

# Essential Oils in Pregnancy, Birth and Beyond (using DoTERRA Essential Oils)

## **Pregnancy**

**Morning sickness:** Put three drops of grapefruit or peppermint essential oil into a diffuser by your bed. This can sometimes help with the morning nausea. You may find that waking up to these scents helps reduce nausea.

**Swelling and water retention and Pregnancy Edema:** Lemon- use a few drops in water internally on a daily basis. “Liquid Sunshine”, super antioxidant and antibacterial properties. You can also use three drops of Geranium, Ginger, Lemon and Lavender in a roller bottle with fractionated coconut oil and roll on ankles and feet a few times a day especially at the end of the day, and massage feet and ankles in an upward movement toward the heart. Place a drop of each over your heart.

**Heartburn & morning sickness:** DigestZen and/or Peppermint a drop under the tongue, rubbed on abdomen, a few drops in a capsule a couple times a day, or rubbed on the bottoms of your feet. You can also fold a tissue into a small square or cup your hands and add three drops of peppermint essential oil. Inhale as needed for either. Another option is: If you can tolerate it, add three drops of peppermint essential oil in a glass of water and sip throughout the day.

**Restful Sleep and/or insomnia:** Serenity especially nearing delivery

**Low Back & Leg Pain & Pressure:** Deep Blue & AromaTouch nightly massage is wonderful! Sciatica: Mix three drops of essential oil with 1 tbs carrier oil and apply to the painful location. Rubbing a few drops of geranium on the painful location and then soak in a bath of epsom salts with lavender.

**Congestion:** Breathe. Add a few drops to your diffuser, cup of your hands or bowl of hot water and inhale steam. Place a drop of clove and thyme on the tips of your middle finger and index finger, walk middle of the nose up and out towards the cheek bones.

**Depression:** Place 3 drops of Lavender or Elevation and mix it with a carrier oil. Then massage it into upper back, neck and face and avoiding eyes. Wear as a perfume or diffuse Citrus Bliss.

**Avoiding Stretch Marks:** Add 2-3 drops of each Helichrysum, Lavender, Frankincense, 1 cup Virgin Olive Oil, and liquid from 6 capsules Vitamin E and 4 capsules Vitamin A. Apply a couple times a day starting when you feel like it.

**Emotional Stress:** Add 2 drops of either Lavender or Elevation to a carrier oil and massage into wrists, neck and around ears.

**Gas (flatulence):** Mix 1 drop of peppermint in 1 tsp. of honey. Stir into a small glass of warm water.

**Group Beta Strep:** Mix 3 drops of OnGaurd and 3 drops of Oregano and rub into the soles of the feet morning and night.

**Hemorrhoids:** Mix 3 drops Aromatouch and 5 drops geranium to 1 tbsp. carrier oil and apply to the area with hemorrhoids or you can do this and then soak in a sitz bath.

**High Blood Pressure:** Put 3 drops of ylang ylang to 2 tbsp of bath salts and mix with bath water. Bathe in the evening 2x a week.

**Toxemia:** Mix 2 drops oil to 2 tsp. of carrier oil. Massage into abdomen and bottoms of feet.

**Insomnia:** Put 3 drops of either lavender or ylang ylang to 1 tbsp carrier oil and do a full body massage. Diffuse either of these oils in the air. You can also spritz your pillow with Serenity.

**Yeast Infection:** Mix 3 drops of melaleuca and 1 drop lavender with 2 tbsp of bath salts. Add to warm water and soak for 10 min.

# Labor

**Pre-term labor:** Lavender and Serenity. Mix 3 drops of lavender into a carrier oil more and massage from the legs from the ankles up toward the heart. You can also --Birth

**Breech baby:** Mix 5 drops of Myrrh w 1 tbsp. of carrier oil. Massage abdomen in a circular motion ending with visualizing the baby head down.

