

SAGE MAMA OILS 101



The Sage Motherhood Guide to
Aromatherapy in Pregnancy
Birth + Postpartum

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Hi, I'm
Stefanie



Hey there friend! I'm a former licensed massage therapist, doula, newborn care specialist, mom of 5 with continuing education in fertility, aromatherapy, craniosacral, reflux and tongue tie. I bring 8 years experience using essential oils with my family, as well as 25 board certified continuing education hours. I help you make aromatherapy safe, effective and simple.

What you can expect from me

- The importance of using quality products in pregnancy and on children,
- Oil Pairings for Infant Massage Techniques
- Usage and Safety for
 - pregnancy by trimester
 - mom postpartum
 - infants
 - toddlers
 - children ages 6-17
- colic, congestion and sleep

TESTIMONIALS



Nancy

*"Super satisfied with their service.
Highly recommended!"*



Elizabeth

*"They helped me manage my business
and I'm super happy with the result."*



Monique

*"Amazing service! I highly recommend
to my friends and colleagues."*



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**"THE BEST FORM OF
MEDICINE TRULY IS
INTEGRATIVE...WITH
PREFERENCE TO THE
SAFEST, LEAST
INVASIVE AND MOST
EFFECTIVE REMEDY
FIRST"**

Dr. Scott Johnson

MODULE 1

Essential Oil Basics



What are Essential Oils?

Essential oils are aromatic liquids from plants, that contain hundreds of unique therapeutic properties.

They are cold pressed or steam distilled at low temperatures to produce the highest quality product.

They are very volatile, meaning the molecules spread quickly producing a strong aroma. They absorb quickly into the blood stream.

Essential oil molecules are very small, penetrating the cell membrane and the blood-brain barrier. Because they cross the blood-brain barrier it is assumed they cross the placenta.

Essential Oils Characteristics:

- Odor neutralizing
- Emotionally uplifting, bring balance to the body's systems.
- Highly concentrated, 50-70x more potent than herbs,
- Metabolize quickly making them effective without lengthy effects.

Benefits of Essential Oils

- ✓ Our body easily recognizes the constituents of essential oils because the DNA between plants is quite similar to human DNA.
- ✓ Highly concentrated requiring very small amounts to produce desired effect.

Three Ways to Use Essential Oils

- 1** Aromatic
Using essential oils for the aroma or fragrance such as using a diffuser, diffuser jewelry, room sprays, linen sprays or perfumes.
- 2** Topical
Using essential oils on the skin, essential oils can be diluted with a carrier oil or neat (no dilution).
- 3** Internal or Dietary
Only pure essential oils produced in a food-grade facility should be used internally. Essential oils are commonly used in foods you already consume such as peppermint candy, ginger candy and Earl Grey Tea. Essential oils can also be used in capsule form and taken with water like a supplement.



Usage & Safety

Aromatic

- For pets, diffuse in a space where the pet can leave the room if they want to.
- Use no more than 15 drops in a 300 square foot or smaller space

Topical Age 12 +

- Dilute Spicy Oils, unless applying directly to bottom of feet
- Dilute most oils in first trimester
- Dilute most oils for children
- Dilute all oils for children under 2

Dietary

- Use capsule for spicy oils
- Mellow oils can be used sublingually
- Use glass, ceramic, stainless, silicone with essential oils. Never plastic

Wisdom

- Start small and go slow, use an oil and make observations.
- They're potent, but not magic. It takes experimentation to get the best oil + dose for your body.

MODULE 2

Pregnancy Guidelines



ESSENTIAL OILS ARE SAFE In Pregnancy

1. First Trimester Dilution
1-3% which is 1-4 drops of essential oil
per teaspoons of carrier oil.
No Oral oils

2. Second & Third Trimester Dilution
1-5%
1-7 drops of essential oil per teaspoon
of carrier oil.
Oral Maximum of 10 drops per day.

3. Oils to Avoid / Use Judiciously in
pregnancy are on the next page.

Please note, there have been NO
reported adverse effects from normal
use of essential oils. However, due to
dangers when people consumed high
doses (5-7ml approximately 100
doses) harm came to mother or baby.



Extra caution is prudent during pregnancy, even with a high quality brand. Dilution of oils is a wonderful precaution to take while pregnant to slow absorption for mother and baby.

Oils You Should Avoid

Basil, estrogen
Birch, long pregnancy, bleeding
Blue Cypress, bleeding
Camphor, toxic when swallowed
Carrot Seed, contractions
Cinnamon, contractions
Fennel, estrogen
Hyssop, contractions, bleeding
Mugwort, contractions
Myrrh, contractions
Oregano, contractions, bleeding
Ravintsara, toxic when swallowed
Rosemary, toxic when swallowed
Sage, overdose toxic
Tansy,
Tarragon,
Wintergreen

Oils to use Judiciously

Blends containing
Basil
Birch
Blue Cypress
Camphor
Carrot Seed
Cinnamon
Fennel
Hyssop
Mugwort
Myrrh
Oregano
Ravintsara
Rosemary
Sage
Tansy
Tarragon
Wintergreen

Helpful Reminder to Ease Your Worries

- ✓ There are no records of abnormal fetuses due to normal use of essential oils, either by inhalation or topical application.
- ✓ There are no records of a few drops of essential oils taken by mouth causing any problem either.

