

# Essential Oil Blends

## Easing the symptoms of pregnancy



### Trimester 1 - wks 1 to 13

You may be starting to feel some of the symptoms of pregnancy, including fatigue, nausea, headaches, breast changes, and more frequent trips to the restroom. To assist with alleviating some of these symptoms, this unique blend of essential oils will help get you through your first trimester.

**Rose Absolute:** Used for its aromatic and healing properties.

**Australian Mandarin:** A digestive aid used to combat indigestion, hiccups, anxiety, and to assist the liver functions.

**Roman Chamomile:** Useful in the treatment of aches and pains in muscles and joints. Treating the symptoms of PMS with Chamomile is also beneficial especially when the symptoms are related to stress.

**Spearmint:** The therapeutic properties of Spearmint essential oil are antispasmodic, astringent, carminative, decongestant, digestive, diuretic, stimulant and restorative. It is an uplifting oil, great for alleviating fatigue and depression. Also wonderful for alleviating headache and nausea.



### Trimester 2 - wks 14 to 26

You are full of energy, excited and making birthing plans. You may be feeling your baby move and kick. You may also be feeling a little anxious, which is very natural. To keep you feeling uplifted and to support you emotionally we have designed an essential oil blend for the second trimester that includes:

**Italian Bergamot:** An uplifting oil that treats stress, tension, fear and anxiety.

**Rose Geranium:** Used to treat acne, dermatitis, eczema, breast engorgement, oedema, poor circulation, stress and neuralgia.

**Patchouli:** Used as an antidepressant, anti-inflammatory, aphrodisiac, calming oil. A tonic agent for the digestive and immune systems.

**Ginger:** Applicable for nausea, circulation issues and joint pain. It also has warming properties that help combat loneliness and depression.

**Neroli:** A sunny oil that increases circulation and stimulates new cell growth to prevent scarring and stretch marks. It has antidepressant, aphrodisiac, calming and digestive properties.



### Trimester 3 - wks 27 to 40

You may find that pregnancy is wearing you out more than you anticipated. Make sure that you take it easy and find ways to relax. Here is a synergistic blend of essential oils that will help calm, relax and uplift you.

**Spruce Pine:** A versatile analgesic used for joint pain and strains, bladder infections and to aid circulation.

**Australian Orange:** Properties are antidepressant, antiseptic, antispasmodic, aphrodisiac, carminative, cordial and deodorant. It combats colds, constipation, dull skin, flatulence, the flu, slow digestion and stress.

**Australian Lavender:** An versatile analgesic, anticonvulsive, antidepressant, antiseptic, antiviral, bactericide, decongestant, deodorant, healing oil.

**Ylang-Ylang Complete:** Calming, uplifting, warming, soothing.

**Vetiver:** The roots have been used in perfumery since ancient times. It has been used for its grounding properties in meditation and relaxation therapies.

#### Methods of use:

Mix 5 drops into a high quality massage oil and gently massage your body. Add 5 drops to a full bath. Agitate the water to diffuse the essential oils. Compression, inhalation, meditation, diffuser.

For more information contact  
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