



Essential Oils In Pregnancy, Childbirth & Infant Care

Lavender ~ Irritability, headache, swelling, blood pressure, stops early labor, relaxation during labor, stretch marks, reduce c-section scar, diaper rash, ear infection, colic, baby acne, clogged tear duct, eczema and sore nipples.

Peppermint ~ Morning sickness, hydration, back pain, cooling, constipation, gas, heartburn, indigestion, headache, fatigue, turn a breech, fever, cold/flu, upset tummy and diarrhea.

Lemon ~ Morning sickness, hydration, depression, fatigue, swelling, cold/flu and eczema.

Frankincense ~ Back pain, sciatica, headache, anointing at birth, cord care, PPD, cold/flu, clogged tear duct and mastitis.

Valor ~ Nicknamed “Chiropractor in a bottle”. Promotes a sense of bravery. Roman soldiers used the oils in this blend before they went into battle. Back pain, muscle pain, irritability, fear, stretch marks, GBS

Thieves ~ Created from research based on legends about a group of 15th-century thieves who rubbed oils on themselves to avoid contracting the plague while they robbed the bodies of the dead and dying. When the thieves were apprehended they were forced to tell what their secret was and disclosed the formula of the herbs, spices, and oils they used to protect themselves in exchange for more lenient punishment. Weber state University study in 1997 found it 99.96 effective against germs. Morning sickness, headache, UTI, sanitizing, GBS, mastitis, hand-foot-mouth, cold/flu, diaper rash-staph, ear infection, RSV and teething.

Purification ~ Eliminates odors in the air. Ligament pain, UTI, and Hand-Foot-Mouth

Peace and Calming ~ Irritability, stops early labor, relaxation in end of pregnancy, labor and in newborns. Colic, fussiness and cold/flu.

PanAway ~ Originally called “PainAway” but had to change it for the FDA. Back pain, muscle/ligament pain, labor pain, c-section pain, teething and headache.

Joy ~ Irritability, anxiety, labor fear and tension, stop early labor, c-section, PPD, colic, low milk supply, sore nipples, fussy baby

Melrose ~ Yeast infection/ thrush, UTI, mastitis, diaper rash, ear infection, baby acne, clogged tear duct and mastitis.

R.C. ~ Cold/flu, congestion, asthma, RSV, bronchitis

Progescence Plus ~ Not an oil, but a serum. The progesterone is natural and comes from yams. Warning label is for California and is based on synthetic progesterone. PPD, increase milk, headaches.

Di-Gize ~ Morning sickness, constipation, indigestion, gas, heartburn, diarrhea, colic, and jaundice.

Fennel ~ Morning sickness, constipation, stops early labor, diabetes and low milk supply.

Stress Away ~ Stress, Anxiety, tension, nervousness, fussy baby

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This information is not intended to treat, cure, or prevent any disease. These statements have not been evaluated by the Food and Drug Administration. The information provided here is not intended as a substitute for advice from a health care professional and is specific to Young Living Essential Oils. Clients should consult with a healthcare professional before starting any diet, exercise or supplementation program, and also before taking any medication, or if they suspect they might have a health problem.

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