

Essential Oils in Pregnancy

Safe:

Lemon	Lavender	Frankincense	Bergamot	Ginger
Cardamom	Petitgrain	Geranium	Roman & German Chamomile	
Grapefruit	Marjoram	Black Pepper	Melaleuca*	
Patchouli	Peppermint	Spearmint	Eucalyptus	

*Melaleuca is NOT recommended for labor and delivery; it can weaken or even stop contractions. *

Not Safe:

Nutmeg	Cumin*	Juniper Berry	Thyme*
Basil*	Clary Sage**	Rosemary*	Cinnamon Leaf

*Eating the spice version of cumin, basil, thyme and rosemary pose no health risks.

**Clary sage is safe ONLY during labor and delivery.

Essential Oils Recommended for Nausea

Ginger	Grapefruit
Frankincense	Lemon
Peppermint	

Essential Oils for Labor and Delivery

Lavender	Roman Chamomile
Frankincense	Clary Sage
Patchouli	Grapefruit
Sandalwood	

"Just Make it Go Away" morning sickness blend

Spearmint 4 drops	Lavender 2 drops
Ginger 2 drops	Cardamom 1 drop

Put above oils on a napkin or tissue and place close by; or can put all oils in a diffuser. Do not put on skin!

Leg Cramp Blend

Marjoram 2 drops	Geranium 4 drops
Black Pepper 1 drop	Lemon 2 drops

Blend all oils together, dilute in 30mL of carrier oil and rub on calves

Pregnancy Pick Me Up blend

Lavender 8 drops	Frankincense 5 drops
Grapefruit 7 drops	

Blend in a diffuser or dilute with carrier oil, 2 drops per 5 mL. Can put on temples or pulse points.

***ANY QUESTIONS REGARDING ANY OF THE ABOVE OR OTHER OILS IN PREGNANCY PLEASE CONTACT OUR OFFICE! ***