

Oils for Pregnancy/Labor/Children

(JM)=Joyful Mountain; (D)=DoTerra (YL)=Young Living

Do Not Massage with During Pregnancy(International Federation of Professional Aromatherapists):

Anise Star	Hyssop	Sweet Birch
Aniseed	Mugwort	Tansy
Camphor	Oregano	Tarragon
Cinnamon	Parsley	Thuja
Clove	Pennyroyal	Thyme
Cumin	Sage	Wintergreen
Fennel	Savoury	Wormwood

Phenols are not safe unless infection is present. Oils with phenols include: Oregano, thyme, savoury, clove, cinnamon, cumin, aniseed, fennel, anise star, sweet birch, wintergreen.

Sage and Hyssop can be store in the body so avoid (Spanish Sage/Sage Lavender is ok).

Fennel can be stored in the body, so use very short term, in blends.

Many rosemary oils have camphor.

Pregnant women have more melanin stimulating hormone levels, so they are more likely to sunburn (citrus oils).

Oils Ok for Pregnancy:

Abdominal Discomfort:

Digestion (JM)	Juniper
Benzoin	Ginger
Digestzen (D)	Lavender
Digize (YL)	Peppermint

Aches/Pains/Muscle Cramps:

Tired and Sore (JM) (deep tissue pain)	My Aching Balm (JM) (muscle pain, deep tissue, inflammation)
Medic (JM) (muscle pain due to overuse)	Past Tense (D) (tension)
Deep Blue (D) (inflammation/tissue damage)	Peppermint (headache)
Chamomile	Valor (YL) (back pain)
Deep Relief (YL) (deep tissue pain)	Courage (JM) (back pain)
Geranium	

Anxiety:

B’Nai Shalom (JM)	Courage (JM)	Calm (JM)
Vetiver	Let Go (JM)	Relax and Unwind (JM)

Citrus Splash (JM)
Balance (D)
Forgiveness (YL)
Frankincense
Harmony (YL)

Inner Child (YL)
Lavender
Neroli
Patchouli

Present Time (YL)
Release (YL)
Serenity (D)
Valor (YL)
Ylang Ylang

High Blood Pressure:

Aroma Life (YL)
L'Chaim (JM)
Ylang Ylang

Cystitis (Bladder Infection):

Bergamot
Purity (JM)/Purify (D)/Purification (YL)
Oregano
Protect (JM)/ On Guard (D)/ Thieves (YL)
Sandalwood

Fluid Retention:

Geranium
Grapefruit
Lavender
Mandarin

Heart Burn/Acid Reflux:

Lemon
Digestzen (D) – short term
Digestion (JM) – short term
Peppermint
Petitgrain
Roman Chamomile
Sandalwood

Massage (International Federation of Professional Aromatherapists):

Benzoin
Bergamot
Black Pepper
Chamomile
Clary Sage
Cypress
Eucalyptus
Frankincense

Geranium
Ginger
Grapefruit
Juniper
Lavender
Lemon
Mandarin
Marjoram

Neroli
Petigrain
Rose Otto
Sandalwood
Sweet Orange
Tea Tree (Melaleuca)
Ylang Ylang

Morning Sickness:

Cilantro
Digestion (JM) – short term
Digestzen (D) - short-term
Ginger
Lemon
Mandarin
Orange
Peppermint
Petitgrain

Skin Blemishes/Dry Skin:

Bottom Balm (JM)
Lotion Bars (JM)
Gardener's Hands (JM)
Lavender
Melaleuca (Tea Tree)
Palmarosa
Frankincense

Stretch Marks:

Bottom Balm (JM)
Frankincense
Immortelle (D)
Lavender
Myrrh
Roman Chamomile
Rose
Tangerine

Vericose Veins/Spider Veins:

Citrus oils
Cypress
Helichrysum

Labor/Delivery:

Testimonials I found online in various places:

+For relief during active labor, we applied a blend of peppermint, helichrysum, clary sage, ylang ylang, and fennel to acupuncture points, abdomen, and lower back for significant relief. Applied to the acupuncture points, especially L1-4 point on both hands (and for extra effect added an ice cube on top).

+Lavender oil rubbed on feet and also hot towels that have lavender oil on them feel really good on abdomen

and perineum while having contractions. A Crockpot of the lavender towels is a good idea to keep on hand during labor.

+ Peace & Calming* helps to keep me calm during labor, and clary sage helps to keep the contractions consistent. *Calm (JM)/B’Nai Shalom (JM)/Frankincense Boswelli (D)

+Clary sage oil massaged into the back seems to help with the labor pains, especially as the baby is moving through the pelvis causing back pressure.