Oils by Trimester

First Trimester Oils

- Balsam Fir, Bergamot, Black Pepper, Cedarwood, Chamomile, Copaiba, Coriander, Frankincense, Geranium, Ginger, Grapefruit, Helichrysum, Lavender, Lemon, Melaleuca, Myrtle, Orange, Neroli, Patchouli, Peppermint, Sandalwood, Tangerine, Thyme, Vetiver, Ylang Ylang
-

Second Third Trimester Oils

- Balsam Fir, Bergamot, Black Pepper, Cedarwood, Chamomile, Copaiba, Coriander, Frankincense, Geranium, Ginger, Grapefruit, Eucalyptus, Helichrysum, Juniper, Lavender, Lemon, Melaleuca, Myrtle, Orange, Neroli, Patchouli, Peppermint, Pine, Sandalwood, Tangerine, Thyme, Vetiver, Ylang Ylang
-

Breastfeeding Oils

- All oils are considered safe for use on mom during breastfeeding, but you may want to avoid peppermint and sage as they are traditionally considered "milk drying herbs."
-

Avoid for history of bleeding disorders

- Birch, Blue Cypress, Camphor, Hyssop, Oregano, Wintergreen

MODULE 3

Essential Oil Help for Pregnancy Discomforts & Conditions





Pregnancy Isn't Only Beautiful

Sometimes it's downright uncomfortable!

Frequent urination, heartburn, heightened sense of smell, (worst super power ever IMO), nausea, vomiting, fatigue, swelling, sleep disturbances, and everything says "consult your physician if pregnant or breastfeeding"

Taking the approach to use the safest and smallest dose possible to bring about change or comfort, the next few pages offer essential oils support to common discomforts.

A few other herbals, nutritionals and modalities will be listed as well.

SYSTEMS SUPPORT

Digestive Tract

This includes the mouth, esophagus, stomach, small intestine, large intestine (colon) and rectum.

Constipation

Oral 2nd & 3rd trimesters

- 2 drops ginger
- 1 drop lemon

3x a day

Topical - all trimesters

- 1 drop lemon
- 1 drop ginger
- 1 teaspoon carrier oil

Massage over abdomen, in clockwise motion up to 5x a day

Flatulence

Topical

- 2 drops lemon
- 2 drops lavender
- 1 teaspoon carrier oil

massage in clockwise motion
up to 5x a day

Heartburn

Oral Use (second and third trimester)

- 2 drop lemon
- 1 drop ginger
- 1 drop orange

3x a day

Topical Use (all trimesters)

- 2 drop lemon
- 2 drop ginger
- 1 teaspoon carrier oil

Massage over chest up to 5x a day

Flatulence

Nausea / Morning Sickness

Inhalation (all trimesters)

- 1-2 drops lemon
- 1-2 drops peppermint
- 1-2 drops ginger

Drop on a tissue or diffuser jewelry
inhale from tissue, refresh every 4
hours

Oral (2nd & 3rd trimesters)

- 1 drop ginger
- 1 drop peppermint

In a capsule

Take 3x a day

Topical (all trimesters)

- 1-2 drops lemon
- 1-2 drops peppermint
- 1-2 drops ginger
- 1 teaspoon carrier oil

Mix in a bottle and massage small
amount behind ears and over naval.

Other

- Direct pressure to the space three
finger widths above the wrist,
between the arm bones.
- Eat a high protein meal

SYSTEMS SUPPORT

Circulatory Sytem

This includes your heart, arteries, veins and capillaries

*Edema or Swelling **

Oral (2nd & 3rd Trimester)

- 1 drop grapefruit
- 1 drop lemon
- 1 drop cypress

In a capsule

3x a day

Other

Drink plenty of water

- Weight in Pounds
- Divided by 2

This number in ounces is your baseline for water consumption. Adjust for climate and activity level

Topical (all trimesters)

- 1 drop grapefruit
- 1 drop lemon
- 1 drop cypress

1 teaspoon carrier oil

Massage with light pressure. Start at the trunk and use strokes that move toward the heart and massage down to affected area

3x a day

Other

Blood volume increases in pregnancy and salt and other minerals intake needs to increase appropriately

*Edema can be a sign of pre-eclampsia, a dangerous condition for both mom and baby. Please utilize regular prenatal screenings with a midwife or physician if you experience edema or swelling.

Hemorrhoids

Topical (all trimesters)

- 1 drop lavender
- 1 drop cypress
- 1 drop melaleuca (tea tree)

10 drops carrier oil and apply this mixture to the painful area several times a day.

High Blood Pressure

Inhalation (all trimesters)

- 1 drop neroli
- 1 drop ylang ylang
- 1 drop lavender

Place drops on a tissue or diffuser jewelry and inhale regularly. Refresh every 4 hours

Oral (2nd & 3rd Trimester)

- 1 drop neroli
- 1 drop ylang ylang
- 1 drop lavender

Place drops in a capsule, swallow. 2 times per day

Varicose Veins

Topical (all trimesters)

- 1-2 drops helichrysum
- 1-2 drops lemon
- 1-2 drops geranium
- 1-2 drops cypress
- 1 teaspoon carrier oil and

Massage around (NOT OVER) the area with varicose veins with light strokes moving toward the heart.

