

# Pregnancy & Beyond

Making your journey more than just manageable!

Pregnancy and motherhood are the most amazing experiences for any woman! Essential oils can ensure that the journey towards motherhood allows each woman the opportunity to savor, enjoy, and cherish the moments of pregnancy and motherhood, without the potential emotional, physical, or physiological distractions.

## Essential Oils?

Essential oils are natural aromatic compounds found in plants. They have been used throughout history and in the modern era for their therapeutic benefits without the risk of side effects.

## Why CPTG?

Choose essential oils that are **Certified Pure Therapeutic Grade**. These oils are 100% pure, natural aromatic compounds. They do not contain fillers or artificial ingredients that would dilute the active qualities.

## Application?

Just as there are different oils that can be utilized, there are also different methods of application. Oils may be applied topically, ingested, diffused, and more. Each woman must identify what works for her!



## Pregnancy

<b>Breasts (Soothe)</b>	<i>Lavender, Geranium</i>	Add 3–5 drops to 1 Tbs. fractionated coconut oil, and massage on location.
<b>Breasts (Sore)</b>	<i>Roman Chamomile</i>	Add 3–5 drops to 1 Tbs. fractionated coconut oil, and massage on location.
<b>Constipation</b>	<i>Digestion Blend, Lemon, Peppermint, Fennel</i>	Take 1–3 drops in water or in a capsule, <b>OR</b> massage on abdomen undiluted or, if desired, with carrier oil.
<b>Depression</b>	<i>Vitality Supplements, Invigorating Blend, Joyful Blend, Grounding Blend, Frankincense</i>	Take vitamin supplements as directed, <b>OR</b> diffuse any of the oils listed, <b>OR</b> place 3–5 drops of frankincense oil under tongue, and chase with water.
<b>Fatigue</b>	<i>Invigorating Blend, Lemon, Joyful Blend, Grapefruit, Wild Orange, Peppermint</i>	Place 1–2 drops in palms of hands, rub together, and inhale deeply, <b>OR</b> massage onto back, shoulders, or back of neck, adding carrier oil if needed.
<b>High Blood Pressure</b>	<i>Ylang Ylang, Geranium, Lemongrass, Lavender</i>	Place 3 drops ylang ylang in evening bathwater twice a week, <b>OR</b> combine 5 drops geranium, 8 drops lemongrass, and 3 drops lavender in 1 oz. fractionated coconut oil. Rub over heart and on reflex points of left foot and hand.
<b>Nausea/Vomiting</b>	<i>Ginger, Peppermint</i>	Dilute as recommended, and apply 1–3 drops on ears, down jawbone, and on reflex points of feet, <b>OR</b> place 1–3 drops in an empty capsule, and swallow, <b>OR</b> diffuse into the air.
<b>Sleep</b>	<i>Calming Blend, Lavender</i>	Apply a few drops directly to the bottoms of feet, <b>OR</b> diffuse oil at night to assist with relaxation.
<b>Stretch Marks</b>	<i>Anti-Aging Blend</i>	The roll-on is a perfect, already diluted blend. If using an undiluted blend, mix with carrier oil to more easily massage a large area.
<b>Swelling</b>	<i>Water, Invigorating Blend, Lemon, Massage Blend, Cypress, Lavender, Ginger</i>	Drink 3–4 quarts of water every day. In addition, mix 3–5 drops of oil with fractionate coconut oil, and massage into legs, ankles, and feet, <b>OR</b> add 3–5 drops of lemon to all water.