

# Safe Use of Essential Oils for Pregnancy and Babies



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## Using Oils Wisely

There is a lot of information on the benefits of essential oil (EO) use out there! Essential oils truly are wonderful for our well-being, but when pregnant and when using them with children and infants, there are some guidelines for use during these sensitive and vulnerable stages. This sheet will provide you with some safety tips, a few “recipes”, and lists of oils to either avoid or oils to use with caution. If you have any questions or concerns about which oils are safe, please contact your midwife.

In short, using the “gentler” oils during pregnancy is recommended:

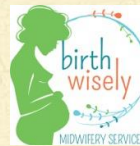
*Tangerine, Rose otto, Cardamom, Manuka, Mandarin, Neroli, Rosewood, grapefruit, Spearmint, Sandalwood, Marjoram, Patchouli, Black Pepper, Geranium, Coriander seed, Sweet Orange, Tea tree, Lavender, Lemon, Bergamot, Chamomile roman, Ginger, Frankincense, Petitrain, Chamomile german*

**Do NOT ingest essential oils while pregnant**

## Tips for Child & Baby Safety

(Tisserand & Young, 2014)

- Do not allow children to ingest (swallow) essential oils
- Do not add undiluted EOs to the bathwater of children or babies
- Keep EOs out of the reach of children
- If possible, purchase bottles of EOs with child-proof caps
- Do not apply EOs to or near a child’s or baby’s face
- Do not place EOs or preparations containing them into the nose of a child or baby
- Do not expose children of five years or less to strong EO vapors (diffusing)



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## Helpful Recipes

*From The complete Book of Essential Oils and Aromatherapy, by Valerie Worwood*

### Massage Oil For Stretchmarks:

*2 Tbsp. Sweet Almond Oil  
1 Tbsp. Wheatgerm Oil  
1 tsp. Borage Seed Oil  
1 tsp Carrot Macerated Oil*

Mix for use as a carrier oil – may be used alone everyday.

*2 drops Geranium  
4 Drops Mandarin  
2 drops Sandalwood*

Drop each oil into a clean glass container in order of listing – swirl and let sit for up to a week. Add 2 tablespoons of the carrier oil recipe from above and rub a small amount over body once per week.

### Sore Nipple Oil:

*1 tsp Avocado Oil  
10 drops Macerated Calendula Oil*

Mix together well and rub a small amount over areola and nipple.

### Baby Massage Oil (at 3+ months):

*2 Tbsp Sweet Almond Oil  
1 drop Chamomile roman  
1 drop Lavender  
1 drop Geranium*

Blend and use ¼ tsp on baby’s body, avoiding the face and genitals. Do not apply daily.

## EOs that are NOT Safe for Babies and Children

- Aniseed
- Arnica
- Basil
- Black pepper
- Cajeput
- Chamomile German
- Cedarwood
- Cinnamon
- Clary sage
- Cypress
- Fennel
- Geranium
- Ginger
- Hyssop
- Jasmine
- Juniper
- Marjoram
- Melissa
- Myrrh
- Nutmeg
- Oregano
- Peppermint
- Pine
- Rose
- Rosemary
- Sage
- Thyme

## Essential Oils to Be Avoided In Pregnancy

- Anise
- Anise (star)
- Araucaria
- Artemisia vestita
- Atractylis
- Birch (sweet)
- Black seed
- Buchu (pulegone and diosphenol)
- Calamint
- Carrot seed
- Cassia
- Chast tree
- Cinnamon bark
- Costus
- Cypress (blue)
- Dill seed
- Fennel (bitter and sweet)
- Feverfew
- Genipi
- Hibawood
- Ho leaf
- Hyssop
- Lanyana
- Lavender (spanish)
- Mugwort (common and great)
- Myrrh
- Myrtle (aniseed)
- Oregano
- Parsley leaf
- Parsleyseed
- Pennyroyal
- Rue
- Sage (dalmatian and spanish)
- Savin
- Tansy
- Thuja
- Western red cedar
- Wintergreen
- Wormwood (all, sea, white)
- Yarrow (green)
- Zedoary

### Essential Oils to be Used with Caution During Pregnancy:

*Basil (lemon), Benzoin, Boswellia, Champaca, Clove, Coriander, Eucalyptus, Frankincense, Garlic, Lemon balm, Lemon leaf, Lemongrass, May chang, Melissa, Myrtle (honey/lemon), Nasturtium, Niaouli, Palmarosa, Patchouli, Sandlewood, Tea tree (lemon), Thyme (lemon), Verbena (lemon), Vetiver, Ylang-Ylang*

#### References:

Tisserand, R. & Young, R. (2014). *Essential oil safety*. New York: Elsevier.

Worwood, V. A. (2016). *The complete book of essential oils and aromatherapy*. Novato, California: New World Library.