1-3 x a day

Other (all trimesters)

Elevate your hips while laying down

Topical (all trimesters)

- 2 drops balsam fir
- 2 drops cypress
- 1 cup of cold water
- Clean Cloth

Dip cloth in the cold water mixture, squeeze excess and apply to location. 2x a day

Oral (2nd & 3rd trimesters)

- 3 drops copaiba
- 2 drops tangerine

In a capsule
2x a day

SYSTEMS SUPPORT

MUSCULAR SYSTEM

This includes your muscles, tendons, ligaments and fascia

Backache

Topical (all trimesters)

- 2 drops lavender
- 2 drops
- ginger
- 2 drops copaiba
- 2 drops german chamomile
- 2 teaspoons carrier oil

Massage into back and feet

2x a day

Muscle Cramps

Topical (all trimesters)

- 1 drop lavender
- 1 drop balsam fir
- 1 drop german chamomile
- 1 teaspoon carrier oil
- Massage a small amount of this mixture over affected area
- 3 x a day
- Leave space for the reader's response.

Muscle Soreness

Topical (all trimesters)

- 1-2 drops lavender
- 1-2 drops ginger
- 1-2 drops copaiba

Massage small amount of this mixture to sore muscles
3x a day

Muscle Spasms

Topical (1st trimester)

- 1 drop lavender
- 1 drop petitgrain
- 1 drop ginger
- 1 teaspoon carrier oils

Massage a small amount of this mixture to affected area 3x a day

Topical (2nd & 3rd trimesters)

- 2 drops lavender
- 2 drops petitgrain
- 2 drops ginger
- 1 teaspoon carrier oils

Massage a small amount of this mixture to affected area 3x a day

Pelvic Pressure

Oral (2nd & 3rd Trimester)

- 2 drops copaiba
- 2 drops tangerine

In a capsule
Up to 2x a day

Topical (all trimesters)

- 1 drop copaiba
- 1 drop tangerine
- 1 drop german chamomile
- 1 drop peppermint

In a capsule
Up to 2x a day

Pubic Diastasis

Topical (all trimesters)

- 2 drops balsam fir
- 1 drop copaiba
- 1 drop pine
- 1 teaspoon carrier oil

Massage small amount of this mixture to pubic bones
3x a day

Round Ligament Pain

Topical (2nd & 3rd trimesters)

- 1 drop peppermint
- 1 drop lavender
- 1 drop frankincense
- 1 drop ginger
- 1 teaspoon carrier oil

Massage a small amount of this
mixture to affected area 3x a day

Scar Tissue of the Cervix

Topical (2nd & 3rd trimesters)

- 1 drop frankincense
- 1 drop lavender
- 1 drop helichrysum
- 1/2 teaspoon carrier oil

Massage a small amount of this
mixture over the pubic bone 3x a day

PHYSICAL SUPPORT FOR

Emotions

Essential Oils are first experienced via the sense of smell. The sense of smell is processed in a different part of the brain than the other senses, it is near the amygdala - the emotional center of the brain.

Anxiety

Topical - all trimesters

- 1 drop lavender
- 1 drop orange
- 1 drop cedar wood
- 1 teaspoon carrier oil

Apply this mixture to base of skull neck and wrists

Inhalation all trimesters

on a tissue or diffuser jewelry
inhale as often as needed, refresh every 24 hours

Oral 2nd & 3rd trimesters

- 2 drops lavender
- 2 drops orange
- in a capsule

Take this 1-3 times a day

Depression

Inhalation all trimesters

1 drop frankincense

1 drop ylang ylang

1 drop orange or grapefruit

apply to palms, rub together and place

over nose and mouth to inhale, as needed

Or, apply to diffuser jewelry, refresh daily.

Topical - all trimesters

- 1 drop geranium
- 1 drop marjoram
- 1 drop thyme
- 1/2 teaspoon carrier oil

Apply this mixture over the liver before bed.

Fear

Inhalation - all trimesters

- 1 drop ylang ylang
- 1 drop frankincense
- 1 drop lavender
- on a tissue or diffuser jewelry, inhale as needed.

Refresh daily

Fatigue

Inhalation - all trimesters

- 1 drop peppermint or lemon
- neat on the palm and rub palms together, cup over mouth and nose. Breathe deeply up to 3 times a day.

Or place on a tissue or diffuser jewelry and inhale as needed.

Refresh Daily.

Aromatic Bath- all trimesters

- 2 drops bergamot
- 2 drops orange
- 2 drops tangerine
- 1 teaspoon of V6 carrier oil or 1/2 cup of salt in a warm bath (100F)

Sleep Disturbances

Topical- all trimesters

- 5 drops lavender
- 5 drops chamomile
- 5 drops cedarwood
- 5 drops vetiver
- Massage 1 drop of this mixture with 1 drop of V6 carrier oil to the bottoms of feet before bed.