+Gentle Baby (diffused, rubbed onto feet/put on cloth to sit on mother’s shoulder)

+We Used:

15 drops of Peace & Calming in the water

sprinkle lavender and clary sage in the water

Valor applied to back and massaged into neck and shoulders

Apply jasmine, fennel, ylang ylang, Surrender, and lots of clary sage

+I am a birth doula, so I use oils all throughout labor, birth, and immediate postpartum. I have had the best experiences with:

1. Valor: Unmedicated moms during transition: "I can't do it anymore."

2. Clary sage: Helping encourage contractions or stronger contractions in early labor, especially in moms whose membranes have broken before labor. Also great for encouraging contractions during the third stage of labor to help the uterus release the placenta.

3. Aroma Life: Excellent for helping moms maintain normal blood pressure, especially toward the end of pregnancy and in labor.

4. Peppermint: FANTASTIC for nausea in labor.

5. Present Time: Great for a mom who is unable to stay in the moment and is concerned about "how much longer" in labor.

+Clary Sage assists with effectiveness of contractions and brings on labor (once it’s started). It’s relaxing. It is especially effective with geranium and lavender all together.

Father To-Be:

Balsam Fir

Calm (JM)

Sacred Mountain (YL)

Spruce

Courage (JM)

Clarity (YL)

Lavender

B’Nai Shalom (JM)

Uplift (JM)

Frankincense

Relax and Unwind (JM)

Walk in the Woods (JM)

My Aching Balm (JM)

Balance (D)

Acceptance (YL)

Tired and Sore (JM)

Stress Away (YL)

Surrender (YL)

Post Partum:

After Birth Pads (Wet 6 pads and put into freezer on a cookie sheet or in Ziploc bags. Use as ice packs.):

12 oz. squirt bottle (fill with oils and top with water)

12 drops Lavender

12 drops Peppermint

5 drops Frankincense

12 drops Geranium

5 drops Helichrysum

Depression/Stress:

Let Go (JM)

B’Nai Shalom (JM)

Citrus Splash (JM)

Courage (JM)

Calm (JM)

Lavender

Peppermint

Bergamot

Frankincense

Frankincense Boswellia (D)

Stress Away (YL)

Balance (D)

Peace and Calming (YL)

Patchouli

Petitgrain

Ylang Ylang

Forgiveness (YL)

Harmony (YL)

Inner Child (YL)

Present Time (YL)

Release (YL)

Valor (YL)

Hemorrhoids:

Cypress

Helichrysum

Hemorrhoids No More (Forces of Nature)

Rhoid Relief (Forces of Nature)

Make witch hazel pads using cosmetic circles soaked in witch hazel and a few drops each of chamomile, helichrysum, cypress, frankincense), place in container and store near the toilet. 😊

Increase Milk Production:

Basil

Cinnamon

Fennel

Mastitis:

Infection (take internally or rub on feet – NOT on breast):

Frankincense/Oregano/Thyme

Protect (JM)/Thieves (YL)/On Guard (D)

Fever:

Peppermint (temples/feet)

Inflammation:

Extinguish (JM)

Frankincense

Melrose (YL)

Infant/Child Care:

Kids' First Aid Kit:

Lavender - (burns/bruises/cuts/calming)
Frankincense - (infection/warts/calming)
Helichrysum - (blood)
Peppermint - (headache/fever/rashes/digestion)
B'Nai Shalom (JM)/Peace and Calming (YL) – (calming/relaxing)
Purity (JM)/ Purify(D)/Purification (YL)/ – (cleaning/stings/bites)
Protect (JM)/Thieves (YL)/ On Guard (D) – (protection against illness/infection)
Wintergreen – (pain)
Tea Tree – (ear infection/skin)
Congestion (JM)/ R.C. (YL)/ Breathe (D)/ Breathe Again (YL) – (cough/sinus infection/difficulty breathing)
Inhale (JM)/ Raven (YL) – (bronchitis/pneumonia/deep chest congestion)
Extinguish (JM)/Melrose (YL) – (inflammation)
Bottom Balm (JM) – (everything from itchy skin to rashes and boo-boos)
Pain Out (JM)/ PanAway (YL) – (serious injuries like sprains/torn muscles/broken bones)

ADD/ADHD:

B'Nai Shalom (JM)
Courage (JM)
Balance (D) – (calming)
Cedarwood– (calming)
Frankincense Boswellia (D) – (calming)
Neroli– (calming)
Calm (JM)
Peace and Calming (YL) – (calming)
Vetiver - (on brain stem)

