

Essential Oils options to help with the Birthing Process

Water Retention Massage Oil:

2 1/2 Tb. almond oil
1/2 Tb. jojoba oil
1 Evening Primrose oil capsule (approx. 10 drops)
2 drops Tangerine
1 drop Lemon
4 Cypress
4 Lavender
3 Geranium

This can be used all throughout pregnancy. Relax on the sofa with your legs raised by pillows. Apply the oils to your feet, ankles and legs, massaging toward your heart to help circulation. The help of your partner would certainly be appreciated.

Pregnant Itchy Skin Blend:

2 1/2 Tb. Almond oil
1/2 Tb. jojoba oil
1 Evening Primrose capsule (approx. 10 drops)
1 Vitamin E capsule (approx. 10 drops)
4 drops Tangerine
4 drops Geranium
4 drops Lavender
4 drops Cypress
3 drops Lemon

This blend uses the same EOs as the above Water Retention blend, with differing amounts of the EOs. This oil can be used almost daily during pregnancy. Apply it to wet skin after showering, especially on the growing belly. It may help in not having to experience the itch that most mothers speak of, plus it could be beneficial for stretch marks. (Gentle Baby and Prenolone+ cream also work well on stretch marks).

Three Weeks Before Delivery:

8 drops Geranium
5 drops Lavender
1 oz. almond oil

Mix and rub on the perineal three times a day. This helps to soften the cervix and thins the membrane to get ready for delivery. (This really works, as I have used it twice on my daughter and the doctors could not believe that she was already thinned out when she came into the hospital.

Her second baby came in 4 hours, from start to finish, and she only had 1/2 an hour hard labor!

One Week Before Delivery:

8 drops Geranium
5 drops Lavender
5 drops Fennel

1 oz. almond oil
Apply this on the perinea to further get it ready.

Labor Diffusing Blend:

40 drops Lavender
37 drops Frankincense
21 drops Ylang Ylang
20 Chamomile Roman
Diffuse into birthing room, if possible.

Labor Cooling Compress Blend:

10 drops Jasmine
5 drops Chamomile R
5 drops Geranium
20 drops Lavender
Use in a bowl of water; swish a wash cloth and use to cool mom's head and face.

During Labor:

4 ddrops Helichrysum
4 drops Fennel
2 drops Peppermint
5 drops Ylang Ylang
3 drops Clary Sage
1/2 oz. mixing oil
Apply only after the labor starts. Massage inside the ankles, on little toes, little fingers and lower tummy and back.

Afterbirth Blend:

10 drops Geranium
15 drops Jasmine
Use with a carrier oil to help expel placenta and tone the uterus.

General Notes for Good Labor and Delivery:

*Encourage labor: Jasmine, Clary Sage
*Uterine tonic: Jasmine, Clary Sage, Frankincense, Ylang Ylang, Nutmeg
*Antidepressant: Roman Chamomile, Frankincense, Geranium, Jasmine, Lavender
*Pain killer: Roman Chamomile, Jasmine, Lavender

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