

ESSENTIAL OILS FOR BIRTH



- Clary Sage** is not recommended for use during pregnancy but it is a wonderful tool for childbirth. It can increase the effectiveness of your contractions, that is to say- make them stronger. Once labor has begun, apply a drop to each pinky toe at the nail bed, the inside ankle bones on both feet, and on the lower abdomen. Apply every 20 minutes until the strength of your contractions has increased.
- Wild Orange** is uplifting and energizing. It calms fears and anxiety. Add a drop to your water throughout pregnancy and during labor. This is a favorite in the diffuser during birth.
- Peppermint** can energize an exhausted laboring woman. Many prefer it in the diffuser with Wild Orange. It can also be settling if nausea is present during labor. It's important to note that some women experience a decrease in their milk supply while using Peppermint. This is helpful if you are weaning a child or engorged and a hindrance if you're not. Just be cautious. Again, some women see no difference. Try a little and see how your body responds.
- Helichrysum** can be added to warm olive oil and applied to the perineum while your baby is crowning, providing tissue support. It helps the skin heal quickly by promoting circulation and localized blood flow. Mix 20 drops with 4 tbsp of fractionated coconut oil and apply. It helps the tissue stretch while minimizing swelling, tears, bruising and bleeding. It may also prevent bruising of your baby's head.
- Lavender** is calming and relaxing which is exactly what a laboring woman needs. Add a drop or two to a birth tub or enjoy it through the diffuser. Lavender also helps skin heal quickly. Add a drop to your baby's lotion. Add 6 tbsp witch hazel, 6 tbsp filtered water, 5 drops Lavender, 5 drops Frankincense and 5 drops Helichrysum to a spray bottle. Shake and spray onto feminine hygiene pads for a cooling effect and increased healing. Pads can be frozen prior to use.

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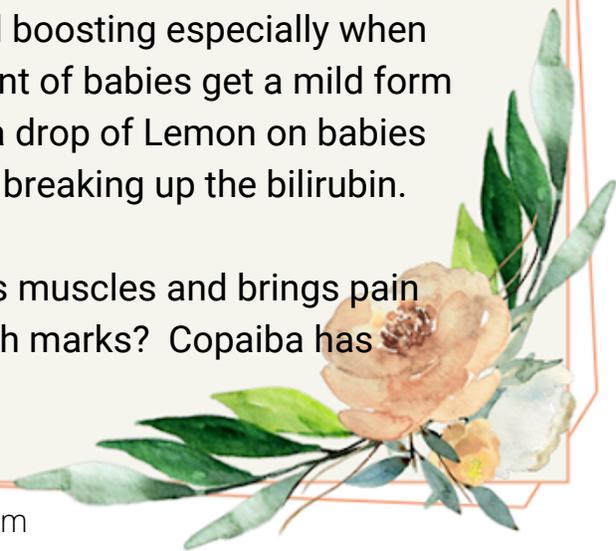


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- Frankincense** promotes cellular health throughout pregnancy, most often taken internally. The aromatic benefits are plentiful including feelings of peace, satisfaction and relaxation. A drop to your baby's crown and back shortly after birth can emotionally connect your baby to his father and bring him peace.
- Myrrh** nurtures the newborn's relationship with her mother. Place one drop on her belly on and around the umbilicus after the cord is clamped helping the cord dry quickly, seal the opening effectively and heal well.
- Melissa** repairs DNA damage from negative thoughts, emotions or experiences we've had. It helps repair any self-doubt or overwhelm we feel. Known as the oil of light, it is a powerful support if we are struggling with postpartum depression. Use one drop per day internally in a veggie cap. Apply a scant drop undiluted on bottoms of baby's feet.
- Fennel** provides breastfeeding support. Apply a drop or two topically on each breast to increase your milk supply. Do this a few times throughout the day until you see an increase. Avoid the nipple. No need to wash it off prior to breastfeeding. You can also use a few drops internally.
- Basil** brings strength when you feel weary, drained or overwhelmed. It can be especially valuable if you experience back labor. Have a support person rub Basil on your lower back for pain relief. Basil also provides breastfeeding support using and applying it the same as Fennel.
- Lemon** is energizing, detoxing, cleansing, and mood boosting especially when a drop is added to your water everyday. Sixty percent of babies get a mild form of jaundice, usually peaking around day three. Use a drop of Lemon on babies feet every diaper change to help support the liver in breaking up the bilirubin.
- Copaiba** is perfect for anxiety and stress. It loosens muscles and brings pain relief. Struggling with acne, varicose veins or stretch marks? Copaiba has amazing skin healing properties.

