

Pregnancy + Postpartum Tips

Taking care of yourself is crucial - as crucial as taking care of baby.



Pregnancy

SORE MUSCLES, TIRED LEGS AND FEET

Deep Blue Rub on the bottom of the feet at night before bed.

NAUSEA

DigestZen on belly, and 1 drop internally. Cardamom behind the ears is everything. Ginger in hot water in the morning.

BEDTIME

Lavender or Serenity on the bottom of your feet before bed.

DIFFUSER BLENDS FOR NIGHTTIME

2 drops Roman Chamomile, 2 drops Frankincense, 2 drops Lavender

2 drops Balance, 2 drops Vetiver, 2 drops Serenity

LEG CRAMPS

Massage calves with AromaTouch followed by Deep Blue Rub. Both also lovely rubbed topically for veins.

Birth

PLACENTA DROPPER

Helichrysum, clary sage, jasmine. Doubles as great post-labour support to the CNS. Massage into low abdomen.

LABOR SUPPORT

for pain/fear/anxiety

5 Ylang Ylang
5 Clary Sage
5 Copaiba
5 Black Pepper
4 Helichrysm
3 Marjoram
3 Peppermint

Massage into low back and feet as often as needed during early/active labour.

TO ENCOURAGE CONTRACTIONS AFTER 40 WEEKS

Myrrh + FCO on the abdomen.

DIFFUSE

Wild Orange + Balance for mood/grounding

BABY'S ARRIVAL

Swipe your finger over your Frankincense and/or Melissa and dab onto your new baby's crown, welcome them to the Physical.

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Postpartum

MORNING RITUAL

Balance on the soles.

Balance + Citrus Bliss in the diffuser. Citrus Bliss SO GOOD to uplift and regulate any blues.

Drop of lemon in water, Adaptiv on inner wrists/elbows.

Copaiba under tongue, or softgel
Turmeric softgel for inflammation
LLV 100%

EVENING RITUAL

Serenity + one of: Bergamot or Balance in Diffuser, or Adaptiv 2 drops in diffuser

Lighter on diffuser drops as baby is in the room. (2-3 drops)

Postpartum roller on bottom of feet (see below)
Frankincense + FCO on the belly, and lots of love towards yourself and your changing body. I'm also doing 3-4 drops on crown of my own head at night

INCREASE MILK SUPPLY

For Milk Supply + Baby's Digestive support, take Fennel 2 drops daily in a Veggie Cap.

More involved roller for Milk Supply blend, apply after nursing on breast, not nipples, forearms and pulse points.

5 Clary Sage
5 Copaiba
3 Basil
3 Fennel
2 Geranium
2 Lavender
2 Roman Chamomile

NIPPLES

Roll helichrysum on nipples and areola if cracked/sore/tender.

OILS TO AVOID

Pregnancy: Clary Sage + Jasmine
Nursing: Peppermint. Avoid blends
DigestZen/AromaTouch/DeepBlue/Breathe
with Peppermint if lactating.

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Baby Well

BUM

For baby's bum fill a 30mL glass spray bottle with 2 drops Lavender, 2 Roman Chamomile, 2 Frankincense. Top with FCO. Spray on bottom every diaper change. Doubles as a great foot massage oil.

TUMMY

For upset tummy a dab of Tamer roller. Also great for lactating Mama who likely isn't using DigestZen because of Peppermint over her belly.

Mama

HORMONE BALANCE BLEND POSTPARTUM

This fills 10mL half way, top with FCO. Apply to bottom of feet and inner ankle every morning and night.

25 drops Clary Sage
15 Marjoram
15 Geranium
10 Frank
8 Thyme
5 Cypress
5 Eucalyptus
5 Lavender
3 Ylang Ylang.

Mama

HAIR RE-GROWTH POSTPARTUM

Clary Sage (24 drops)
Rosemary (8 drops)
Siberian Fir (15 drops)
Cedarwood (8 drops)
4 oz Fractionated Coconut Oil, spray bottle, or any glass bottle - I love to re-use ones I have when possible.

Gently mix and massage some of the mixture into your scalp at least 30 min before you wash your hair (but it can be the night before you wash it in the morning). Just use it each time before you wash even if it's not every day.

Clary Sage is all about supporting your hormones, and when it comes to postpartum your hormones need a LOT of support. One of Rosemary's superpowers is increases cellular metabolism that stimulates hair growth while thickening hair at the same time. Cedarwood and Siberian Fir may help stimulate the hair follicles by increasing circulation to the scalp.

