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| *dōTERRA® CPTG™ Essential Oil Solutions* *During Pregnancy, Labor, Delivery, New Baby, Postpartum, Breast Feeding and Well Baby Care* |

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| *Nausea and Indigestion* |
| * Apply 3--‐5 drops of Peppermint, Ginger, Fennel or DigestZen Blend on abdomen. For some – just open the bottle and smell for relief, or just put a small amount under your nose. * Morning sickness --‐ Lavender, Sandalwood and Ginger into FCO and massage abdomen * Put 3--‐5 drops of Fennel, Ginger or Peppermint into a capsule and swallow Ginger and Lemon 1--‐2 drops each, mix in water with honey or stevia for nausea |

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| *Sore Muscle Aches, Leg Cramps & Stretch Marks* |
| * Stretch marks—apply Lavender and Myrrh to skin with FCO * Leg cramps—soak feet in warm bath 5 drops Geranium 10 drops Lavender 2 drops Cypress   • Deep Blue Blend  • Marjoram  • PastTense Blend  • Geranium  • AromaTouch Blend  • Lavender  • Peppermint  • Wintergreen |

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| *Swelling & Water Retention* |
| * Apply 3-5 drops of Lemon, Grapefruit, Cypress, or Aroma-Touch with FCO and massage into hands, feet & ankles. * 3-5 drops of Grapefruit, Lemon and/or Lime into every glass of water (3-4quarts a day) * Elevate legs 3” above heart |

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| *In the event of Miscarriage* |
| * Apply Clary Sage to lower abdominal area to promote uterine contractions and assist in passing remaining tissue * Apply Deep Blue Blend, or a combination of Lavender and White Fir to abdomen for pain relief Continue application of blend of Clary Sage, Geranium and Lavender to balance both physical and emotional needs |

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| *Best Choice Oils for Labor* |
| * Balance – Apply to feet to help instill confidence throughout the labor process. * Serenity Blend or Elevation – Reduces anxiety, stimulates circulation, calming or gives energy, whichever is needed. * Deep Blue, Past-Tense, Peppermint or White Fir to ease pain from back labor   ***Recipe once Labor has started*** : Massage on inside of ankles, lower stomach & low back for nausea and muscle pain.   * 15 drops carrier oil plus * 5 drops Ylang Ylang * 4 drops Helichrysum * 2 drops DigestZen * 2 drops Peppermint * 2 drops Clary Sage   ***For Perineal support:***   * Helichrysum to create lubricant oil for crowning. * Mix 20 drops with 2 Tbs. FCO and apply all over perineum area. * Helps to stretch tissue while minimizing swelling, and avoiding tears. * Helps prevent bruising of baby’s head   \*Note: I pour a full bottle of Helichrysum into a bottle of FCO. (This is because it is used so regularly  ***Breech Baby:***  To help turn a breech baby, take 1-2 drops of peppermint and rub it on the belly circular motion. Wait a few minutes and you will feel the change. |

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| CPTG Oils for infants and Well Baby Care |
| * Frankincense on the crown of head and spine. Myrrh on umbilical cord to help seal tissue and protect all systems of the body. * Balance on feet to ground and align babe & Melissa on bottoms of feet (cont.) * Overall wellbeing - Frankincense on back * Balance on feet every day to balance all body systems * Jaundice - Geranium and lemon on feet to help support liver in breaking up bilirubin. * Colic or Tummy Aches -¬ DigestZen, or Fennel on tummy - 1:1 ratio with FCO if needed, or NEAT * Diaper Rash - Sandalwood or Myrrh in FCO and lightly coat area * May also use Immortelle, Lavender, Helichrysum or Melaleuca * Teething -2 drops of Clove to 1 tbsp FCO and apply to gums. * Baby Powder Alternative -¬ Add 20 drops of Lavender to 8 tbsp Cornstarch   ***How to Establish a Daily Health Routine for You & Your Baby?***   * Apply Balance & On Guard to feet every morning * 4-5 drops Frankincense under tongue a.m. and p.m. * 10 drops of Grapefruit in a capsule or under tongue * Slim and Sassy 3-5 drops 3-5 times a day * Zendocrine 3-5 drops in capsule or topically on liver area * Lemon in ALL your water (drinking 3-4 qt daily) * Lifelong Vitality Pack (the BEST prenatal vitamin) * PB Assist+ daily & TerraZyme with every meal * Apply to feet before bed, a few drops of favorite “stress free” oils * Roman Chamomile, Bergamot, Frankincense, Lavender, Serenity, Vetiver |

