

Fertility & Midwifery Care Center



Many Young Living products are frequently used during pregnancy and the postpartum period. Use of essential oils in pregnancy and the postpartum period is safe and can be very beneficial. It's simply important to be sensible with their use. With essential oils, there are no specific guidelines; usage is individualized. However, it is imperative to follow the directions on the label.

Some women choose to avoid excessive use of certain oils due to their potential reaction when used in abundance. These include:

- Clary Sage or Sage
- Idaho Tansy or Hyssop
- Fennel
- Wintergreen
- Blends containing these oils

It is advised for you to start slowly, using small amounts. Start with a few drops of your essential oil(s) and diffuse them in a large area. Then you may consider applying the essential oil(s) to the skin after diluting in a vegetable oil (i.e. coconut, olive, or almond oil) or inhaling them directly from the bottle. Some oils are also safe to ingest, for example, citrus oils in water are well liked and provide numerous health benefits.

You may purchase from our office the essential oils below (prices include sales tax):

Clary Sage (15mL) - \$66.88



- Relieve menstrual discomforts
- Aids in sleep
- Soothes hemorrhoids
- Can potentiate labor (applied to inner ankle)

Frankincense (5mL) - \$41.88



- Stretch marks/wrinkles/skin tags
- Depression
- Calm cough & decrease nasal congestion (mom & baby)
- Soothe diaper rash

Fennel (15mL) - \$24.29

(Do not use >10 days consecutively)



- Digestive aid
- Circulatory stimulant (ease swollen feet)
- Boost Milk Supply

Gentle Baby (5mL) - \$29.92



- Heartburn
- Calms/relaxes baby
- Relieves colic
- Diaper rash/chapped skin
- Reduces stress in pregnancy
- Stretch marks/Reduces scar tissue

Geranium (15mL) - \$58.08



- Reduces inflammation
- Depression/Stress relief
- Improves circulation
- Skin health/scar healing
- Boost milk supply
- Breast infection

PanAway (5mL) - \$49.63



- Carpal tunnel discomfort
- Relieves tension
- Soothes muscles
- Help with pregnancy/labor pain

Lavender (15mL) - \$33.08



- Relaxation/sleep
- Stretch marks
- Cuts/burns/rashes
- Diaper rash
- Headaches
- Mastitis (with tangerine)

Peppermint (5mL) - \$14.08



- Heartburn
- Headache
- Fever
- Energy
- Nausea

Lemon (5mL) - \$8.80



- Nausea
- Constipation
- Immune system support
- Sore throat
- Uplift mood
- Cleaning

Progessence Plus (15mL) - \$52.79



- Mood swings
- Hair loss
- Hot flashes
- PMS
- Low Progesterone

Melrose (15mL) - \$27.81



- Clogged milk duct
- Sore Nipples
- Soothe burns/rashes
- Ear infection
- Thrush
- Reduce Swelling
- Cradle Cap

Tangerine (5mL) - \$22.52



- Enhances circulation
- Digestive aid
- Stretch marks
- Uplifting/stress/depression
- Swelling
- Mastitis (with lavender)