Shopping List

Digestive Oils

- Ginger
- Lemon
- Lavender
- Peppermint
- Orange

Diffuser
Diffuser Jewelry

Circulatory

- Tangerine
- Grapefruit
- Lemon
- Cypress
- Lavender
Neroli

- Ylang Ylang
- Helichrysum
- Geranium
- Balsam Fir
- Copaiba
V6 Carrier Oil

Muscles / Soft Tissues

- Petitgrain
- Frankincense
- Pine
- Tangerine
- Peppermint
Helichrysum

- Ginger
- Lavender
- Copaiba
- German Chamomile
- Fir
V6 Carrier Oil

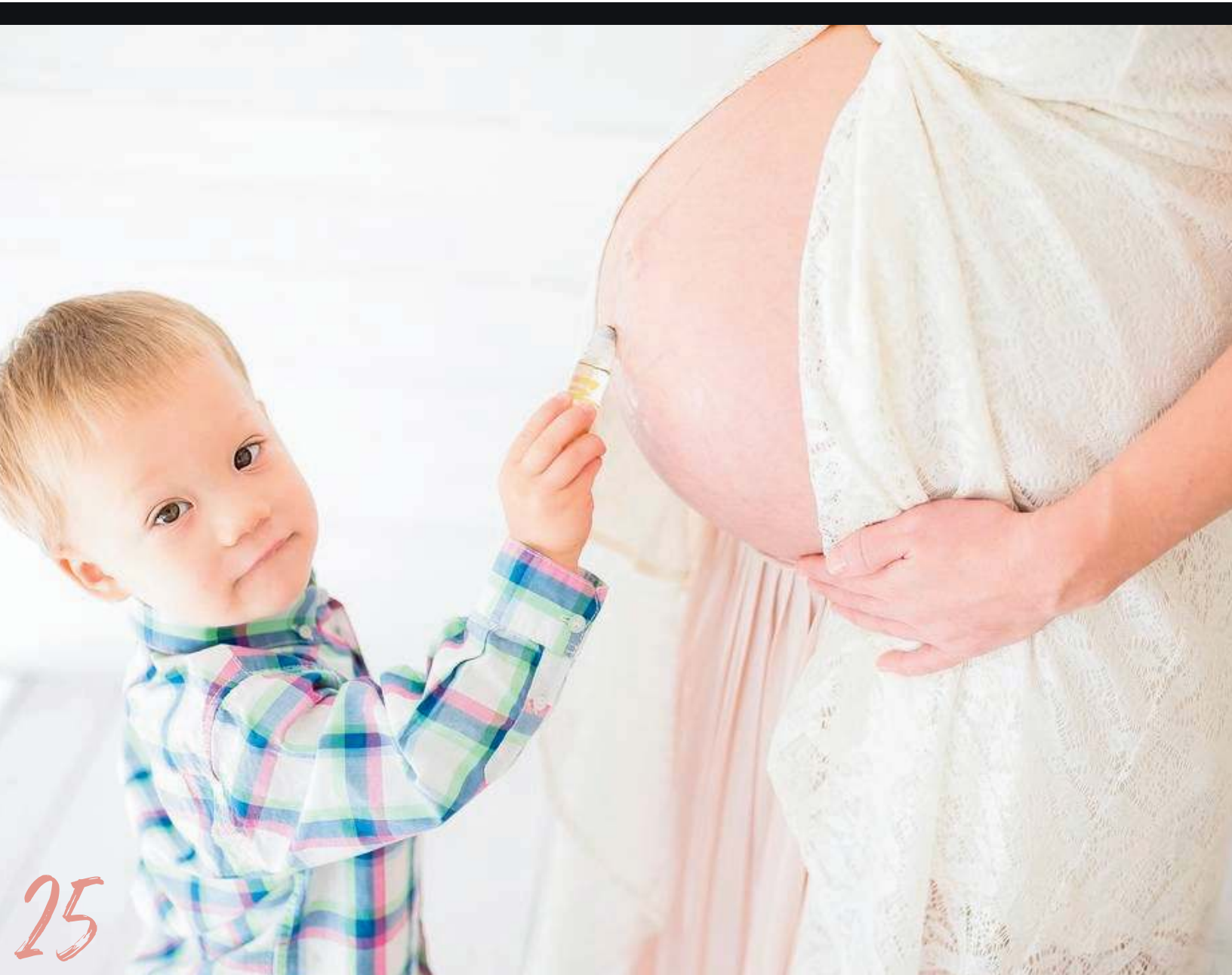
Emotions

- Lavender
- Orange
- Cedawood
- Grapefruit
- Ylang Ylang
Geranium

- Geranium
- Marjoram
- Thyme
- Peppermint
- Vetiver

MODULE 4

Essential Oil Help for Common Ailments



EXTRA HELP FOR Common Health Issues

When you can't use your normal remedies, I got you!

Allergies

Topical

- 1 drop of lavender

Apply neat under the nose

Oral 2nd & 3rd trimesters

- 1 drop lavender
- 1 drop peppermint
- 1 drop german chamomile
- In a capsule up to 3 times a day

Breast Engorgement

Topical- all trimesters & postpartum

- 2 drops lavender
- 2 drops geranium
- 2 drops cypress
- 2 drops tangerine
- 2 teaspoons sesame seed oil

Massage over breasts up to 3x a day

Breast Tenderness

Topical- 1st trimester

- 1 drop bergamot
- 1 drop geranium
- 1 drop lavender
- 1 teaspoon V6 carrier oil

apply to breasts up to 3x a day

Topical- 2nd & 3rd trimesters

- 2 drops bergamot
- 2 drops geranium
- 2 drops lavender
- 1 teaspoon V6 carrier oil

apply to breasts up to 3x a day

Colds / Flu

Oral - 2nd & 3rd trimesters

- 1 drop tea tree
- 1 drop lemon
- 1 drop thyme
- In a capsule, up to 3x daily

Inhalation - all trimesters

- 1 drop myrtle
- 1 drop eucalyptus
- 1 drop pine
- In a diffuser or steam pot with 1/2 cup of water and inhale

Topical - all trimesters

- 1 drop tea tree
- 1 drop lemon
- 1 drop thyme
- 3 drops V6 carrier oil
- Massage onto feet up to 3x a day

Topical - all trimesters

- 1 drop myrtle
- 1 drop pine
- 1 drop ginger
- half a teaspoon V6 carrier oil

Apply to chest up to 3x a day

Congestion

Inhalation - all trimesters

- 1 drop myrtle
- 1 drop eucalyptus
- 1 drop pine
- In a diffuser or steam pot with 1/2 cup of water and inhale

Sciatic Pain

Topical - all trimesters

- Lie on your side and have another person apply pressure to acupuncture point GB 30
- Apply firm pressure for about 30 seconds with your thumb, then release.
- Repeat until pain decreases
- Repeat on other side.

