

Lavender, Lemon & Peppermint Essential Oil Uses

for Pregnancy, Birth, & Babies

What is an essential oil?

Essential oils are plant extracts from bark, seeds, roots, stems & flowers. The essential oil protects the plant from diseases and the elements. We're able to carefully extract the oil and use it for our health benefits. Essential oils have been used throughout history and many are mentioned in the bible (Frankincense, Myrrh, Spikenard, etc).

A Word about Quality:

Be sure you are using the highest quality essential oils. Many essential oils today have synthetics added to them which result in less effectiveness, irritations as well as other negative side effects. At doTERRA our essential oils are sourced and harvested all over the world where plants are grown in their natural environment (Lavender from France, Lemon from Italy & Peppermint from the state of Washington, USA). Our Certified Pure Therapeutic Grade (CPTG) essential oils are the safest, purest & most beneficial essential oils in the world today!

Methods of using:

Aromatically- breathing in and diffusing brings open airways, clean air and improved mood.

Topically- applying directly on the skin they're quickly absorbed with immediate comfort and full body benefit. It's always a good idea to add a carrier oil such as fractionated coconut oil to any essential oil for sensitive skin especially with babies and young children.

Internally- adding a few drops under the tongue, drinking in water, & taken with veggie capsules, essential oils benefit the mouth and throat, support the digestive system & immunity. (Internal is only recommended with doTERRA CPTG essential oils.)

Lavender

- Diffuse Lavender. With its calming properties it is perfect for your delivery room atmosphere. It's beneficial for restful sleep.
- Add Lavender oil to you or your little one's bath for a calming, relaxing wash. It will soak away your stress and your skin will thank you.
- Skip the aerosol chemical sprays in the bathroom when deodorizing. Think Lavender and water in a spray bottle. It's antiseptic, antibacterial, antiviral, and antibiotic properties will help.
- After childbirth, afterpains are inevitable as your uterus cramps down to its original size. It's always more intense while you're breastfeeding. Apply Lavender to your lower abdomen undiluted for instant relief.

- Target acne at the source. Lavender oil helps balance sebum and control breakouts.
- Lavender helps the skin recover quickly. Add Lavender to distilled water for a soothing Peri spray after birth. This is also soothing for babies that have been circumcised.
- Is an earache keeping you up at night? Rub Lavender oil in front of (not in) the ear and behind the ear and down the gland towards the throat. Reapply as often as needed.
- For diaper rash apply Lavender diluted with coconut oil as often as needed.
- Teething and toothaches? Rub a drop of Lavender oil directly onto the gums. Peppermint works too.
- Lavender oil mixed with coconut oil or unscented lotion makes a great solution for a baby massage especially before bedtime.
- Pregnancy can be tough on your back. Rub Lavender into your lower back for help. It's wonderful for sore muscles as well.

Lemon

- Lemon will take out ALL odor if you accidentally leave your laundry in the washer way too long. Add a few drops to an extra rinse cycle. Viola!
- Disinfect the disgusting. Add a few drops of Lemon oil to a glass spray bottle. You can add a little vinegar too. Spray & wipe down tables, counter tops, high chairs, changing tables, etc for a chemical free clean.
- A babies blowout, diaper pails, etc...it all adds up to a less than desirable aroma. Diffuse or spray Lemon oil and neutralize odors at their source. Add Lemon to cotton balls or old newspaper and place at the bottom of your garbage.
- For an energy boost add Lemon and/or Peppermint oil to your water. You'll drink more water & remove toxins.
- Stop respiratory gunk with Lemon. It helps with coughs, colds, congestion etc.
- Add Lemon to warm water and honey to conquer that sore throat feeling. Lemon oil fights bacteria and viruses.
- If you're needing to concentrate and focus adding a little Lemon to your forehead and/or breathing it in will do the job.
- Improve your outlook and your mood with Lemon oil. It will brighten your day and broaden your smile.

- 60% of all babies get some form of jaundice after birth. Use one drop of Lemon on the bottom of your newborns feet at every diaper change to support the liver in breaking up the bilirubin. Sunlight on your baby's skin will also help.

Peppermint

- One drop of Peppermint taken internally can calm digestive upset. Morning sickness (Lavender will also help), constipation, diarrhea, bloating, heartburn, motion sickness, Peppermint is the answer!
- Don't let congestion, asthma, allergies, or a cough stop you. Apply Peppermint to your chest for instant relief and revitalizing air flow.
- Cool your joints by adding Peppermint and Lavender. No more achy feeling.
- If you've been on your feet all day rub a few drops of Peppermint into the bottoms of them. Ahh, cooling and refreshing.
- Tension headache? Rub a small amount of Peppermint into your forehead and temples (not the eyes!) for a quick "headache-be-gone" solution.
- "Should I exercise today?" Using Peppermint will awaken your senses and give you motivation for a great workout.
- Use Peppermint for all cleaning. Its antibacterial and antifungal properties make it a wonderful natural cleaner.
- Peppermint may reduce milk supply in some breastfeeding mothers. Take internally 2-3 drops of Peppermint 3-5 times a day. Use caution with Peppermint if you do not want your milk supply reduced.
- For a colicky baby or tummy aches rub Peppermint oil mixed with coconut oil on your baby's tummy or the bottoms of the feet.
- For a natural way to resolve a fever quickly add Peppermint oil onto the bottoms of the feet. Reapply every 15-30 minutes as needed.
- During labor Peppermint can be cooling on your lower back. When inhaled it can help reduce anxiety and hypertension.

Equal parts of Lemon, Lavender and Peppermint together make the perfect combination for allergies. Breathe them in, apply on the chest or take them internally.

Postpartum recovery has its emotional ups and downs. Breathing in Lemon, Lavender or Peppermint will improve your mood.

