

## Pregnancy and Lactation Un-Safe List

Individuals weigh decisions in pregnancy differently. Many choose not to use any oils in their first trimester of pregnancy, while others use safe oils in lieu of pharmaceuticals. What is considered safe by one expectant mom, might be deemed inappropriate by another. Here are tools for weighing that decision. Substances with roughly a molecular weight of less than 1000 can cross the placenta. All essential oil constituents have a molecular weight of less than 500. It is assumed that they are all capable of crossing the placenta. (Thompson, 54) To what degree is undetermined. Infant/ baby exposure to oil constituents through breast milk is less than 1% of the maternal dose. Caution is for any route of administration in pregnancy. Caution is for oral not topical nor aromatic use while nursing. (Tisserand, 153, 656).

<b>Anise and Star Anise</b>	<b>Araucaria (type of coniferous tree)</b>
<b>Artesima Vesitita (Wormwood)</b>	<b>Atractylis (type of thistle)</b>
<b>Sweet Birch</b>	<b>Black Seed</b>
<b>Buchu</b>	<b>Calamint</b>
<b>Carrot Seed</b>	<b>Cassia</b>
<b>Chaste Tree</b>	<b>Cinnamon Bark</b>
<b>Costus</b>	<b>Blue Cypress</b>
<b>Indian Dill Seed</b>	<b>Fennel</b>
<b>Feverfew</b>	<b>Genipi</b>
<b>Hibawood</b>	<b>Ho Leaf</b>
<b>Hyssop</b>	<b>Lanyana</b>
<b>Spanish Lavender</b>	<b>Mugwort</b>
<b>Myrrh</b>	<b>Aniseed Myrtle</b>
<b>Oregano</b>	<b>Parsley</b>
<b>Pennyroyal</b>	<b>Rue</b>
<b>Sage (Dalmation and Spanish)</b>	<b>Savin</b>
<b>Tansy</b>	<b>Thuja</b>
<b>Western Red Ceder</b>	<b>Wintergreen</b>
<b>Wormwood</b>	<b>Green Yarrow</b>
<b>Zedoary (white turmeric)</b>	

## Pregnancy and Lactation Caution List

<b>Basil-lemon</b>	<b>Boswellia papyrfera (type of Frankincense)</b>
<b>Australian Lemon Balm</b>	<b>Lemon Leaf</b>
<b>Lemongrass</b>	<b>May Chang</b>
<b>Melissa (lemon balm)</b>	<b>Honey Myrtle</b>
<b>Lemon Myrtle</b>	<b>Nasturtium Absolute</b>
<b>Lemon Tea Tree</b>	<b>Lemon Thyme</b>
<b>Lemon Verbena</b>	

Resource: Thompson, C. (2012) Aromatherapy Certification Course Level 1 revised 2014  
Tisserand, R and Young, Essential Oil Safety Second Edition (2013) Elsevier Health Sciences  
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