Topical- all trimesters

- 2 drops german chamomile
- 2 drops vetiver
- 2 drops copaiba
- 2 teaspoons sesame oil

apply over lower back and hips, massage down the affected leg 3x a day

Urinary Tract Infection

Topical - all trimesters

- 10 drops thyme
- 5 drops tea tree
- 4 drops bergamot
- 5 drops german chamomile
- 1 teaspoon V6 carrier oil

Massage over pelvic area and low back

Other

Drink half your body weight in ounces per day

Take Life 9 probiotic before bed

Oral - 2nd & 3rd trimester

- 1 drop tea tree
- 1 drop lemon
- 1 drop thyme

in a capsule 2x a day

Other 2nd / 3rd

- Take Longevity Capsule OR

- Take Inner Defense Capsule

in the morning, 8 hours before probiotic

Vaginal Yeast Infection

Retention 2nd & 3rd Trimester

- 5 drops lavender
- 5 drops tea tree
- 2 drops thyme
- 2 drops bergamot
- 1 tablespoon carrier oil
- Soak tampon in mixture insert into vagina before bed, remove in the morning, for 7 days.

Other 1st trimester

- 3 drops tea tree
- 3 drops bergamot
- 3 drops lavender
- 1/2 teaspoon V6 carrier oil or salts in a bath of warm water (100F)

Shopping List

Breast

Discomfort

- Bergamot
- Geranium
- Lavender
- Cypress

- Tangerine
 - Sesame Seed Oil
 - V6 Carrier Oil
-

Colds / Flu / Allergies

- Bergamot
- Pine
- Eucalyptus
- Myrtle
- Lemon

- Lavender
 - Peppermint
 - German Chamomile
 - Geranium
 - Cypress
 - Tangerine
-

Infections

- Lavender
- Tea Tree
- Thyme
- Bergamot
- Lemon

- German chamomile
- Inner Defense Capsules
- Longevity Capsules
- V6 Carrier Oil
- Organic Cotton Tampon

MODULE 5

Essential Oils for Complications of Pregnancy & Birth



Navigate Pregnancy Complications and include essential oil support

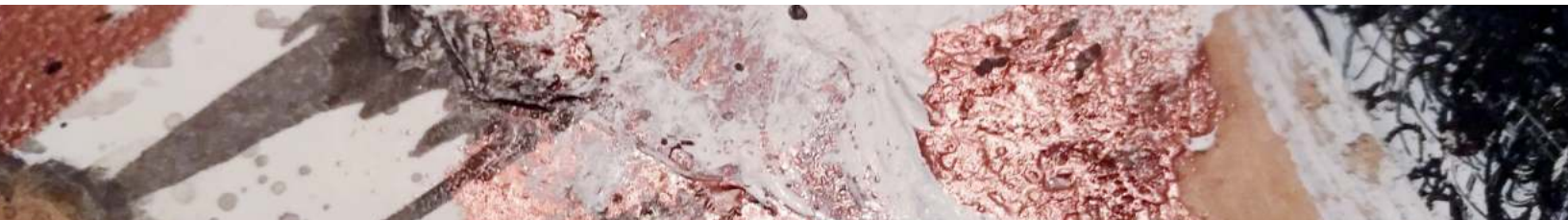
DISCLAIMER

Again, this is not to be construed as medical advice. This is for informational purposes. You are in charge of the decisions you make for your health, your pregnancy, birth and baby's well being.

Not all health care practitioners are familiar with evidence-based essential oil therapies and may not offer this information to you. So use this information along with the options your provider gives.

The purpose of these recipes is to support your overall well being, even if you are utilizing medications or procedures to navigate your diagnosis.

The goal here is to manage symptoms, reduce complications and have confidence as you chose your path to a healthy pregnancy, birth and postpartum.



ADVANCED MEDICAL CONDITIONS

Complications of Pregnancy

Discuss with practitioner

Gestational Diabetes

Oral -2nd & 3rd trimester
2 drops geranium
In a capsule
Take morning & evening

Other
Please read *Real Food for Gestational Diabetes* by Lily Nichols and take Pregnancy Nutrition for the Sage Mama with Stefanie Melo

Group Beta Strep

Oral - 3rd Trimester

- 2 drops tea tree
- 2 drops lemon
- 1 drop thyme
- in a capsule

2x a day by mouth

Retention - 3rd Trimester

- 5 drops tea tree
- 5 drops lemon
- 2 drops thyme
- 1 tablespoon V6 carrier oil
- soak tampon with mixture, insert in vagina overnight

Repeat for 7 nights total

Hypothyroidism

Topical - all trimesters

- 2 drops balsam fir
- 1 drop myrtle
- 1/2 teaspoon V6 carrier oil

Massage over throat and breast bone 3 times a day

Menstrual Type Cramping

Topical -all trimesters

- 2 drops German Chamomilie
- 2 drops Lavender
- 2 drops Geranium
- 2 drops Frankincense
- 2 teaspoons V6 carrier oil

Apply this mixture over abdomen up to 3x a day

Other

- 2 drops german chamomile
- 2 drops frankincense
- 1 vegetable capsule
- Insert into vagina as far as possible nightly until cramping subsides.

