

Essential Oils for Pregnancy

Audio class notes



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Oils for Morning Sickness

Here are some of my favorite oils for nausea:

- [Ginger](#)
- [Spearmint](#)
- [Peppermint](#)
- [Lemon](#)
- [AromaEase](#)

Try inhaling one or more of these oils directly from the bottle, diffusing into the room, or diluting into a roller bottle and rolling along your wrists, neck and base of the throat.

You may find some of these scents appeal to you more than others – it's such an individual thing so don't be afraid to try something else if one of them doesn't work for you!

Oils for Digestive troubles/heartburn

- [Digize](#) blend – rub topically over your belly for upset stomach, or along your upper belly and throat for heartburn. Clockwise motion generally facilitates movement (helpful for constipation) and counterclockwise helps slow things down (if you're having diarrhea). I personally have dealt a lot with indigestion and gas pain during pregnancy and this helps so much!

Oils for Sleep Support

- [Lavender](#)
- [Cedarwood](#)
- [Stress Away](#)
- [Peace and Calming](#)
- [Valor](#)

Oils for Varicose Veins

- [Cypress](#)
- [Citrus Fresh](#)
- [Grapefruit](#)

Note: Avoid using citrus oils in areas directly exposed to sunlight as they are photosensitive and could cause a rash – or if you do apply only at night.

Respiratory and Immune Support

- [Thieves](#)
- [Raven](#)
- [Lemon](#)

Emotional Support

- [Lavender](#)
- [Peace and Calming](#)
- [Stress Away](#)
- [Valor](#)
- [Frankincense](#)
- [Bergamot](#)
- [Patchouli](#)
- [Roman Chamomile](#)
- [German Chamomile](#)

A word about safety

Make sure you are always using 100% pure therapeutic grade oils from a source you trust. I use Young Living because they take ownership of the entire growing, harvesting and distilling process from seed-to-seal with beyond organic practices that ensure the highest quality and safest product. Cheap, drug store variety oils can be adulterated with synthetic substances that can be hormone disruptors and harmful to human health. Quality matters!

Sometimes, a quick good search of 'essential oils to avoid during pregnancy' will bring up some surprising results – many times, essential oils (or herbs, supplements and even food for that matter!) get on these lists simply because there are no rigorous studies funded for this particular product, or there might be an isolated constituent in an oil that would be contraindicated in large, extracted, concentrated doses.

But the majority of the time, these are absolutely no problem under normal use conditions. For my personal practice, if there isn't a good explanation for why certain oils should be avoided, then it usually doesn't worry me. But again, make sure you're using plant remedies in a way that YOU are comfortable with! When in doubt, use a smaller and diluted amount first and see how it makes you feel.

There are some essential oils that should be avoided in pregnancy - thankfully, this list is pretty short: birch, camphor, mugwort, pennyroyal, tansy, tarragon, thuja, wormwood, large amounts of wintergreen

Beyond this, do your own research, follow your own instincts, and stick to what YOU are comfortable with.