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| Breast Feeding, Postpartum and Beyond… |
| ***After delivery for Moms:***   * White Fir and Lavender on tummy for after pains * Immortelle Blend 20 -30 drops, fill rest with FCO in empty 15 ml bottle with spray top. Use for Peri spray may be used on circumcision also * Balance Blend to feet morning and evening for grounding. * Geranium, Lavender, Sandalwood, Ylang Ylang Diffuse 2-3 drops of each to promote peace & calm   ***Breast Feeding:***   * Dry, cracked nipples dilute 1:1 drops of Myrrh, Geranium or Sandalwood with FCO * Mastitis (breast infection) Melaleuca, Thyme, Clove, Rosemary or Wild Orange and Lavender Massage into breast and lymph nodes under armpit * Increase milk flow: 2-3 times a day massage EITHER Fennel, Basil or Geranium or Clary Sage into breast tissue – avoid nipple. May also mix 2-3 drops DigestZen with 1 tsp honey * 3-5 times a day. * Decrease milk supply: Peppermint -¬ 2-¬3 drops 3-¬5 times a day   ***Essential oils that provide natural hormone balancing and “grounding” of the psyche can be diffused, massaged with a carrier oil, or applied “neat”:***  ***The Postpartum Blues:***   * Clary Sage Vetiver * Grapefruit Balance Blend * Lemon Elevation Blend * Sandalwood   ***Anxiety & Worry:***  ***\****Add a few drops of Serenity Blend to a tissue and put in pillow case to alleviate anxiety at night or apply topically   * Apply Balance Blend to feet each morning and evening for grounding. * Diffuse 2-3 drops each of Geranium, Lavender, Sandalwood, Ylang Ylang to promote peace & calm * Oils work differently on different people. You may also want to try a combination of equal parts Bergamot, Roman Chamomile & Frankincense |

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| 1.) Allergies/Colds/Sniffles, 2.) Flu/Viruses, 3.)Headaches & Migraines… |
| 1. Apply Breathe Blend, Lavender, Wintergreen or Peppermint on chest and under nose      * Add a few drops of Eucalyptus, Lemon, Breathe Blend or Lavender to a warm bath to help open up sinuses * Diffuse any of these oils in the bedroom while sleeping  1. 3-4 drops of On Guard Blend in a capsule, taken internally. Or apply “neat” to feet several times a day.  * Drops of Lavender in a bath or apply Peppermint on the temples, forehead & behind head to help lower a fever. * Diffuse a few drops of Melaleuca or Cypress to help quell flu symptoms * Diffuse Breathe or Eucalyptus at night to help ease congestion  1. Apply a few drops of Peppermint, Frankincense, Wintergreen and PastTense Roll-On on forehead, temples and at base of brain stem and massage in.  * For migraines, steam inhale a few drops of Lavender, Frankincense or Peppermint or combine all 3 in equal parts and apply topically to key areas |

***Just a few of the oils that are sitting here on my nightstand and why:***

• **Frankincense** -diffused for beautiful calming & connection & neat applied to any skin issue including prevention of infection on developing belly button.

• **Myrrh**- dropped a few drops into belly button site to help with drying & encourage healthy & faster breaking away of umbilical cord)

• **Deep Blue Rub**- neat to belly to ease afterbirth pains

• White Fir & Lavender- neat to belly to ease afterbirth pains (after a few hours, switched to this)

• **Eucalyptus**- a drop on baby's feet to clear up congestion in lungs (lots at birth, nothing at 24 hr check with just a few drops applied)

• **Balance**- soothing to even the most sensitive spots (like hemmorroids)

• **Lemon & Geranium and/or Zendocrine**- on baby's feet to help the liver get going and avoid jaundice.

• **On Guard**- diffused when visiting family members came down with the flu while visiting our newborn:)

• **DigestZen**- to keep things regular

• **Sandalwood & Frac. Coconut Oil (with occasional Helichrysum**)- to ease into breastfeeding.

• **Citrus Bliss & Lavender & Frac. Coconut Oil**- to promote healing and keep breastfeeding joyful.

• **Solace**- apply to back of neck to help hormones adjust & get into balance

• **Rose**- behind my ears to prepare for birth

Here's to amazingly peaceful births!

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