothe areas of
tension and stress

*do not use Clary Sage before labor unless instructed by a midwife



BIRTH KIT essential oils

Wild Orange: energy boost, air purifier, uplifting

Peppermint: head tension, energy boost, stomach
upset, cooling

Clary Sage: reduce tension and increase contractions*

Fennel: helps bring in milk supply, gut support

Frankincense: perineal care, cord care, skin support, emotional
support

Balance®: balance emotions, dispel anxious feelings

Serenity®: create a relaxing, calm environment

Aromatouch®: apply topically to soothe areas of
tension and stress

*do not use Clary Sage before labor unless
instructed by a midwife





SIMPLE SWAPS



store bought wipes

VS



diy wipes

DIY Wipe Recipe:

- | | |
|--------------------------------|---------------------|
| 1 roll paper towels | 1 tbs aloe vera gel |
| 2 cups filtered water | 3 drops Lavender |
| 1 tbs Fractionated Coconut Oil | 3 drops Tea Tree |

Directions: Soak paper towels with water, aloe vera gel and essential oils in a sealed container or bag. Use as needed.



SIMPLE SWAPS



store bought teething gel

VS



diy teething oil

DIY Teething Oil:

- | |
|---|
| 1 tbs Fractionated Coconut Oil |
| 1 drop Clove, Lavender, On Guard or Copaiba |

Directions: Put oils in a sealed container and apply when needed with a Q tip.



SIMPLE SWAPS



store bought baby powder

VS



diy baby powder

DIY Baby Powder:

- | | |
|----------------------------|------------------------|
| 1/2 cup arrowroot powder | 1 drop Roman Chamomile |
| 1/2 cup corn starch | 1-2 drops Lavender |
| 1/4 cup finely ground oats | |

Directions: Place all ingredients in a shaker and apply as needed.



SIMPLE SWAPS



store bought diaper cream

VS



diy diaper cream

DIY Diaper Cream:

- | | |
|----------------------------------|----------------------|
| 1 cup shea butter | 3 drops Tea Tree |
| 1/2 cup Fractionated Coconut Oil | 3 drops Frankincense |
| 1/4 cup Bentonite clay | |

Directions: Melt the shea butter with Fractionated Coconut Oil over heat then remove from heat and stir in remaining ingredients. Store in an air tight container.



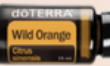
Pregnancy

SUPPLEMENTS & OILS

Pregnancy Collection



GET STARTED



the Additions



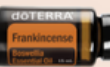
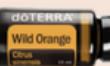
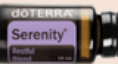
THE BENEFITS

- DIGESTIVE SUPPORT
- SUPPORTS GUT HEALTH
- PROMOTES FEELINGS OF CALM
- IMPROVES COPING ABILITY
- ENCOURAGES EMOTIONAL STABILITY
- PROMOTE HEALING
- REDUCE STRESSORS
- LIFT MOOD
- SOOTHE MINOR MUSCLE & JOINT DISCOMFORT
- SKIN BENEFITS

Pregnancy Collection



GET STARTED



Happy Baby

DIFFUSER BLEND RECIPES



chasing rainbows

2 WILD ORANGE
1 BERGAMOT
1 LIME



counting sheep

2 CEDARWOOD
1 ROMAN CHAMOMILE
1 WILD ORANGE



mama's embrace

2 LAVENDER
1 VETIVER
1 CLARY SAGE



starlight wishes

2 FRANKINCENSE
1 JUNIPER BERRY
1 SIBERIAN FIR



butterfly kisses

2 SPEARMINT
1 EUCALYPTUS
1 GRAPEFRUIT



storytime

2 SANDALWOOD
1 TANGERINE
1 COPAIBA

Thank You!

For more help and guidance with fertility, hormone balance, pregnancy and birth get in touch! You can set up a complimentary consult for more information. It can be set up [here](#)!

Lisa Cartier

www.womensintegrativehealthny.com

wihny@yahoo.com

