pregnancy birth and hemborns





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



For children, elderly people, and pregnant women, we advise a dilution of 1%

(2% is usually the norm for healthy adults).

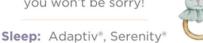
This means 5-6 drops of essential oils in 1 fl-oz/29ml/2TBSP of carrier oil.



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®.



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



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



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!





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 wellventilated area, away from the baby's crib, to ensure gentle diffusion.