Other

- empty your bladder
- drink more water

Miscarriage - confirmed

Topical - for labor support

- 2-3 drops of clary sage
- 2-3 drops of v6 carrier oil

Massage over abdomen
3x a day

Inhalation

- 1-2 drops lavender
- 1-2 drops bergamot
- 1-2 drops orange
- 1-2 drops ylang ylang
- in a diffuser, on diffuser jewelry or on a tissue

Topical - for pain management

- 1-2 drops marjoram
- 1-2 drops basil
- 1-2 drops lavender
- in 3-6 drops V6 carrier oil

Apply to abdomen 3x a day

Please Note

As a miscarriage is a highly emotional process, you may want to avoid using oils listed that you typically really enjoy. Aroma triggers memory and it may be best to avoid oils you love at this time. Use your judgement.

Preeclampsia

Topical - all trimesters

- 1-2 drops cyplress
- 1-2 drops lavender
- 1-2 drops ylang ylang

Massage from extremeties (hands/feet) towards the heart

Other -2nd & 3rd trimester

- 1 drop grapefruit
- 1 drop lemon
- 1 drop ylang ylang
- in a capsules

1-3x a day

Shopping List

Gestational Diabetes

- Geranium
- Vegetable Capsules

Group Beta Strep

- Tea Tree
- Lemon
- Thyme
- V6 Carrier
- Vegetable Capsule
- Inner Defense Capsules
- Life g
- Mighty Pro

Cramps & Miscarriage

- Fir
- Myrtle
- German Chamomile
- Lavender
- Frankincense
- Marjoram
- Basil
- Bergamot
- Ylang Ylang
- V6 Carrier Oil

Pre- Eclampsia

- Cypress
- Lavender
- Ylang Ylang
- Lemon
- Grapefruit

Hypothyroidism

- Balsam Fir
- Myrtle
- V6 Carrier Oil

MODULE 6

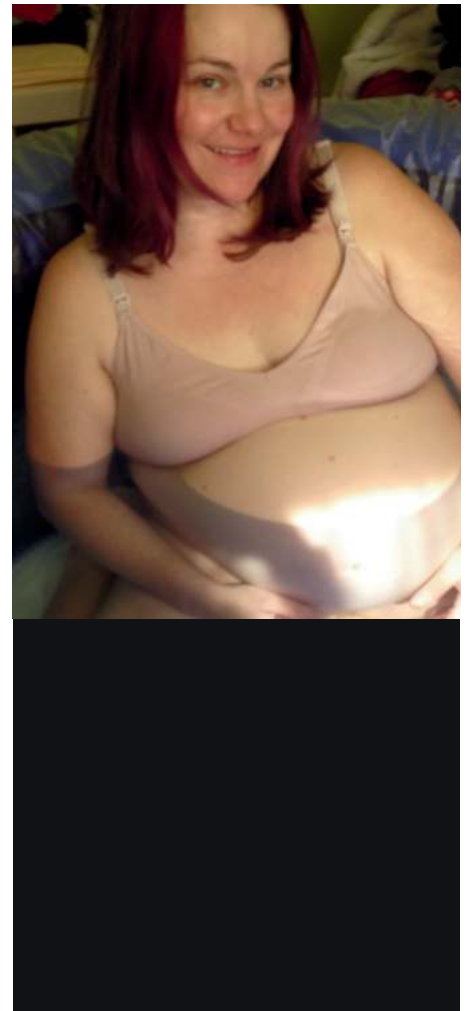
Essential Oils for Labor, Birth & Immediate Postpartum



ESSENTIAL OILS ARE SAFE For Labor

All the usual precautions for essential oils use in pregnancy apply during labor. However once you are in labor essential oils that can cause contractions may be used therapeutically and safely such as myrrh.

Special note: preferences change quickly and dramatically in labor. It is advised to rely heavily on using essential oils on tissues, cotton or diffusers...anything that can be removed quickly if suddenly an aroma becomes unpleasant.



ESSENTIAL OIL SUPPORT

Labor & Birth

The Big Day is here, and it will likely be intense and tiring.
Use essential oils to support the ebbs and flows of labor and birth

Energy Boost During Labor

Topical - labor

- 2-3 drops peppermint
- 1 cup cool water
- clean wash cloth

Dip cloth in mixture, apply to back of neck, refreshing as needed

Inhalation - labor

- 2 drops peppermint
- 1 drop lemon
- 1 drop orange

on a tissue and inhale as needed, or in a diffuser.

Inducing Labor - only after 39th week, with care provider support

Labor Induction Note

- Labor should only be induced when the risks to mom or baby outweigh the benefits of baby's lungs being prepared for life out of the womb. Anything more advanced than what is recommended here should only be done with medical advisement as labor induction increases risk to mom and baby.

