

# Pregnancy & Beyond

Making your journey more than just manageable!

Pregnancy and motherhood are the most amazing experiences for any woman! Essential oils can ensure that the journey towards motherhood allows each woman the opportunity to savor, enjoy, and cherish the moments of pregnancy and motherhood, without the potential emotional, physical, or physiological distractions.

## Essential Oils?

Essential oils are natural aromatic compounds found in plants. They have been used throughout history and in the modern era for their therapeutic benefits without the risk of side effects.

## Why CPTG?

Choose essential oils that are **Certified Pure Therapeutic Grade**. These oils are 100% pure, natural aromatic compounds. They do not contain fillers or artificial ingredients that would dilute the active qualities.

## Application?

Just as there are different oils that can be utilized, there are also different methods of application. Oils may be applied topically, ingested, diffused, and more. Each woman must identify what works for her!



## Pregnancy

<b>Breasts (Soothe)</b>	<i>Lavender, Geranium</i>	Add 3–5 drops to 1 Tbs. fractionated coconut oil, and massage on location.
<b>Breasts (Sore)</b>	<i>Roman Chamomile</i>	Add 3–5 drops to 1 Tbs. fractionated coconut oil, and massage on location.
<b>Constipation</b>	<i>Digestion Blend, Lemon, Peppermint, Fennel</i>	Take 1–3 drops in water or in a capsule, <b>OR</b> massage on abdomen undiluted or, if desired, with carrier oil.
<b>Depression</b>	<i>Vitality Supplements, Invigorating Blend, Joyful Blend, Grounding Blend, Frankincense</i>	Take vitamin supplements as directed, <b>OR</b> diffuse any of the oils listed, <b>OR</b> place 3–5 drops of frankincense oil under tongue, and chase with water.
<b>Fatigue</b>	<i>Invigorating Blend, Lemon, Joyful Blend, Grapefruit, Wild Orange, Peppermint</i>	Place 1–2 drops in palms of hands, rub together, and inhale deeply, <b>OR</b> massage onto back, shoulders, or back of neck, adding carrier oil if needed.
<b>High Blood Pressure</b>	<i>Ylang Ylang, Geranium, Lemongrass, Lavender</i>	Place 3 drops ylang ylang in evening bathwater twice a week, <b>OR</b> combine 5 drops geranium, 8 drops lemongrass, and 3 drops lavender in 1 oz. fractionated coconut oil. Rub over heart and on reflex points of left foot and hand.
<b>Nausea/Vomiting</b>	<i>Ginger, Peppermint</i>	Dilute as recommended, and apply 1–3 drops on ears, down jawbone, and on reflex points of feet, <b>OR</b> place 1–3 drops in an empty capsule, and swallow, <b>OR</b> diffuse into the air.
<b>Sleep</b>	<i>Calming Blend, Lavender</i>	Apply a few drops directly to the bottoms of feet, <b>OR</b> diffuse oil at night to assist with relaxation.
<b>Stretch Marks</b>	<i>Anti-Aging Blend</i>	The roll-on is a perfect, already diluted blend. If using an undiluted blend, mix with carrier oil to more easily massage a large area.
<b>Swelling</b>	<i>Water, Invigorating Blend, Lemon, Massage Blend, Cypress, Lavender, Ginger</i>	Drink 3–4 quarts of water every day. In addition, mix 3–5 drops of oil with fractionate coconut oil, and massage into legs, ankles, and feet, <b>OR</b> add 3–5 drops of lemon to all water.



## Delivery

<b>Contraction Effectiveness</b>	<i>Clary Sage, Myrrh, Geranium, Lavender</i>	Blend clary sage with geranium and lavender for a topical mixture, <b>OR</b> apply myrrh and clary sage topically to help improve a stalled labor.
<b>Energy</b>	<i>Roman Chamomile, Geranium, Lavender</i>	Combine 2 drops Roman chamomile, 2 drops geranium, and 2 drops lavender in 2 tsp. fractionated coconut oil, and massage into the skin.
<b>Episiotomy</b>	<i>Geranium</i>	Add 5–10 drops to 1/2 tsp. olive oil, and massage on perineum
<b>Hemorrhaging</b>	<i>Helichrysum</i>	Apply 1–3 drops on lower back to help prevent hemorrhaging
<b>Pain</b>	<i>Basil, Black Pepper</i>	Massage either essential oil with fractionated coconut oil on lower back to help relieve pain during labor.
<b>Perineum Support</b>	<i>Helichrysum</i>	Mix 20 drops with 2 Tbs. of fractionated coconut oil, and apply all over perineum area.
<b>Pre-term Labor</b>	<i>Lavender</i>	Rub 1–3 drops on stomach.
<b>Tone Uterus</b>	<i>Clary Sage</i>	Apply 1–3 drops around the ankles.
<b>Transition</b>	<i>Basil</i>	Dilute as recommended, and apply 1–2 drops to temples or abdomen.



## Post Pregnancy

<b>Breast Soreness</b>	<i>Myrrh, Geranium, Sandalwood</i>	Apply any of the oils mentioned, undiluted, directly on nipple after breastfeeding. Oils do not need to be removed prior to the next feeding session.
<b>Caesarean Scars</b>	<i>Anti-Aging Blend</i>	Rub undiluted on scar area every day, twice a day.
<b>Increase Milk Production</b>	<i>Fennel, Basil, Clary Sage, Geranium</i>	Apply any of the oils mentioned, undiluted, on the breast. Massage into tissue, avoiding the nipple.
<b>Mastitis</b>	<i>Melaleuca, Clove, Lavender, Rosemary</i>	Apply any of the oils mentioned, undiluted, on breast and on lymph nodes under armpit.
<b>Perineum Support</b>	<i>Frankincense, Lavender</i>	Drop 10 drops of each in a 15 ml bottle with a spray top. Fill the rest of the bottle with distilled water, and spray on perineum after birth to soothe.
<b>Tone Uterus</b>	<i>Clary Sage</i>	Apply 1–3 drops around the ankles.



Each woman and each pregnancy, delivery, and postpartum experience is different. Hopefully, by utilizing essential oils, the journey into motherhood is a blissful one. Different blends and methods assist women in various ways. Utilize the various oil options, and find the right one that works best for your body and YOU. Congratulations on this special and amazing journey!

**DON'T LET YOUR ESSENTIAL OIL JOURNEY END THERE...  
EXPERIENCE WHAT ESSENTIAL OILS CAN OFFER YOU IN  
EVERY ASPECT OF YOUR LIFE!**