

# Quick Guide to Aromatherapy & Essential Oils



during Pregnancy, Birth & Breastfeeding

## *Essential Oils that are Helpful:*

### **During Pregnancy:**

- benzoin
- Roman (not German) chamomile
- cypress
- Douglas fir
- silver fir
- Fragonia
- geranium
- ginger
- grapefruit
- juniper (berry)
- lavender
- lemon
- mandarin
- neroli
- sweet orange
- palmarosa
- patchouli
- pine
- rose
- rosewood
- thyme ct. linaool
- ylang ylang
- peppermint

### **During Labor:**

- clary sage
- geranium
- jasmine
- lavender
- neroli

### **Postpartum Care:**

- Roman chamomile
- clary sage
- frankincense
- geranium
- grapefruit
- lavender
- patchouli
- rose

## *Do NOT Use During*

### *Pregnancy or Breastfeeding:*

- aniseed
- star anise
- basil ct. linalool
- bay laurel
- birch, sweet
- carrot seed
- cinnamon (bark)
- fennel
- hyssop
- jasmine (absolute)
- Spanish lavender (Lavandula stoechas)
- lemongrass
- Litsea cubeba
- melissa
- myrrh
- myrtle
- parsley
- pennyroyal
- ravintsara
- sage
- Spanish sage
- savin
- tansy
- tea tree, lemon-scented (Leptospermu petersonii)
- thuja
- thyme, lemon
- verbena, lemon
- wintergreen
- wormwood
- yarrow