



Hypnobirthing Anchor

This blend is to be used throughout pregnancy to provide emotional support and an anchor to bring strength and calm throughout your pregnancy.

Orange Sweet (uplifting and calming to the digestive system), Ylang Ylang (A deeply grounding base note which brings strength and reassurance) Rose Geranium (Heart healing blend, anti-inflammatory and soothing)

Aromatherapy is a fantastic chemical free treatment to use during pregnancy. Here are some guidelines around the safe use of essential oils during this time, labour, transition and for postnatal care.

Dilution: normal dilution of essential oils to carrier is 30 drops per 100ml of carrier oil but in pregnancy this drops to 15 drops during the first 3 months.

How to use the oils:

In the bath: add 3-4 drops of essential oil to 1 desert spoon of carrier oil, honey or white lotion and add to the bath as it is running.

Inhalation and vapourisation: use 3-6 drops in a vaporiser or on a tissue or handkerchief or pillow

As a massage oil: use 15 drops per 100ml for massage onto the skin

Pregnancy:

The following oils are recommended during pregnancy; lavender is not recommended until after the first 3 months as it is mildly emmenagogic which means it can bring on the moon cycle.

- Chamomile Roman: calming, wound healing
- Eucalyptus Smithii (this is milder than most and lower in oxides) good for coughs and colds
- Frankincense: calming and anti-inflammatory
- Geranium: relaxing and good for the immune system, antiviral
- Ginger: good for pain relief and indigestion
- Lavender (after 3 months)
- Lemon: anti-depressive, uplifting
- Tea tree: antibacterial and antiviral, boosts the immune system
- Ylang Ylang: deeply relaxing for sleep

- Orange sweet: morning sickness, digestive issues, good to make a massage oil for the feet with swollen ankles

Oils to be avoided: Sage, Fennel, Calamintha, Cedarwood, Hyssop, Red Thyme, Oregano,

During Labour:

- Clary Sage; enables the body to 'let go'
- Marjoram: pain relief and muscle relaxant
- Nutmeg: creates a feeling of euphoria

Post Natal Care:

- Chamomile Roman (*Chamaemelum nobile*) good for scar tissue and wound-healing, calming the mind
- Mandarin: supports the firmness of the skin
- Bergamot; uplifting and energising and a good mood booster

Wishing you a wonderful pregnancy and birth as a mother,

Of you have any questions or would like a bespoke blend then just reach out,

Emily xx

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