

# Essential Oils in Pregnancy

ESSENTIAL OIL	BENEFITS	USES	SUITABILITY
BERGAMOT	Uplifting, refreshing	Cystitis, skin irritations, anxiety	Postnatal use, babies and children (if oil diffused in air)
CALENDULA	Antiseptic, healing.	Stretch marks, nappy rash, skin irritations	Advanced pregnancy, babies and children
CHAMOMILE ROMAN	Calming, soothing, anti-inflammatory, very gentle	Nausea, postnatal breast care, nappy rash, dry skin, insomnia, morning sickness.	Pregnancy, babies and children
CLARY SAGE	Antispasmodic, astringent, euphoric, uplifting	Menstrual pain, pre-menstrual, tension dry skin stress anxiety depression	Late stages of childbirth. Postnatal use
CYPRESS	Astringent, warming	Perineum healing, haemorrhoids, anxiety, tension	For pregnancy if secure after five months, post natal use.
EUCALYPTUS	Anti bacterial, antiviral, decongestant, energising	Colds, fever, asthma, sinusitis, wounds, bronchitis	Babies and children (if oil diffused in air)
FENNEL SWEET	Diuretic, hormone balances	Strengthens womb, stimulates lactation, cellulite, oedema	Last weeks of pregnancy. Postnatal use
FRANKINCENSE	Relaxing calming healing comforting	Labour, stress fear	Advanced pregnancy
GERANIUM	Antiseptic, uplifting, antidepressant, hormone balances, stabilising	Dermatitis, eczema, postnatal depression	Advanced pregnancy, childbirth, and postnatal use.

HYPERICUM	Anti –inflammatory, soothing	Stretch marks, skin irritation, nervous tension	Advanced pregnancy
JASMINE	Uplifting, stimulating	Postnatal depression, uterine tonic, coughs, dry skin, dermatitis	Late stages of child birth postnatal use.
JUNIPER	Diuretic, detoxifying	Perineum healing, stretch marks, constipation, cellulite, tension	Postnatal use
LAVENDER	Antibacterial, antidepressant, soothing, calming, balancing, versatile	Headaches pain eczema, insomnia, and nappy rash, postnatal breast care.	Pregnancy, childbirth, postnatal use, babies and children
LEMON	Antiseptic uplifting, cleansing, refreshing	Morning sickness nausea, heartburn, colds, lymphatic tonic	Pregnancy postnatal use babies and children
MARJORAM	Sedating, warming	Insomnia, perineum healing	Postnatal use
MYRRH	Anti fungal, antiseptic, anti –inflammatory, cooling	Nappy rash thrush, skin care	Postnatal use older babies and children
NEROLI	Soothing balancing, healing calming	Dry skin, scars circulation, stretch marks, stress, anxiety	Pregnancy, postnatal use
ORANGE	Uplifting, calming	Skin care stress, insomnia heartburn, lymphatic tonic, anxiety	Pregnancy babies and children (if oil diffused in air)
PEPPERMINT	Anti bacterial, analgesic, decongestant, antispasmodic	Morning sickness, nausea, headaches, indigestion	Late stages of pregnancy
PETITGRAIN	Antidepressant, uplifting, refreshing	Skin care, insomnia, stress, inexpensive substitute for neroli	Pregnancy postnatal use.
ROSE	Antiseptic, anti-inflammatory, antidepressant, soothing, uplifting, hormone balances	Dry skin strengthens womb tension, nausea	Last weeks of pregnancy, childbirth postnatal use

ROSEWOOD	Antiseptic, tonic, sedative, calming	Nervous tension anxiety, stress tiredness, dries skin.	Later stages of child birth
SANDALWOOD	Healing sedative relaxing warming	Skin rash, nausea, heartburn diarrhoea colds nappy rash	Pregnancy, childbirth. Postnatal use, babies and children
TANGERINE OR MANDARIN	Soothing calming uplifting	Stretch marks insomnia, nervous tension, scars	Pregnancy childbirth
YLANG YLANG	Antidepressant, relaxing, sedative, calming	Skin care, insomnia, hypertension, palpitations, and tension.	Advanced pregnancy