

Aromatic Blend to Ease Fears

It's not uncommon to have fears about pregnancy. You may wonder whether you are progressing normally, whether the baby is healthy, etc. Use this blend to bring comfort and reassurance when you feel you need it most. In a 10-ml bottle, pour the essential oils and then add organic vegetable oil to fill.

- 1 drop Roman Chamomile
- 1 drop Neroli

Massage the solar plexus. Pour a few drops of this aromatic blend into the palm of your hands and inhale deeply. Add several drops to your unscented lotion and massage on your body to soothe and moisturize dry skin and treat stretch marks.

Blend to Ease Anxiety, Nervousness

As the big day draws near, feelings of anxiety and nervousness about the labor and delivery are prominent. Use this blend to clear your mind and bring you peace. In a 10-ml bottle, pour the essential oils and then add organic vegetable oil to fill.

- 3 drops Lavender
- 1 drop Neroli

Massage the solar plexus. Pour a few drops of this aromatic blend into the palm of your hands and inhale deeply. Add several drops to your unscented lotion and massage on your body to soothe and moisturize dry skin and treat stretch marks. Massage also the temples, neck and forehead if you suffer from insomnia.

Blend to Bond with Your Baby

This blend quiets the mind and spirit, allowing mom to feel more in-tune with her baby. It is a wonderful blend for meditation, which can help bring a connection with the child. In a 10-ml bottle, pour the essential oils and then add organic vegetable oil to fill.

- 1 drop Rosewood
- 1 drop Lavender
- 1 drop Neroli

In the evening, set up a tranquil place to light candles and meditate. Massage your abdomen, sacrum and heart chakra. Pour a few drops of this aromatic blend into the palm of your hands and inhale deeply. Placing your hands on your belly, tune in to the baby's heartbeat, talk to the baby, open yourself to the many sensations your baby is experiencing. The purpose is to FEEL and let love embrace you.

*After the second trimester, replace the Rosewood in this blend with 2 drops of Rose Otto, which will help ease the fears and anxiety of the third trimester. Rose helps to calm your emotions and increases tranquility.

ROSE

- **Uterine relaxant.**
- **Helps ligaments to soften, enabling the pelvic bones to expand; and to regain elasticity after the birth.**
- **Natural antiseptic.**
- **Slight analgesic effect.**
- **Good cardiac tonic.**

ROSE-(steam distilled) is a uterine relaxant. While it may not sound like this is what one would aim for in delivery, EO's are very adaptogenic, so Rose will help the Uterus to work efficiently, and to return to homeostasis between contractions. It is also said to have a relaxant effect for the pelvic floor, helping to open up the pelvis, much like an opening rose bud. This would best be used in the Jacuzzi if there is one. It can be very overpowering if over used. 1-drop in the bathwater would be plenty. The visualization of the cervix opening as a rose bud is very effective when used with the aroma of rose. Rose-cleansing effect on the uterus, antidepressant, softens ligaments (easier to open pelvis to push for larger babies and smaller Mamas)

NEROLI

- **Works on the nervous system and facilitates easy breathing, especially during panting (if this is used to stop pushing). Its calming effect increases the oxygen supply to the blood and brain and helps the woman to avoid hyperventilation.**
- **In low doses (1-2 drops per day on a diffuser) it has a sedative and calming effect; in higher doses, it is a stimulant.**
- **Antiseptic; disinfectant.**
- **Confidence.**
- **Antidepressant.**

NEROLI-facilitates calm relaxed breathing (esp. with small amounts of Frankincense). The Cadillac for nervous anxiety. Can be a good choice during transition. One drop only on the pillow.

Neroli-reduces fear, tension, insomnia, apprehension, anxiety. Neroli oil brightens the spirit and brings clarity to the mind. This essential oil improves circulation throughout the body and reduces fear and anxiety.

LAVENDER

- **Circulation stimulating.**
- **Slight analgesic effect.**
- **Calming.**
- **Antiseptic; antibiotic; disinfectant; slight antiviral properties; anti-inflammatory.**
- **Promotes healing of open wounds - can be used instead of antiseptics.**

- Accepted by everyone.
- Good for headaches, fainting, and bringing around after shock.

LAVENDER-(augustifolia) is calming, soothing, and imparts a gentleness to the atmosphere when used in small amounts. DON'T overdo here.....****LESS IS MORE***** It is also a very nice aromatic greeting for a newborn.

Lavender-dulls and eases uterine pain but also increases the strength of contractions while calming the mother. Great for reducing stretch marks. Lavender Oil dulls and eases uterine pain and also increases the strength of contractions while calming the mother. Lavender can promote relaxation and prevent and reduce nausea.

NUTMEG

- Analgesic.
- Calms the central nervous system; alleviates anxiety.
- Increases circulation - good for blood supply.

CLARY-SAGE

- This essential oil must not be confused with sage. Don't use sage for the baby's sake - it leaves too high toxic residues in the body. Clary sage is a milder version, although still should be used with care.
- Helps respiratory, muscular, and uterine systems.
- Mild analgesic.
- Facilitates birth; uterine tonic.
- Euphoric.
- Helps breathing by calming the lower part of the spinal cord.

CLARY SAGE- Uterine tonic-again the adaptogenic qualities of EO's used in the correct dilution (SUBTLE) assists the uterus in effective contractions without artificially strengthening the contractions (as in oxytocin drips often given IV). It can be euphoric and very effective for relieving anxiety, it is calming to the nervous system. Some will not like the aroma of Clary sage alone, but mixing it with Rose, Lavender, Geranium etc., will *almost* always produce a very pleasing aroma. Mixing to the mothers taste is important here, not a standard recipe! If the mom does not like the aroma, the physical and emotional benefits will likely be negated.

Clary Sage-relieves tension, brings on labor, helps with expelling afterbirth Clary Sage oil strengthens the respiratory and muscular systems during labor while facilitating regular, effective contractions to speed up the process. This essential oil also relieves pain and tension.

GERANIUM

- Circulation-stimulating. One of the best circulatory oils - and if the circulation is good, breathing will be easier.

- **Good for uterus and endometrium.**
- **Contractive effect - pulls together dilated tissues, so excellent for after the birth.**
- **Good for the whole female reproductive system.**
- **Antidepressant, known for its uplifting effects.**

GERANIUM-uplifting and helpful in balancing emotional states. Said to be a circulatory stimulant.

Geranium Rose-enhances circulation and is good for labor management techniques which focus on breathing
Myrrh- speeds labor, opens cervix

Jasmine-dulls uterine pain, strengthens contractions, promotes birth and increases milk supply. Excellent when mixed with lavender and a carrier oil of Evening Primrose and Vit. E for perinial and cervical massage Jasmine Oil dulls uterine pain, strengthens contractions during labor and promotes healthy production of breast-milk. Jasmine Oil improves strength and efficiency of contractions, reduces labor pains and increases breast-milk supply.

Clove essential oil stimulates contractions, facilitating the birth process. This oil is useful for its antiseptic properties and will also prevent nausea and vomiting sometimes experienced during labor.