

ESSENTIAL OIL SAFETY FOR PREGNANCY



Always consult with your trusted physician BEFORE using any essential oils when pregnant. This is not an exhaustive list. This list is not meant to be a substitute for additional research and discussions with a professional doctor and aromatherapist. This is meant simply to help you start thinking about ways to utilize essential oils safely during pregnancy. Each woman is different and has different allergies and reactions, what may work for one person may not work for another. This list refers to oils used in a mist (heat-less) diffuser and topically (diluted in carrier oil). Do not ingest essential oils or use directly on skin.

Essential Oils "Safe" For Pregnancy

- Bergamot (bergaptene free)
- Black Pepper
- Chamomile
- Citrus
- Cypress
- Eucalyptus
- Frankincense
- Geranium
- Ginger
- Grapefruit
- Lavender** *Lavandula angustifolia*
- Lemon
- Mandarin
- Neroli
- Peppermint
- Sandalwood
- Spearmint
- Sweet Marjoram
- Sweet Orange
- Tea Tree (Melaleuca)
- Ylang Ylang

Essential Oils To Avoid When Pregnant/Breastfeeding

- Angelica
- Aniseed
- Basil
- Camphor
- Carrot Seed
- Cassia
- Cedarwood
- Cinnamon
- Citronella
- Clary Sage
- Clove
- Coriander
- Cumin
- Fennel
- Horseradish
- Hyssop
- Jasmine
- Juniper Berry*
- Laurel
- Lavandula
stoechas**
(French or
Spanish
Lavender)
- Myrrh
- Nutmeg
- Oak Moss
- Oregano
- Parsley
- Pine
- Rose*
- Rosemary
- Rue
- Sage
- Savory
- Star Anise
- Tansy
- Thyme
- Wintergreen
- Wormwood

** Some contradictory research was found regarding the safety of juniper berry and rose oils during pregnancy*

*** When picking lavender oils make sure to pay attention to the species of lavender, as French and Spanish lavenders are not recommended during pregnancy, while English lavender may be generally considered safe.*

LUX & LYE

