

# Essential Oils for Labor:

## How to Use & When - by use

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| Use For:                                       | Oil Name               | How to Use:   |
|--|------------------------|---|
| <b>Back Labor</b>                              | Peppermint*            | Dilute with carrier oil and apply to lower back and hips.<br>Can follow with a heating pad for extra pain relief.   |
|  | Black Pepper           |   |
| <b>Cooling</b>                                 | Peppermint*            | Dilute w/carrier oil and apply to back of neck or wherever needed.  |
| <b>Focus</b>                                   | Peppermint *           | Inhale. Use in a warm compress.   |
|  | Basil                  | Diluted in carrier oil for back/belly massages.   |
|  | Black Pepper           | Diffuse.  |
| <b>Labor – Stalled or to Encourage</b>         | Myrrh                  | Place a few drops on a cotton ball and inhale.<br>Rub a drop or two on each ankle.  |
|  | Clary Sage*            |   |
| <b>Mood - Alertness</b>                        | Basil                  | Diluted in carrier oil for back/belly massages.<br>Diffuse.   |
|  | Black Pepper           |   |
| <b>Mood - Calming</b>                          | Ylang Ylang            | Smell. Mix w/carrier oil for massage.   |
| <b>Mood - Ease Anxiety</b>                     | Lavender               | Put a couple drops on a warm, damp washcloth & apply to belly during contractions. Inhale.<br>Diluted in carrier oil for back/belly massages.<br>Diffuse.<br>Rub on lower back or stomach.            |
|  | Basil                  |   |
|  | Black Pepper           |   |
|  | Frankincense           |   |
| <b>Mood - Encouragement</b>                    | Orange - Sweet or Wild | Diffuse. Inhale. Or make a spray by mixing with Peppermint and water and spraying on body during transition.<br>Mix w/carrier oil for massage.  |
|  | Ylang Ylang            |   |
| <b>Mood - Energizing</b>                       | Peppermint*            | Diffuse. Add to a damp wash cloth & put on back of neck. Make spray w/water, Peppermint & Orange and spray on body.<br>Inhale or diffuse.<br>Place a couple drops on a wet washcloth & apply to head. |
|  | Orange - Sweet or Wild |   |
|  | Chamomile              |   |
| <b>Mood - Relaxing</b>                         | Rose                   | Put a few drops in a bath. Dilute w/carrier & massage back/belly.<br>Diffuse, inhale from bottle, or use in massage with carrier oil.   |
|  | Lavender               |   |
| <b>Mood - Confidence</b>                       | Jasmine                | Use with massage on lower back or abdomen.  |
| <b>Muscle Tension</b>                          | Clary Sage*            | Place a drop on each palm and inhale between contractions.<br>Diffuse or use in massage with carrier oil.   |
|  | Lavender               |   |
| <b>Nausea</b>                                  | Orange - Sweet or Wild | Diffuse or inhale.<br>Smell. Use in a warm compress.  |
|  | Peppermint*            |   |
| <b>Pain Relief</b>                             | Frankincense           | Rub a few drops on back or abdomen (wherever it hurts).<br>Add a couple drops to warm washcloth & apply to belly.<br>Mix w/carrier oil and massage wherever needed.                                   |
|  | Lavender               |   |
|  | Peppermint*            |   |
| <b>Post-Birth – Bleeding &amp; Uterus Tone</b> | Geranium               | Mix both oils w/ coconut oil & apply to stomach post-delivery to slow bleeding.   |
|  | Ylang Ylang            |   |
| <b>Post-Birth - Pain</b>                       | Marjoram               | Dilute w/carrier oil and apply to the lower abdomen.  |
| <b>Post-Birth - Tears</b>                      | Frankincense           | After birth, apply on tearing to help heal/ease discomfort.   |
| <b>Umbilical Cord</b>                          | Myrrh                  | Put a drop of oil umbilical cord stump to help it to dry faster.  |

\*Clary sage can induce labor - don't use until full term & ok'd by doctor/midwife. Otherwise avoid in pregnancy.

\*Peppermint can decrease milk supply for some women. Can affect breathing in infants; don't use past 8cm or end of labor.