**Essential Oils and Pregnancy**

Listed below are some of the benefits and therapeutic effects of the essential oils recommended for use during pregnancy. Remember to use only ½ of the recommended dosage during pregnancy.

**Bergamot** - Analgesic, antiseptic, antidepressant, uplifting, and refreshing. Helpful for cystitis during pregnancy.

**Chamomile** - Antiseptic, analgesic, anti-inflammatory and antispasmodic. Soothes pain from muscular aches, headaches, toothaches and indigestion.

**Cypress** - (OK after 5 months) Antiseptic, antispasmodic, astringent and diuretic. Helpful for varicose veins, hemorrhoids and swollen ankles.

**Eucalyptus** - Antiseptic, antibiotic, analgesic, anti-inflammatory, antiviral. Helpful with respiratory congestion.

**Frankincense** - Antiseptic, astringent, sedative, warming.

**Geranium** - (OK after 3 months) Antiseptic, antidepressant, astringent, refreshing, uplifting. Eases aching legs and is good for poor circulation.

**Grapefruit** - Astringent, digestive aid, lymphatic stimulant. Helps with water retention.

**Lavender** - Antiseptic, antibiotic, analgesic, antidepressant, healing, relaxing. Helps soothe aches and pains of pregnancy, encourages cell renewal and helps with fluid retention.

**Lemon** - Antiseptic, antibacterial, antifungal, astringent, stimulant, tonic. Useful as an inhalant for morning sickness and in massage for varicose veins.

**Mandarin** - Antiseptic, refreshing, tonic, mild relaxant. Can ease fluid retention in leg and ankle massages.

**Neroli** - Antiseptic, antidepressant, antispasmodic, anti-inflammatory, relaxing. Useful in pregnancy to promote healthy skin cell regeneration and for easing nervous tension.

**Patchouli** - Antiseptic, antidepressant, anti-inflammatory, nerve sedative. Eases confusion, indecision and apathy.

**Petitgrain** - Antiseptic, antidepressant, sedative, refreshing, tonic. Helpful in dealing with pre or postpartum depression.

**Rosewood** - Antiseptic, sedative.

**Sandalwood** - Antiseptic, anti-inflammatory, antidepressant, sedative. Helpful for cystitis during pregnancy.

**Tangerine** - Antispasmodic, lymphatic stimulant, calming, sedative. Helps to prevent stretch marks.

**Tea Tree** - Antibiotic, antiseptic, antifungal, antiviral, disinfectant. Can be used to treat thrush during pregnancy.

**Ylang Ylang** - Antiseptic, antidepressant, aphrodisiac, sedative, lowers blood pressure. Restorative when overworked or tense.

**For Relaxation** - In a bath use a few drops of a single oil or combination oils with each other from the following: Chamomile, lavender, rosewood, geranium, clary sage.

**Stretch Mark Prevention** - Choose a base oil like almond, grape seed, safflower or sesame. Add 5-6 drops of a relaxing essential oil or rose, sage or tangerine oil. Massage the oil mixture all over your body once daily. Do not apply to your face.

**Oils to avoid during pregnancy:**

Anise

Bay

Basil

Camphor

Caraway

Carrot

Cedarwood

Cinnamon

Clary Sage

Clove

Comfrey

Cypress

Fennel

Hyssop

Jasmine

Juniper

Marjoram

Mugwort

Myrrh

Nutmeg

Oregano

Pennyroyal

Peppermint

Rosemary

Sage

Sassafras

Tansy

Thuja

Thyme

Wintergreen

Wormwood

Yarrow

**Oils to avoid in first trimester:** Chamomile, Frankincense, Geranium, Melissa, Rose