



## Information Sheet: Aromatherapy In Pregnancy

Aromatherapy is a wonderful and supportive tool to use during pregnancy. Essential oils can be used to support body, mind and spirit.

The important considerations to make when using essential oils is that when oils are used on the skin with carrier oil, they enter into the blood stream and work on a cellular level therefore they are extremely beneficial when the right oils at the right dosage are chosen for you and your baby.

### **Dosage:**

The recommended dosage of oils to use in pregnancy is 15 drops of essential oil per 100ml of carrier oil.

In the bath, 3 drops can be used in 1 teaspoon of carrier oil

In the diffuser 4 drops can be used each 6 hour duration

Oils can be inhaled on a tissue or inhaler without following the topical guidelines to support mood, energy levels and nausea.

### **Which Oils to Use:**

Essential oils are often grouped together as a category but their chemistry, safety and properties are all very different. If you would like specific advice around conditions and oils then I am available for consultation support.

## **Recommended Oils for Use In Pregnancy Massage and Home Use**

Geranium (for heart connection and antiviral properties)

Chamomile Roman (for skin connectivity, wound healing and calming)

Mandarin (for lifting mood and energy)

Orange Sweet (for nausea and lifting mood and energy)

Cypress (for varicose veins and grounding when inhaled)

Benzoin Resinoid { for relaxation}

Marjoram Sweet – pain relieving

Petitgrain – calming for anxiety and frustration

## **Oils to be used after the first 3 months of Pregnancy**

Lavender True (Calming and good for fighting infections and mould)

Eucalyptus Smithii (on the chest for infections and catarrh)

## **Oils to Introduce after 36 Weeks**

Clary Sage - emmenagogue

Nutmeg – relaxing and releasing

## **Oils to Avoid Throughout Pregnancy**

**(due to their strength or emmenagogic properties)**

Orgeano

CInammon

Clove

Red Thyme

Calamintha

Fennel

Cedarwood

## **Aromatherapy Home Use Ideas:**

Leg and foot massage blend to reduce swelling:

*Recipe: 100ml carrier oil, 5 drops Marjoram Sweet, 5 drops Cypress, 5 Drops Chamomile Roman*

Morning Sickness : *2 drops peppermint or mandarin on a handkerchief to be inhaled only*

Aromatherapy Bath for Pregnancy: *2 drops Chamomile Roman, 1 drop Petitgrain in 1 tsp oil in the bath*

Mood Balancing: *The Hypnobirthing Anchor*

## **Emily Webster**

Clinical Aromatherapist

Shamanic Healer

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Distiller of Hydrosols

### **Services I offer:**

- **Aromatherapy Prescriptions**
- **Bespoke Blends**
- **Holistic Consultations**
- **Aromatherapy Massage and Angelic Reiki**
- **Shamanic Healing**
- **Womb Healing and Ancestral Healing**
- **The Mother Threads**

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