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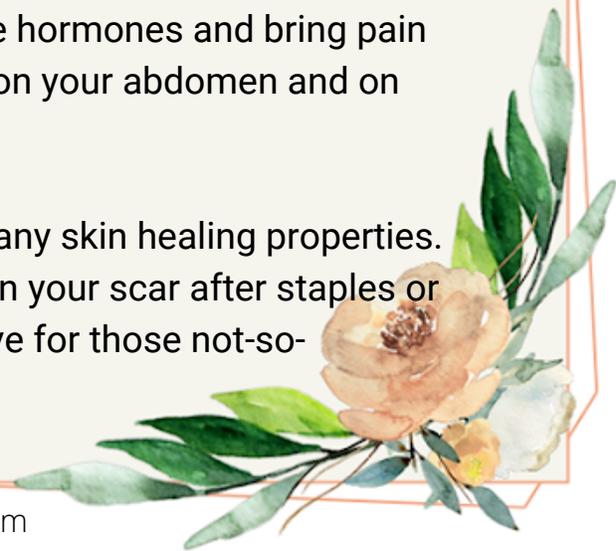


EO BLENDS FOR BIRTH



- Deep Blue Rub** is oh so soothing for an achy back during labor. Tired feet? Tense shoulders? No problem. The rub is creamy and easily massaged into sore muscles. Deep Blue Oil penetrates deeper and is for direct pain such as migraines.
- Adaptiv** imparts reassurance, balance, and calm during childbirth to both body and mind. Add a few drops to a tub or dilute a few drops with fractionated coconut oil for a soothing massage. Diffuse Adaptiv for a centered and calm mindset even amid new surroundings and situations. The benefits of Adaptiv are plentiful including reducing stress, anxiety and postpartum depression.
- Breathe** is our respiratory blend designed to open airways and increase oxygen intake. Because deep breathing is so beneficial for a laboring woman the use of this blend is a no-brainer.
- Balance** creates a sense of well-being and whole body relaxation for a laboring woman. Anyone who is scared, nervous, anxious, stressed, or feeling out of control will greatly benefit from the grounding benefits of Balance. After birth, have a support person apply a few drops to your feet and a drop to the baby's feet. Balance will steady and bring a sense of harmony and tranquility.
- Citrus Bliss** reduces stress, uplifts the mood, energizes, refreshes, and purifies the air making it ideal in a birth room and perfect for postpartum depression.
- Clary Calm** helps balance hormones. It provides relief from cramps, hot flashes and mood swings. After birth it can stabilize hormones and bring pain relief while the uterus continues to contract. Rub it on your abdomen and on your wrists.
- Immortelle** is our anti-aging blend because of its many skin healing properties. It is ideal if you have had a caesarean. Use it daily on your scar after staples or tape have been removed. Immortelle is also effective for those not-so-flattering stretch marks.

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OTHER MUST-HAVES



- Correct X** is a nursing mother's best friend. It is designed with essential oils specifically to heal skin quickly. It also provides a moisture barrier that helps protect the skin. Apply it topically to nipples right after nursing each time as preventative care. No need to wash it off prior to nursing.

- Lifelong Vitality Supplements** are the best prenatal vitamins for moms. Your body assimilates these supplements like food, knowing exactly how to process and distribute them. They are gentle on the stomach, dairy-free and do not contain genetically modified material. The omega complex provides needed brain power for both mom and baby and the food nutrient complex includes the perfect amount of folate. In addition to a shorter labor and breastfeeding support these supplements can also provide:
 - 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

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