

# Oils & Pregnancy

## Quality Matters

The better the quality, the better the results. Young Living's Seed to Seal promise:



Young Living owns their own farms.



They never use harmful chemicals on their crops.



They source from the best seeds.



They harvest at peak times to maximize on quality.



They distill and bottle on-site without chemicals.

With Young Living, you can trust the products you use on your body and around your home and family.

## Usage & Safety

- \* Dilute your oils.
- \* Do not put them in eyes or ears.
- \* Follow directions on labels.

### Oils to avoid during pregnancy:

- Basil
- Birch
- Calamus
- Cassia
- Cinnamon bark
- Clary Sage  
*(Can be used during labor)*
- Hyssop
- Idaho tansy
- Lavandin  
*(this is different than Lavender)*
- Rosemary
- Sage
- Tarragon
- Wintergreen



## 3 Ways To Use Essential Oils

The solid-colored labels include aromatic and topical directions.

### Topically

Apply on your skin.

### Aromatically

Use in the diffuser or by inhaling.

### Internally

The labels that are white are from the Vitality line and have dietary instructions on them indicating they are safe to ingest.



# Recipes for your Pregnancy

## More Than a Fragrance

### Uplifting Perfume:

Mix the following ingredients together in a glass spray bottle.

- 4 oz. 100 proof vodka\* or Witch Hazel to emulsify the essential oils
- 20-40 drops of your favorite essential oils
- Top with distilled water
- Shake well and spritz

\* Most vodkas are 80 proof. If you cannot find 100 proof and use 80 proof, you will need to shake your perfume before each use.

## "Me Time" is the best time

### Relaxing Infused Bath Salts:

- 1-2 cups Epsom salt
- 10 drops Lavender or any other calming oil of choice

Add the Essential Oil to the bath salts; shake or stir; then, add the mixture to a warm bath.

## Prepare for the big day

### Perineum Massage Oil:

Massage the perineum with this oil blend for soft expandable skin.

- 8 drops Geranium
- 5 drops Lavender
- 1 oz. V6 carrier oil
- Massage your perineum with this blend along with a spray or two of ClaraDerm three times a day
- Add 5 drops of Fennel to the recipe one week before delivery

## Roller Recipes for Labor

Add essential oils to a glass roll-on container and top with a carrier oil such as Young Living V-6, fractionated coconut, or olive oil.

### Calm

- 10 drops Clary Sage
- 3 drops Peace & Calming
- 5-10 drops Frankincense
- 2 drops Stress Away
- 2 drops Lavender

### Focus

- 5 drops Highest Potential
- 5 drops Present Time
- 5 drops Brain Power
- 5 drops Clary Sage

### Labor

- 10 drops Clary Sage
- 10 drops Gentle Baby
- 5 drops Geranium

NOTE: You can consider adding Dragon Time but it will smell strongly of fennel.

### Tummy

- 8 drops Peppermint\*
- 15 drops Spearmint
- 5 drops DiGize (and more if you enjoy the smell)

\* Peppermint can cause a decrease in milk supply for some. If you have concerns about milk production, please omit Peppermint from your roller.

### Courage

- 25 drops Valor

# Mommy.To.Be Wish List

Must haves for...

## Anytime oils & products

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## Labor

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## Postpartum

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