

AROMAFLEX PRE-MADE SYNERGIES

A combination of 2 or more pure essential oils that can be used in the bath, oil burner, creams/lotions/oils or sniffed straight from the bottle.

SAFE FOR PREGNANCY

Childrens Sleep Easy Synergy:

(can be used for mothers also)

Lavender, Roman Chamomile and Mandarin

Beautiful Feel Good Synergy:

Petigrain, Geranium, Grapefruit, Neroli, & Rose

Healing Synergy:

Patchouli, Ylang Ylang, Grapefruit

Morning Synergy:

Peppermint, Lemon (after first trimester)

Sensuous Synergy:

Ylang Ylang, Sandalwood, Patchouli

Sinus Synergy:

Peppermint, Lavender, Eucalyptus BG (after first trimester)

Uplifting and Soothing:

Orange, Geranium, Ylang Ylang

SYNERGY TO USE DURING LABOUR:

(Either in your burner, bath or birthing pool)

Labour Synergy:

Clary Sage, Spike Lavender, Bergamot, Jasmine

As a general rule, fruit and flowers are safe during pregnancy.

Jasmine is an exception, this is an excellent uterine tonic, and ideal during labour, and after child birth.

If your baby is overdue use 5 drops of Jasmine in 5ml carrier oil. Massage round the ankles and belly 2 to 3 times a day. This will help promote labour. Tried and tested, and works very well. However, if in doubt, contact your nearest qualified Aromatherapist or the team at Aromaflex.

ESSENTIAL OIL AND BABIES

Little babies are very sensitive to essential oils but there is a limited range of oils that are safe to use on them these are:

Roman Chamomile *Anthemis nobilis*

Calming, relaxing, irritability, skin rashes, eczema and sensitive skin.

Lavender *Lavendula angustifolia*

Calming, relaxing, umbilical cord repair, sores, burns, cuts and abrasions. Natural antiseptic.

Mandarin *Citrus reticulata BLANCO*

Is good for the oil burner and massage blends for slightly older babies 3 months plus.

Eucalyptus Blue Gum or Smithii

Is good for the oil burner or on a tissue for cough and colds, sniffles etc...Place 1 drop on tissue between singlet and stretch and grow on chest area for baby, and it will stop the cough.

Use 2 drops in bowl of hot water under the cot, to relieve congestion with baby.

It is very important that you use only a high quality pure essential oils with the Latin name written on the bottle.

Do not use the essential oil neat on your baby's skin, – it must always be diluted. You must take great care to ensure that you do not mix your baby blends too strong – after all we want the essential oils to have positive effects, rather than skin irritation!! Less is more when using Aromaflex quality oils.

To make up an infant baby massage blend mix 2 drops of Essential oil into 30mls of carrier oil – i.e. Jojoba or Apricot Kernel oil. Then massage approximately 2-3mls onto your baby, taking care to avoid the eyes.

If your baby has really sensitive skin, try a little of the massage blend on the forearm of your baby first, just to make sure there is no sensitivity. Wait for 20 minutes to make sure there are no signs of irritation. If there is no signs of redness, discomfort or irritation continue with the massage.

For a baby bath mix 1 drop of essential oil (with a teaspoon of milk, optional, as a dispersant); in warm water.

To calm your baby, use 1 drop each of Lavender and Roman Chamomile in a blend, bath or diffuser.

Note: Roman Chamomile and Lavender Angustifolia are the two most safest of essential oils to use on infants and children.



PREGNANCY
PREPARATION & CARE RANGE

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ESSENTIAL OILS FOR PREGNANCY

As a general rule fruits, flowers, grasses and woods are safe. Avoid strong herbs seeds, spices and resins.

Safe Oils To Use	Avoid
Bergamot—anxiety, stress	Aniseed
Chamomile German—any skin conditions	Basil
Chamomile Roman—relaxing, sleep	Benzoin
Eucalyptus Blue Gum—colds & flu	Birch
Eucalyptus Smithii—respiratory conditions	Cedarwoods
Geranium – too much may cause headaches Avoid first 3 months if uncertain	Sweet Marjoram Use 6 months on
Geranium Rose – calming, balancing Avoid first 3 months if uncertain	Clary Sage Use during Labour
Grapefruit—excellent for circulation	Cassia
Frankincense— assists tissue repair, stress	Clove
Lavender angustifolia—great all rounder	Cumin
Lemon – do not use in the bath	Hyssop
Lemongrass – can be a skin irritant in the bath	Juniper
Lime—uplifting & refreshing	Marj. Spanish
Mandarin – great for morning sickness	Myrrh
Myrtle – good for respiratory system	Nutmeg
Naiouli - antiseptic, cuts, immune system	Oakmoss
Neroli—excellent for stress/anxiety	Oreganum
Orange—Uplifting, skin rejuvenator	Rosemary
Palmarosa—fine lines, circulation	Sage
Patchouli – use for cracked skin, relaxing	Tarragon
Peppermint—morning sickness, uplifting	Tagetes
Petitgrain—anxiety, stress, uplifting	Thyme Species
Rose (after first trimester) - calming, sedating, great for the skin & emotional swings	Fennel (after birth)
Sandalwood—heartburn, relaxing, calming	Valerian
Spearmint – great for morning sickness	Wintergreen
Tangerine—circulation, uplifting	
Kanuka or Manuka—antiseptic, antiviral	
Ylang Ylang – anxiety, stress, balancing	

AROMAFLEX PREGNANCY & INFANT BLENDS

Stretch Mark Prevention Blend #1

Carrier Oils: Wheatgerm and Sweet Almond
Essential Oils: Lavender, Frankincense, Orange and Lemongrass

Lessens stretch marks, reduces scarring and assists with skin tone. This blend has a toning effect on the muscles and eases back-ache and pains in the upper legs. Tried and tested used daily, it really works! Massage onto belly and bottom daily, and on the breasts last 6 weeks of pregnancy.