**Induction and speed up slow labor:** Clary Sage- it is a uterine tonic. Place a drop on ankle reflex points.

## Precautions

The following pressure points should not be accessed before you reach your 40th week of pregnancy.

Always check with your doctor or midwife before doing anything to stimulate contractions

Pressure points may feel tender, but it should not hurt you. If you feel pain, reduce pressure and make sure you have the right spot!

If a contraction starts, stop the pressure and wait until the contraction ends. Then you can apply pressure again.

## Reflexology Points

***Thumb Point:*** Press firmly on the center of your thumb for a few minutes, then switch to the other thumb. This is one of the most effective points used in reflexology for inducing labor. It stimulates the pituitary gland to release oxytocin, one of the main hormones that causes the uterus to contract.***Arch of Foot:*** This point is located inside the arch of the foot, just in front of the heel. Apply firm pressure, but not so hard that it causes pain. This point is also very helpful in relieving intense pain during childbirth.***Inside Heel:*** Apply pressure to the point just inside the heel of the foot, aligned with your ankle. If it feels tender you've found the right spot.***Between Toes:*** Apply pressure one finger's-length below the point between the big toe and the second toe. This point will also be tender when you find it.

## Acupressure Points

***Webbing between your thumb and forefinger.*** Press or massage the top of this webbing. This point affects the large intestine which surrounds a portion of the uterus, stimulating contractions.***Shoulder muscle.*** Press and massage the highest point of your shoulder muscle.***Inside ankle.*** Find the point four finger's-width above the inside of your ankle. Apply pressure; it helps ripen the cervix and strengthen weak contractions.***Outside ankle.*** To help the baby descend toward the pelvis, put pressure on the point between your ankle bone (outer ankle) and Achilles tendon (which runs up the back of your leg).***Lower back.*** This point is actually located one finger's-width above your buttocks crease. Feel for a small indentation and massage for a minute.***Roof of Mouth.*** Using your tongue, press on the roof of your mouth with your tongue as far back as you can. This is a handy one you can use as you go about your daily routine

**To calm and focus Mom:** Use Balance. You can diffuse or just open the bottle for smelling

**Energy for and during labor:** Peppermint topically, in water, or diffused.

**Labor room or area:** Diffuse 5-7 drops of either Serenity or Elevation into the air with a diffuser to improve the overall calmness, peacefulness and happiness in the room.

**Back Labor:** Use a few drops of Peppermint and/or Deep Blue and massage back and apply pressure. This will relieve some of the discomfort especially with a posterior baby.

**Labor pains:** You can use lavender and/or clary sage and put in with 2 tablespoons of bath salts and soak in bath. Mix 2 drops of balance in 1 tbsp of carrier oil and massage hips, bottoms of feet and abdomen. Or use a warm compress and apply 2 drops of whisper or ylang ylang and place the wet cloth on the abdomen or back as desired.

**Perspiration (Excess):** Add 2-3 drops of lavender to a bowl of slightly warm water. Dip a washcloth into the bowl and wipe off excess perspiration. This will also CALM the mother down as well.

**Hyperventilation:** You can use 1-2 drops of any of these essential oils (ylang ylang, geranium, wild orange or breathe and place it on a tissue or cup your hands and have mom inhale.

**Anxiety:** Add 2 drops of any of these oils (lavender, wild orange, serenity) in a bowl of cool water. Soak a washcloth in the water, wring it out and use it to mop the face as desired.

**To avoid or minimize tearing:** Mix 5 drops of clary sage and 2 drops of geranium with 2 tbsp or carrier oil massage hourly into the perineal area. If mother has torn, you can mix a few drops of Helichrysum and place it on a warm compress on the perineal area. If hemorrhaging, seek medical attention immediately. Have mother take an 00 capsule of helichrysum oil internally.

**Uterine massage:** Mix 5 drops of lavender, 7 drops of whisper with 2 ½ tbsp or carrier oil and massage abdomen until uterus is well contracted and firm.

