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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
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***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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