

BASIC GUIDE TO ESSENTIAL OILS USE DURING

Pregnancy & Labour

Trimester	Month	Weeks	Oils to Avoid Throughout Pregnancy, Labour and Breastfeeding	Cautionary Use	Oils that can be used Safely	Use For Labour
1	one	1-4	Aniseed	Rose Lavender Fennel Chamomile Peppermint Clary Sage (1% Dilution)	Benzoin Bergamot Black pepper Cypress Eucalyptus Frankincense Geranium Ginger Grapefruit Juniper Lemon Mandarin Majoram (sweet) Niaouli Neroli Petitgrain Sandalwood Orange (sweet) Tea tree Ylang Ylang	Lavender to relax and balance emotions R. Chamomile to release inner tensions Bergamot to uplift and give renewed energy Peppermint if she is feeling nauseous Neroli if feeling over anxious and panicked Frankincense to calm the mind and reduce fear
	Two	5-8	Armoise Arnica Basil Camphor*			
	three	9-13	Carraway Cinnamon			
2	four	14-17	Clove Cedarwood	Lavender and Chamomile can be used (from 28 weeks) if no family history of miscarriage		
	five	18-21	Fennel Hyssop			
	six	22-26	Marjoram Mugwort			
3	seven	27-30	Myrrh Nutmeg			
	eight	31-35	Origanum Parsley (seed or leaf) Pennyroyal Sage Savory Tansy Tarragon Thuja Thyme Wintergreen Wormwood			
	nine	36-40				

*Note that this is not the same as Ho Wood/Ho Leaf chemotype Linalool (*Cinnamomum camphora* ct. *Linalool*), which has no known contraindication