Stretch Mark Prevention Blend #2

Carrier Oils: Avocado and Apricot Kernel
Essential Oils: Lime, Mandarin, Grapefruit and Bergamot
Lessens stretch marks and assists with skin tone. Nourishing to the skin, assisting in circulation. Calms the nervous system. Refreshing and uplifting, especially if sensitive to strong smells. Massage onto belly and bottom daily, on the breasts last 6 weeks of pregnancy.

Relaxation Blend

Carrier Oils: Apricot Kernel
Essential Oils: Bergamot, Rose Geranium and Sandalwood

This blend is relaxing and calming to both mum and baby. Good for birthing anxiety, the blues and/or nervous tension. Massage onto the body after a bath or shower in the evening.

Pregnancy Aches and Pains Blend

Carrier Oils: Macadamia, St Johns Wort, Calendula
Essential Oils: Lavender, Bergamot, Roman & German Chamomile,

Help relieve a sore back, general aches and pains of the body, that starts with the weight of the baby growing and the pressure on the body because of pregnancy.

Massage onto areas of the body where discomfort occurs.

Pregnancy Last Stage Blend

Carrier Oil: Sweet Almond
Essential Oils: Lavender, Roman Chamomile and Rose
A great blend for mum in preparation of perineum 6 weeks before birth. This blend is an excellent tonic for the womb & is helpful in child birth relieving back pain and aiding in delivery of baby.

Massage onto perineum, belly & back 6 wks before baby due

Labour Blend

Carrier Oils: Calendula, St Johns Wort and Arnica
Essential Oils: Jasmine, Clary Sage and Spike Lavender
These oils are tonic to the womb, assist delivery of baby by encouraging labour, strengthening contractions and relieving some pain by enabling expectant mothers to relax. Can also be used to help expel afterbirth. Massage onto tummy when contractions start.

After Birthing Cramp Blend

Carrier Oils: Calendula, St Johns Wort and Arnica
Essential Oils: Sweet Marjoram, Jasmine and Lavender
Effective in dealing with painful muscles after child birth (which generally become worse after each consecutive child). These oils are tonic to the uterus and antispasmodic which helps relieve cramps. Use regularly, applying before breast feeding massage onto the tummy.

Prevent Post Natal Depression Blend

Carrier Oils: St Johns Wort, Sweet Almond, Apricot Kernel
Essential Oils: Lavender, Geranium, Rose and Roman Chamomile

This blend has a balancing effect on the central nervous system which indicates a positive effect on the mind and lifts the spirit. Puts the mind back into balance after child birth can also be helpful for insomnia. Massage onto body at least once a day.

Soothing Breast

Carrier Oil: Apricot Kernel, Calendula and St Johns Wort
Essential Oils: Lavender and German Chamomile
This blend contains analgesic oils to eases pain and discomfort. Reduces breast redness and swelling when first starting to breast feed. Will help to calm and relax baby also aids sleep. Massage onto breasts several times a day before feeding.

Infant Massage Blend

Carrier Oil: Apricot Kernel
Essential Oils: Roman Chamomile and Lavender
A safe and beautiful blend to massage onto your baby. The baby will benefit from it by feeling relaxed and enjoying the loving touch from the parent. A nice oil to massage onto the baby after a bath and before bedtime. (Safe to use from birth on for baby and mums breasts too)

Children's Sleep Easy Blend

Carrier Oil: Apricot Kernel
Essential Oils: Mandarin, Roman Chamomile, Lavender
Promotes relaxation, peace, calms the mind, can give effective relief from insomnia helping your child relax into sleep. An excellent blend for both child and parent.
Massage onto child after bath or shower for best results.

Cough and Cold Blend (under 2 years)

Carrier Oil: Apricot Kernel
Essential Oils: Lavender, Roman Chamomile, Frankincense
Beneficial to the respiratory system; these oils help to deal with bronchitis, catarrh, colds and throat infections. The antiviral properties of this blend help keep infection down. Safe and effective to use.
Massage onto chest, under arm and on feet.

Teething and Earache Blend

Carrier Oil: Sweet Almond
Essential Oils: Lavender and Roman Chamomile
Absolutely brilliant little blend for teething and earache. Old remedy passed down from Scottish tutor almost 20 years ago. Tried and tested with children over the years, as this blend has pain relieving qualities to deal effectively with the aches and pains and discomfort associated with teething. Reduces inflammation and swelling, helps child to relax and sleep.