

Birth Essentials

Lavender

- Most versatile of all known essential oils
- Calming, relaxing, mood elevating, and balancing
- Calming to fussy babies
- Promotes restful sleep (diffuse, put a few drops on bottom of feet or pillowcase)
- Soothes sore breasts

Try This! Apply a few drops of lavender to back of neck, feet or on a cotton ball to calm early labor jitters.

Clary Sage

- Tones uterus
- Promotes more efficient contractions
- Initiates milk production

Try This! Rub on inner ankles to regulate contractions and promote a healthy labor pattern.

Geranium

- Affects emotional balance
- Relaxing and sedative
- Helps with breast engorgement
- Fosters peace, well being and hope
- Great to use during pregnancy

Try This! Put several drops of geranium in olive oil and massage on peri area to increase elasticity.

Ylang Ylang

- Calming and relaxing
- Affects emotional balance
- Alleviates frustration
- Promotes calm breathing

Try This! Put 3 drops ylang ylang in bath water and bathe 2 times per week in the evening to support the circulatory system.

Roman Chamomile

- Relieves sore nipples
- Increases sense of courage- great for labor!
- Creates an atmosphere of peace and patience
- Calming and relaxing

Try This! Combine 2 drops of Roman Chamomile, Geranium, and Lavender in 2 tsp fractionated coconut oil and use for massage to increase energy.

Myrrh

- Acts as a “liquid band aid” for umbilical cord
- Calming and relaxing
- Promotes awareness

Try This! Put a couple drops of Myrrh on a cotton ball and inhale to assist a stalled labor.

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Basil

- Uplifting and energizing
- Helps with mental fatigue
- Eases anxious feelings
- Promotes concentration
- Eases pain during transition

Try This! Place 1-2 drops in carrier oil and apply on temples or abdomen during transition.

Helichrysum

- Soothes pain
- Pregnancy mask
- Supports perineal tissues
- Eases breast soreness
- Promotes healthy circulation

Try This! Place 1-2 drops on lower back or use in massage to support localized blood flow.

Cypress

- Relaxing
- Increases energy
- Promotes healthy fluid movement
- Promotes healthy circulation

Try This! Massage on area to soothe muscles.

Peppermint

- Relieves morning sickness
- Boost stamina and restores mental alertness
- Cools fever
- Helps ease pain
- Great for back labor

Try This! Put a few drops on lower back to help encourage a posterior baby to turn.

Frankincense

- Stimulating and elevating to the mind
- Promotes feelings of satisfaction and peace
- Eases back labor
- Promotes wellness in baby

Try This! Diffuse Frankincense to promote a calm, peaceful and grounded environment.

Grounding Blend- ***must have!***

- Balances electrical energies in the body
- Eases anxious feelings and nervousness
- Great for newborn
- Increases sense of courage

Try This! Put a drop of Balance on the bottom of feet to help keep emotions in balance- not just for mom- dad, doula and midwife too!

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Calming Blend

- Peaceful and calming
- Helps with anxious feelings and stress
- Promotes restful sleep
- Use topically, or aromatically

Try This! Inhale to reduce jitters and anxious feelings.

Joyful Blend

- Uplifting and mood elevating
- Aids with anxious feelings
- Promotes feelings of happiness

Try This! Inhale or use topically to revitalize mood, ease anxious feelings, increase energy, and promote a sense of courage and self-worth.

Soothing Blend

- All around soothing and cooling
- Try massaging on lower back during labor

Try This! Massage on abdomen for postpartum soothing.

Important Note!

Please make sure to do due diligence when purchasing essential oils. Make certain that the oils you buy are thoroughly tested and guaranteed pure and potent. Otherwise, you risk negative side effects and poor results. If you have any questions, feel free to contact Stephanie at:

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