Allergies:

Lavender
Lemon
Peppermint

Bloody Nose:

Helichrysum (on cloth, held up to nose)
Geranium (on cloth, held up to nose, may burn a little)

Broken Bones:

Pain Out (JM)	PanAway (YL)
Lemongrass	Peppermint
Helichrysum	Wintergreen
B'Nai Shalom (JM)	Extinguish (JM)

Bruise/Burn/scars:

Extinguish (JM)
Lavender

Chemical-Free Cleaning:

Purity (JM)/ Purify (D)/ Purification (YL)
Lemon
Protect (JM)/Thieves(YL)/ On Guard (D)
Tea Tree

Colic:

B'Nail Shalom (JM)
Calm (JM)
Chamomile
Gentle Baby (YL)
Lavender
Relax and Unwind (JM)
Tranquil (YL)
Peace and Calming (YL)
Serenity (D)

Cough/Congestion:

Breathe (D)
Congestion Balm (JM)
Breathe Again (YL)
Congestion (JM)
Peppermint
R.C. (YL)

Cradle Cap:

Bottom Balm (JM)
Tea Tree

Deep Chest Congestion:

Inhale (JM)
Raven (YL)
Deep Blue (D)

Ear Infection:

Oregano – not in ear
Protect (JM) /Thieves (YL) /On Guard (D) – not in ear
Tea Tree (drop onto cotton swab and swab ears)
Frankincense

Eczema/ Rash:

Bottom Balm (JM)
Lavender
Straight carrier (almond/olive/coconut)

Eye Infection (no oils in the eyes!):

Frankincense
Lavender
Tea Tree

Fever:

Peppermint (on feet/temples/spine)

General Illness (Flu):

Frankincense
Oregano
Thyme
Peppermint on navel (throwing up)
Protect (JM)/Thieves (YL)/On Guard (D)
Raindrop Massage

Jaundice:

Geranium
Lemon

Testimonial:

My phone rang at 10:30 at night. Friend said, "I have an embarrassing question to ask.". I said. "shoot!" After hemming and hawing for a minute and me assuring her that we had gone thru enough together that I would not be offended at whatever it was... she finally asked "Do you know what an enema is?". I about died laughing! I said, "Of course I know what an enema is, my whole family uses them when we are sick!" "Oh, then you know how to give one?" "Of course!", I replied. "To a baby?" "Of course!" I left with every oil I have. I got there and she started gushing, "I did it, and she felt better, I could tell!" "She was so patient, and felt such relief, I am so glad I did it!" I asked her what baby's poop had looked like and she told me it was still meconium.! We talked about it and she agreed that her others had cleared their meconium a lot sooner, and that this might be 'part of the problem'. I asked if she wanted me to help her do another enema and she agreed. I then rubbed Peace & Calming all over both of us moms first. I put Valor on baby's feet and then opened my Lavender. I rubbed Lavender on her head and down the bridge of her nose. I had no idea why, it just felt right. By the time I could get the cap back on my Lavender, baby's eyes were FLOWING yellow goop. I mean flowing, like tears! Friend said, "Wait, this is making her sick, it is bothering her eyes." I said "NO!!! That is the billiruben! Look!" Sure enough, it was, just yellow gunk pouring out the closest outlet it could. It ran for a few minutes while baby laid there totally content and cooing. Then it slowed down. I suggested we do another enema to see if that would help. We got our distilled water warm and I put a few drops of Endo Flex in the water. We sucked up the oil and did another baby enema. She was still passing almost straight meconium. While she worked the water out, I rubbed a few drops of Frankincense down her spine then added some Cederwood. We then put Release over her liver and Lavender all over her belly, two or three drops of each. We put Endo Flex on her feet and Rosemary on her back. When we took that diaper off, she had urinated so much that the whole diaper was almost orange! The billiruben was just FLOWING out of this tiny body! We did one more enema and that one almost looked green instead of like black tar. I asked her what oils she wanted to keep, and she chose Rosemary and Endo Flex and Lavender. She rubbed them on baby all evening and whenever she woke to nurse.

Joyful Mountain
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Poison Ivy/Poison Oak:

Peppermint (neat)

Stings/Spider Bites/Snake Bites:

Purity (JM)/ Purify (D)/ Purification (YL)
Peppermint

Teething:

Chamomile
Lavender
Clove
Protect (JM)/Thieves (YL)/On Guard (D)

Thrush:

Lemon
Tea Tree

Upset Tummy:

B’Nai Shalom (JM)
Digestzen (D)
Digestion (JM)
Di-Gize (YL)
Ginger
Lavender
Peppermint