

## Delivery

<b>Contraction Effectiveness</b>	<i>Clary Sage, Myrrh, Geranium, Lavender</i>	Blend clary sage with geranium and lavender for a topical mixture, <b>OR</b> apply myrrh and clary sage topically to help improve a stalled labor.
<b>Energy</b>	<i>Roman Chamomile, Geranium, Lavender</i>	Combine 2 drops Roman chamomile, 2 drops geranium, and 2 drops lavender in 2 tsp. fractionated coconut oil, and massage into the skin.
<b>Episiotomy</b>	<i>Geranium</i>	Add 5–10 drops to 1/2 tsp. olive oil, and massage on perineum
<b>Hemorrhaging</b>	<i>Helichrysum</i>	Apply 1–3 drops on lower back to help prevent hemorrhaging
<b>Pain</b>	<i>Basil, Black Pepper</i>	Massage either essential oil with fractionated coconut oil on lower back to help relieve pain during labor.
<b>Perineum Support</b>	<i>Helichrysum</i>	Mix 20 drops with 2 Tbs. of fractionated coconut oil, and apply all over perineum area.
<b>Pre-term Labor</b>	<i>Lavender</i>	Rub 1–3 drops on stomach.
<b>Tone Uterus</b>	<i>Clary Sage</i>	Apply 1–3 drops around the ankles.
<b>Transition</b>	<i>Basil</i>	Dilute as recommended, and apply 1–2 drops to temples or abdomen.



## Post Pregnancy

<b>Breast Soreness</b>	<i>Myrrh, Geranium, Sandalwood</i>	Apply any of the oils mentioned, undiluted, directly on nipple after breastfeeding. Oils do not need to be removed prior to the next feeding session.
<b>Caesarean Scars</b>	<i>Anti-Aging Blend</i>	Rub undiluted on scar area every day, twice a day.
<b>Increase Milk Production</b>	<i>Fennel, Basil, Clary Sage, Geranium</i>	Apply any of the oils mentioned, undiluted, on the breast. Massage into tissue, avoiding the nipple.
<b>Mastitis</b>	<i>Melaleuca, Clove, Lavender, Rosemary</i>	Apply any of the oils mentioned, undiluted, on breast and on lymph nodes under armpit.
<b>Perineum Support</b>	<i>Frankincense, Lavender</i>	Drop 10 drops of each in a 15 ml bottle with a spray top. Fill the rest of the bottle with distilled water, and spray on perineum after birth to soothe.
<b>Tone Uterus</b>	<i>Clary Sage</i>	Apply 1–3 drops around the ankles.

Each woman and each pregnancy, delivery, and postpartum experience is different. Hopefully, by utilizing essential oils, the journey into motherhood is a blissful one. Different blends and methods assist women in various ways. Utilize the various oil options, and find the right one that works best for your body and YOU. Congratulations on this special and amazing journey!

**DON'T LET YOUR ESSENTIAL OIL JOURNEY END THERE...  
EXPERIENCE WHAT ESSENTIAL OILS CAN OFFER YOU IN  
EVERY ASPECT OF YOUR LIFE!**



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