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It is difficult to comprise a list of essential oils that are to be avoided during pregnancy as there are several different opinions available. However, a general guideline to follow is to never use an essential oil that has been adulterated. **The following recommendations apply to the use of therapeutic-grade oils only.** Oils that are diluted in a carrier oil or that are used externally and in moderation should not have an adverse effect. Consult your doctor, pharmacist, herbalist or other health specialist if you are unsure or have any questions.

*Avoid during the first 8 months of pregnancy:*

Aniseed, basil, cinnamon, clove, fennel, hyssop, myrrh, oregano, sage, savory, thyme

Some experts say that some of the oils listed to avoid during the first 8 months of pregnancy are safe to use after that period of time. Sage and Fennel are two excellent oils for strengthening the womb and for Braxton Hicks contractions.

*Avoid during pregnancy:*

Pennyroyal

*Use with caution during pregnancy:*

Angelica, cedarwood, chamomile (German/Blue), cistus, citronella, clary sage, clove bud, cumin (Black), cypress, davana, fennel, jasmine, laurel, lemongrass, marjoram, Mountain Savory, myrrh, nutmeg, peppermint, rose, spearmint, thyme, vetiver, yarrow.

# ESSENTIAL OIL RECIPES FOR PREGNANCY AND CHILDBIRTH

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**Morning Sickness:** Inhale

2 drops ginger  
3 drops spearmint

**Stretch Mark Preventative:** Massage over abdomen, breasts & thighs

5 drops lavender  
10 drops mandarin  
50 ml apricot kernel oil

**Labor / Childbirth:** Massage over abdomen and lower back (only when labor has started or if baby is overdue)

10 drops jasmine  
5 drops clary sage  
25 ml apricot kernel oil

**After Childbirth:** Cypress and Lavender in a bath.

Cypress to staunch blood flow; lavender to heal the wound.

**Mastitis:** Massage into breasts and under armpits three times daily

8 drops lavender  
7 drops tea tree  
5 drops Roman chamomile  
7 drops thyme linalol  
10 drops mandarin  
2 ounces calendula oil OR apricot kernel oil

**Sore nipples:** Massage immediately into nipple after feeding – wash carefully directly before next feeding

1 drop lavender  
5 ml calendula oil OR apricot kernel oil

**Hemorrhoids:** Apply to affected area

3 drops lavender  
3 drops geranium  
2 drops myrrh  
2 drops Roman chamomile  
10 ml calendula oil

# ESSENTIAL OILS AND THEIR USES FOR PREGNANCY AND CHILDBIRTH

Use the following chart using the precautionary information provided on page 1

Essential Oil	Uses
Bergamot	Cystitis, skin irritations, anxiety (causes sun sensitivity)
Calendula	Stretch marks, diaper rash, skin irritations
Chamomile, Roman	Nausea, postnatal breast care, diaper rash, dry skin, insomnia, morning sickness, anxiety
Clary sage	Menstrual pain, pre-menstrual symptoms, tension, dry skin, stress, anxiety, depression, postnatal depression
Cypress	Perineum healing, hemorrhoids, anxiety, tension, circulation
Eucalyptus	Colds, fever, asthma, sinusitis, wounds, bronchitis
Fennel, Sweet	Strengthens womb, stimulates lactation, cellulite, edema, balances hormones, diuretic
Frankincense	Labor, stress, fear
Geranium	Balances hormones, dermatitis, eczema, postnatal depression
Jasmine	Postnatal depression, uterine tonic, cough, dry skin, dermatitis
Juniper	Perineum healing, stretch marks, constipation, cellulite, tension
Lavender	Headaches, pain, eczema, insomnia, diaper rash, postnatal breast care, calming
Lemon	Morning sickness, nausea, heartburn, colds, lymph system
Marjoram	Insomnia, perineum healing
Myrrh	Diaper rash, thrush, skin care
Neroli	Dry skin, scars, circulation, stretch marks, stress, anxiety
Orange	Skin care, stress, insomnia, heartburn, lymph system, anxiety
Peppermint	Morning sickness, nausea, headaches, indigestion, lymph system, sinuses, pain
Petitgrain	Skin care, insomnia, stress
Rose	Dry skin, strengthens womb, tension, nausea
Rosewood	Nervous tension, anxiety, stress, tiredness, dry skin
Sandalwood	Skin rash, nausea, heartburn, diarrhea, colds, diaper rash
Tangerine OR Mandarin	Stretch marks, insomnia, nervous tension, scars
Ylang Ylang	Skin care, insomnia, hypertension, palpitations, tension