

# Essential Oils for Labor:

## How to Use & When - by oil name

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Oil Name	Use For:	How to Use
<b>Basil</b>	Focus Alertness Ease Anxiety Massage	Diluted in carrier oil for back/belly massages.
<b>Black Pepper</b>	Focus Alertness Ease Anxiety Massage Mood Support Back Labor	Diluted in carrier oil for back/belly massages. Diffuse for mood support. Diluted in carrier oil and rubbed on back. Can follow with a heating pad for extra pain relief.
<b>Chamomile</b>	Rejuvenation	Place a couple drops on a wet washcloth & apply to head.
<b>*Clary Sage</b>	Minimize Tearing Muscle Tension Induce/Encourage Labor Uterine Tonic More Effective Contractions	Diluted in carrier oil and applied on skin over reproductive organs. Place a drop on each palm and inhale between contractions. Rub a drop or two on each ankle. <b>WARNING: Clary sage can induce labor - don't use until full term &amp; ok'd by doctor/midwife. Otherwise avoid in pregnancy.</b>
<b>Frankincense</b>	Ease Anxiety Pain Relief Heal/Relive Tearing	Place a drop on each palm. Dilute w/carrier and rub on lower back or stomach. After birth, apply on tearing to help heal/ease discomfort.
<b>Geranium</b>	Uterus Tone Post-Birth Slow Post-Birth Bleeding	Mix with coconut oil (and Ylang Ylang) and apply to stomach post-delivery.
<b>Jasmine</b>	Evokes feelings of joy, peace and self-confidence.	Use with massage on lower back or abdomen.
<b>Lavender</b>	Ease Anxiety/Relaxation Pain Relief	Diffuse or use in massage with carrier oil. Put a couple drops on a warm, damp washcloth and apply to belly during contractions. Can prep/store multiple cloths in crockpot set to low.
<b>Marjoram</b>	Soothing After-Birth Pain Relief	Dilute w/carrier oil and apply to the lower abdomen.
<b>Myrrh</b>	Stalled Labor/Increase Contraction Strength Umbilical Cord Healing	Place a few drops on a cotton ball and sniff or mix w/carrier oil and rub on abdomen. Put a drop of oil umbilical cord stump to help it to dry faster.
<b>Orange - Sweet or Wild</b>	Nausea Energizing & Encouraging	Diffuse. Inhale. Or make a spray by mixing with Peppermint and water and spraying on body during transition.
<b>*Peppermint</b>	Ease Nausea Energizing Focus Cooling Back Labor/Pain Relief	Smell from bottle for quick relief. Dilute w/carrier oil and apply to back of neck for cooling. Dilute with carrier oil and apply where needed. <b>WARNING: can decrease milk supply for some women. Can affect breathing in infants; don't use past 8cm or end of labor.</b>
<b>Rose</b>	Relaxing	Put a few drop in a bath. Massage lower back or abdomen w/carrier oil.
<b>Ylang Ylang</b>	Calming/ Encouraging Uterus Tone Post-Birth Slow Post-Birth Bleeding	Smell. Mix w/carrier oil for massage. Mix w/carrier (& Geranium) and apply to stomach post-delivery.