Inhalation

- 5 drops clary sage
- on a tissue or cotton ball
- inhale as needed, place under pillow at night

Topical

- 2 drops clary sage
 - 1 tablespoon of castor oil
- Massaged over abdomen

Inducing Labor - only after 39th week, with care provider support

Labor Induction Note

- Labor should only be induced when the risks to mom or baby outweigh the benefits of baby's lungs being prepared for life out of the womb. Anything more advanced than what is recommended here should only be done with medical advisement as labor induction increases risk to mom and baby.

Preterm Labor

Contact your care provider immediately if you experience labor symptoms prior to 37 weeks. Notify care team if you suspect your water is broken.

Topical

- 3-5 drops lavender
- 10 drops of V6 carrier oil
- Massage over lower abdomen and pubic area, repeating until labor stops

Early Labor

before 6 centimeters, or when you can still be distracted during contractions

Topical

- 2 drops lavender
- 2 drops tangerine
- 2 drops copaiba
- 1 teaspoon of V6 carrier oil

Massage over lower abdomen and pubic area, repeating until labor stops

Active Labor / Transition

Topical -

- 2 drops neroli
- 2 drops lavender
- 1 cup cool water
- 1 clean wash cloth
- Dip cloth, wring out and apply to forehead, face, neck and arms

Labor, Pushing

Inhalation -

- 2 drops neroli
- 2 drops lavender
- on a tissue

inhale between contractions

Alternate with the second recipe

Inhalation -

- 2 drops tangerine
- 2 drops orange
- 2 drops lemon
- on a tissue

inhale between contractions

Labor, Placenta Delivery

Topical

- 3-5 drops lavender
- 2 drops geranium
- 1 cup warm water
- clean wash cloth
- dip cloth in water, wring out
- Place over abdomen, cover with a warm towel. Refresh when cloth cools

Labor, Leg Pain

Topical

- 1 drop lavender
- 1 drop German chamomile
- 1 drop ginger
- 1 drop peppermint
- 1 drop frankincense
- 1/2 teaspoon of V6 carrier oil

Massage over affected area, up to 4x a day

Perineal Care - During Labor

Topical -

- 2 drops neroli
- 2 drops lavender
- 1 cup cool water
- 1 clean wash cloth
- Dip cloth, wring out and apply to forehead, face, neck and arms

Perineal Care, after delivery

Other

- 5 drops lavender
- 5 drops neroli
- 5 drops grapefruit
- 5 drops tangerine
- 5 drops German chamomile
- 5 drops of this mixture to a warm bath

Topical

Claraderm Spray

Spray to perineum after toilet use

Topical

- 5 drops lavender
- 5 drops neroli
- 5 drops helichrysum
- 5 drops tangerine
- 5 drops geranium
- 1 ounce aloe vera juice
- spray bottle
- Spray mixture to perineal after toilet use.

Postpartum Hemorrhage

This is a life-threatening condition, seek immediate medical attention, these options can be used in conjunction with medical treatment

Topical

- 2 drops helichrysum
- 2 drops geranium
- 2 drops cypress over lower back and abdomen

Other

- Shepherd's Purse, 2 droppers full under tongue every 5 minutes until bleeding stops.

Rest during labor

Topical

- 2 drops lavender
 - 2 drops cedarwood
 - 1 drop vetiver
- on a tissue, inhale as needed

Topical

- 1 drop lavender
 - 1 drops V6 carrier oil
- Massage on shoulders every 2-4 hours

Uterine Hyperstimulation

Topical -

- 2 drops lavender
- 2 drops orange
- 10 drops V6 carrier oil

Massage over abdomen and public area

Shopping List

Oils for Labor

- Lavender
- Orange
- Cedarwood
- Vetiver
- Geranium
- Cypress
- Neroli
- Grapefruit
- Tangerine
- Helichrysum
- German chamomile
- Ginger
- Peppermint
- Frankincense
- Copaiba
- Clary Sage
- Lemon
- V6 Carrier Oil
- Aloe Vera Gel
- Shepherd's Purse Tincture

MODULE 6

Essential Oils for Postpartum & Breastfeeding





Postpartum & Breastfeeding

Over the history of humanity, postpartum and breastfeeding were essentially the same things. In our modern times, not every woman breastfeeds.

The information shared here is always going to assume what is good for a recovering mother, is also good for lactation and for baby.

Essential oil safety for newborns, infants, toddlers and children is covered in Sage Mama Oils 201.

In general, we want to use support that is good for lactation as lactation is a key piece in the healing and shrinking of the uterus and mental postpartum mental health.

Seek qualified lactation support before using essential oils or herbs to impact your milk supply.

ESSENTIAL OIL SOLUTIONS FOR Postpartum & Breastfeeding

Breast Engorgement

Topical- all trimesters & postpartum

- 2 drops bergamot
- 2 drops geranium
- 2 drops lavender
- 2 teaspoons sesame seed oil

Apply enough to cover the breast and massage into the breast

Caesarean Section Scar

Topical

- 1 drop frankincense
- 1 drop helichrysum
- 1 drop sandalwood
- 1 drop bergamot
- 1 drop lavender
- 5 drops V6 carrier oil

Massage over scar after stitches are gone.

3x a day

Postpartum Depression

Other

- Consider Progessence Plus Serum

Topical

- 1 drop geranium
- 1 drop marjoram
- 1 drop thyme
- 1 teaspoon carrier oil

Massage over liver at night

Inhalation

- 1 drop frankincense
- 1 drop ylang ylang
- 1 drop orange or grapefruit

apply to palms, rub together and cup hands over nose to inhale.