## Post-Partum-Mom

**After birth bleeding:** Clary Sage, Helichrysum, and Ylang Ylang this tones things back up quickly. Place mix on ankle reflex points.

**Pain and inflammation:** Lavender and Frankincense on frozen feminine pads for soothing, healing, and inflammation for immediately after the birth

**Cramping & Abdominal Pain:** Deep blue (along with acetaminophen and ibuprofen for the first 48 hours) rubbed directly on lower abdomen

**Hemorrhoids:** Cypress, Geranium, Clary Sage, Helichrysum- 1-2 drops of each in a spray bottle base of Fractionated oil for Hemorrhoids. Apply each time you use the restroom.

**Nipple Soreness-** Helichrysum & Lavender for breastfeeding soreness (brings healing and elasticity- cut down soreness to 2 days vs. 10-14 days)

**Dried or cracked nipples:** Mix 5 drops of any of these oils (geranium, myrrh, sandalwood or balance) with 1 tbsp carrier oil. Clean oils off before nursing.

**Engorgement:** Add 2 drops of lavender oil and 2 drops of geranium to one cup hot or cold water. Soak a washcloth in the solution, wring out and apply washcloth to breasts. After try to gently express some milk.

### **Lactation:**

*Increase-* Mix 5-7 drops of any of these oils (fennel, basil, clary sage or geranium) with 1 tbsp carrier oil. Massage breasts, lymph area above breasts and upper back along the spine. Repeat daily for up to 10 days. Wash the oil off the nipple area before nursing.

Also you can mix 2 drops fennel oil with 1 tsp. of honey and swallow. Follow this with a glass of water. Repeat 3-5 times daily for up to 3 days.

*Decrease-* Mix 3-4 drops of peppermint with 1 c. cold water. Soak washcloth in the mixture, wring it out and apply to breasts. Wash the nipple off before nursing.

**Perineal Healing:** Mix 2 drops of cypress and 2 drops of lavender with ½ tsp. of bath salts. Add to warm sitz bath and soak for 10-15 min. Repeat up to 3x a day.

**Yeast infection:** avoid and kill-Melaleuca in the squirt bottle when urinating. Mix with Fractionated coconut oil for Diaper rash.

**Post partum Depression:** Disperse 5-7 drops of essential oils in the diffuser 3x a day ( either citrus bliss, elevation, clary sage or bergamot). Mix 6 drops of either orange, geranium, elevation or frankincense with 1 tbsp of carrier oil and massage neck, shoulders and feet. Repeat up to 3 times daily.

# Baby

**Umbilical Cord:** Myrrh serves as a liquid band-aid, (avoids infection & cord fell off in 3 days vs. 7-9 days)

**Birth trauma relief:** Balance along the spine and bottoms of baby's feet--"Chiropractor in a bottle"

**Thrush (in mouth):** Mix 1 drop of melaluca, 1 drop of lavender and 2 drops of vit E oil with 1 tsp garlic oil. Apply 1 drop of this mixture to mother's nipples before nursing.

**Calming:** Frankincense and lavender on the bottoms of the feet.

**Colic:** Mix 1 drop of any of these essential oils ( citrus bliss, wild orange and/or lavender) with 1 tsp carrier oil. Apply a small amount on the stomach and back. Use a warmcompress to keep babies abdomen warm. Burp baby as baby needs if gas pains seem to exist.

**Crying:** Diffuse a few drops of Serenity or Lavender in the room where infant is.

**Fever:** Mix 1 drop of lavender to 1 tbsp of carrier oil apply to the bottoms of the feet, the back of the neck and behind the ears.

**Diaper Rash (yeast):** Mix 1 drop of melaluca with 1 tbsp of plain yogurt and apply to the bottom area (avoid genital area)**Other diaper rash:** mix 1 drop or lavender and 1 drop of roman chamomile with 2 tbsp of carrier oil. Avoid the genital area and change diaper frequently.