



Aromatherapy During Pregnancy and Childbirth

Basic Protocols

First trimester: avoid the use of essential oils, especially if there has been a history of miscarriages. Teas such as ginger, mint, tulsi and chamomile in lower dose and frequency are commonly used and safe.

Second trimester: occasional use of floral essential oils in diffuser and highly diluted in bath.

Third trimester: use non-toxic and safe oils in diffuser and for massage. Generally considered safe during later stages: cardamom, German and Roman chamomile, frankincense, geranium, ginger, neroli, patchouli, petitgrain, rose, sandalwood

During childbirth: non-toxic mild oils, especially floral, can be used for relaxation in massage.

Not to be used during pregnancy, childbirth or breastfeeding

Aniseed
Basil
Birch
Camphor
Fennel
Hyssop
Lemongrass
Lemon balm
Lemon eucalyptus
Lemon tea tree
Mugwort
Myrtle
Pennyroyal

Sage
Spanish lavender (Lavandula stoechas)
Tansy
Tarragon
Thuja
Thyme
Wintergreen
Wormwood
Yarrow

Some Helpful Aromatherapy Treatments During Pregnancy (Diffuser, massage, baths in later stages)

Headaches and migraines: lavender, frankincense, chamomiles

Muscle soreness: cypress, lavender, juniper

Nerve pain: St. John's wort / calendula infused oils; ginger, frankincense, helichrysum

Hormone balancing: Chamomile, bergamot, neroli, ylang ylang

Anxiety: bergamot, neroli, lavender, ylang ylang