Diffuse same blend, or use diffuser jewelry

Low Milk Supply

- **Topical**
- 1 drop geranium
- 1 drop basil
- 1/2 teaspoon V6 carrier oil

apply to breast away from the nipple (between nursing sessions) and on the feet. Repeat 3x a day.

- **Topical -**

if basil/geranium is ineffective

- 1 drop fennel
- 1/4 teaspoon carrier oil

Apply to breast, away from the nipple, between nursing sessions, and on the feet.

DO NOT EXCEED 5 days

Excessive Milk Supply

Oral

- 2 drops peppermint
- 2 drop oregano
- in a capsule
- 1-3x a day

Topical

- Cover breast with cold caggabe leaves by placing in side your bra

Oral

- 1 drop sage oil
- 1 cup hot water
- honey to taste

Mastitis

Topical

- 3-5 drops tea tree
- 3-5 drops thyme
- 3-5 drops frankincense
- 1 teaspoon carrier oil

Massage over breasts, armpits and bottom of feed and cover with warm compress

1-3x a day

Cracked, Sore Nipples

Topical

- 2 drops lavender
- 1 teaspoon carrier oil

Apply to nipples up to 3 times a day. Wipe off before breastfeeding

Common Cold, Allergies, Congestion, Constipation, Dizziness and Fatigue,

See previous sections for recipes, but OMIT peppermint when breastfeeding

Shopping List

Oils for Labor

- Lavender
- Tea Tree
- Thyme
- Oregano
- Peppermint
- Fennel
- Helichrysum
- Sandalwood
- Bergamot
- Clary Sage
- Basil
- Geranium
- Marjoram
- Ylang Ylang
- Orange
- Grapefruit
- Progessence Plus
- V6 Carrier Oil
- Sesame Seed Oil
- Vegetable Capsules

So what's next?

Now that you have a solid foundation for safe and effective essential oil therapies to support your childbearing year, it is time to build your stock of oils.

I only recommend Young Living Essential Oils because they have a seed-to-seal commitment of quality control that far exceeds safety standards set by the industry.

Learn more about Seed-to-Seal Promise.

Finally, Young Living is the only company to have food-grade essential oils processes.

High Quality Products do not come at grocery store prices. Providing high quality, non-contaminated products requires an expensive production process. Therefore, high quality essential oils that provide safety and efficacy will cost more than what you can grab at the store.

Young Living Has two price points

- Retail
- Wholesale 24% discount

How to get 24% discount

1. Place an annual order of 100PV or more
2. Place a monthly loyalty rewards order of 50PV or more

Seed-to-Seal Promise

- ✓ **Selective Sourcing:** from farms with ethical & sustainable agricultural practices.
- ✓ **Innovative Science:** using validated physical, chemical and microbiological scientific tests to ensure only quality products are sold.
- ✓ **Pioneering Standards:** Lacey Act Compliance, Global Trade Compliance, DSA Selling ethical compliance and Young Living's Environmental Protection Standards & Employee Ethics



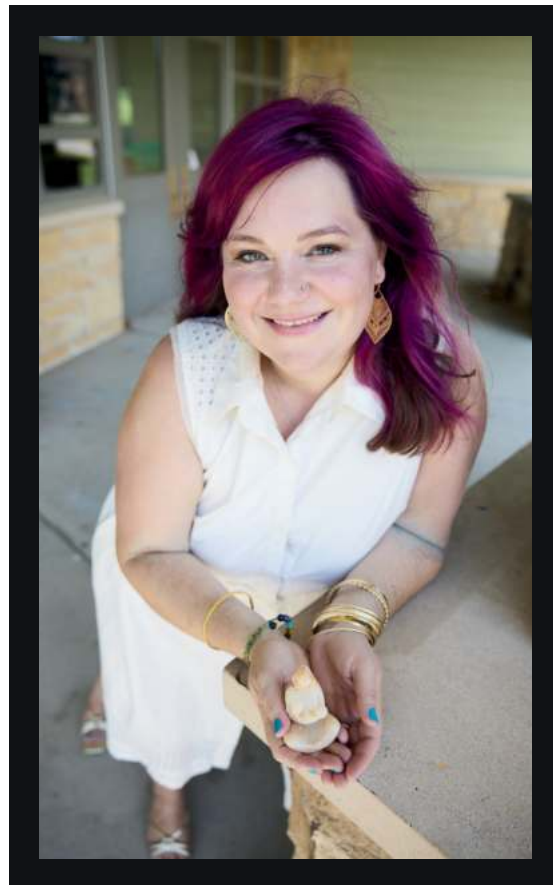
"One drop
at a time
for gentle
relief

Thank you!

It has been an absolute pleasure sharing this information with you. Sage Mama Oils 201 is also included with your virtual doula support.


This class is part of our virtual doula support program: Sage Yogi Mamas. If you would like access to virtual doula support and childbirth education, please join us in Sage Yogi Mamas.

To order oils please use this [link](#), I will receive a commission on your order, thank you for supporting my family business.



Do You Need More Help?

Join my community


 @sagemotherhood

Follow me on social media

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 @SageMotherhood

Place Your Order

 <https://stefaniemelo.com/page/sage-mama-oils-links>

XO Stefanie

Sage Yogi Mama

Virtual Doula Support & Education
for homebirth & birth center mamas



[www.stefaniemelo.com/page/
the-sage-yogi-doulas](http://www.stefaniemelo.com/page/the-sage-yogi-doulas)