

pregnancy birth and newborns



★ **Pregnancy** is a remarkable chapter, and we're here to guide you through it with love, care, and the **incredible benefits of essential oils**.

dilution during pregnancy



For children, elderly people, and pregnant women, **we advise a dilution of 1%** (2% is usually the norm for healthy adults). **This means 5-6 drops of essential oils in 1 fl-oz/29ml/2TBSP of carrier oil.**

mood Support

Hormones are crazy, aren't they?! One second, we are happy and could use all the citrus oils like **Lemon, Wild Orange & Grapefruit**. The other second, we need a loving, aromatic hug from blends like **Adaptiv™, Balance® or AromaTouch®**.

pack your hospital bag



Add these oils to your bag, you won't be sorry!

Sleep: Adaptiv®, Serenity®



Uplifting: Wild Orange, Grapefruit

Baby: Calmer® + Fractionated Coconut Oil

Muscle Support: Deep Blue® Stick with Copaiba

What will you pack in your bag?

postpartum Perineum Spray



Use this DIY recipe for your post-birth care:

1/4 Cup Witch Hazel.
1/4 Cup Distilled Water
2 tablespoon Aloe Vera gel
4 drops of **Lavender** Essential Oil
4 drops of **Frankincense** Essential Oil
Glass Spray Bottle

Store it in the refrigerator and use it as you like.



heartfelt connection



Want to show your little baby some love from the outside?

Before bed, I'd keep my **Rose Touch** and **Frankincense Touch** on my nightstand. Every night, roll a generous heart shape with Rose Touch on my belly, then trace it with Frankincense Touch. I'd close my eyes, connect with my baby, and savor the moment. A little coconut oil massage followed - pure bliss!



Babies & oils

When using essential oils around your baby, remember to keep it safe.

Dilution Is Key: A safe dilution is generally one drop of essential oil per one tablespoon of carrier oil.

Gentle Oils: **Opt for mild, baby-friendly essential oils** like Lavender, Roman Chamomile, or Frankincense.

Diffusion Distance: **Place the diffuser in a well-ventilated area**, away from the baby's crib, to ensure gentle diffusion.