

Aromatherapy in Pregnancy and Labour

Aromatherapy is wonderfully suited to helping alleviate many ailments in pregnancy through gentle massage and the use of essential oils. Pregnancy can be a truly amazing time, filled with wonder as your baby begins to grow miraculously inside you and joy at the anticipated arrival.

However, eight months in and unable to see your toes, constant backache, bloating and swelling, indigestion, constipation, tiredness, sickness, wild hormones and a whole variety of other ailments throws a shadow of doubt over the whole blooming pregnant woman image. Gentle massage with pure carrier oils and the use of essential oils can help alleviate a lot of discomfort and increase the pleasure of pregnancy.

DISCLAIMER - All material presented in this article is intended for informational purposes only. It is not intended as, and should not be used as a substitute for professional medical diagnosis and advice.

What are Essential Oils?

Essential oils are extracted from the leaves, stems, flowers, roots and body of plants and trees.

They are highly concentrated, often one or two drops is enough for a desired result. They can be used in vaporisers, bath, placed on bedding, clothes and tissues for inhalation, massage oils and spray bottles with water or floral water.

Safety Guidelines:

- 🕒 Do not use essential oils in pregnancy for the first 12 weeks.
- 🕒 Use only good quality pure essential oils, not 'fragrance' oils, and pure cold pressed vegetable carrier oils such as sunflower and sweet almond oils.
- 🕒 Essential oils should not be taken orally or used undiluted on the skin. Keep out of eyes and away from children.
- 🕒 Seek the guidance of a qualified aroma therapist for specific ailments and more advice.

Using Essential Oils in Pregnancy and Labour:

Massage Blend 2-3 drops essential oils with 10mls carrier oil

Bath Use 4-6 drops in 5mls carrier oil

Inhalation Place 1 –2 drops on a tissue or pillow

Vaporisation E.g. Oil burner Place 4-6 drops of essential oils in water

Helpful Essential Oils in Pregnancy:

Lavender (*Lavandula angustifolia*)

Main properties: pain relieving, encourages cell renewal, muscle relaxant, tonic, antibacterial, antiseptic, antiviral, relaxing, anti depressant.

Use for: backache, headaches and migraines, muscle and joint pain, insomnia, colds and coughs, depression, stretch marks, infections.

Roman Chamomile (*Anthemis nobilis*)

Main properties: anti-inflammatory, pain reliever, muscle relaxant, antibacterial, calming and soothing to the emotions.

Use for: backache, aches and pains, headaches, wind/colic, constipation, breast pain and swelling, cystitis, nasal congestion, dry skin, to ease worries, irritability and stress.

Frankincense (*Boswellia carterii*)

Main properties: pain relieving, encourages deep breathing, rejuvenating, antibacterial, comforting.

Use for: aches and pains, stress, panic, anxiety, skin tone and stretch marks, meditation.

Bergamot (Citrus bergamia)

Main properties: pain relieving, anti depressant, uplifting, antibacterial.

Use for: Sadness and depression, cystitis, aches and pains, colic, indigestion
NOTE: Do not apply to the skin if going out in the sun within 24hrs unless you are using Bergamot FCF (Bergaptene Free-the constituent which causes sun sensitivity).

Geranium (Pelargonium graveolens)

Main properties: balancing, uplifting, pain relieving, improves circulation, anti-inflammatory.

Use for: backache, painful swollen breasts, cystitis, swollen ankles (gently massage towards the heart), colds, sore throats, and infections.

Labour

Essential oils can be used when in labour to help relieve pain and cramps, aid breathing and for their relaxing and calming properties.

A suggested massage oil blend especially for backache in labour:

- 👉 30mls carrier oil
- 👉 4 drops lavender
- 👉 2 drops roman chamomile
- 👉 2 drops frankincense

A suggested massage oil blend to ease stress and promote relaxation, as well as relieve pain:

- 👉 30mls carrier oil
- 👉 2 drops neroli (or 3 drops petitgrain)
- 👉 2 drops frankincense
- 👉 3 drops lavender
- 👉 1 drop bergamot

ALL OF THESE OILS ARE AVAILABLE TO BUY INDIVIDUALLY OR IN A GIFT PACK ON THIS WEBSITE – HAVE A LOOK THROUGH THE ‘PAMPERING’ SECTION AND TREAT YOURSELF

www.littlepebbles.com