

Labor, Delivery & Postpartum



"Essential oils in the delivery room should be used in a diluted form - not so much to fragrance the room as to cleanse the air and provide a familiar, welcoming aroma for the baby. Mix your chosen essential oil or oils with a small amount of water and use on a diffuser or on a cotton-wool ball under the pillow. Don't overdo it; you don't need a great deal and you don't want the midwife to get spaced out!" (Worwood, 220)

Part 1: Preparing for Labor and Delivery

PERINEUM MASSAGE

"Massaging the perineum (the area between the vaginal opening and the anus) has been shown to lessen the risk of tearing during delivery. Massage twice daily with a mixture of 4 tsp (20ml) grape seed or sweet almond oil, 4 drops lavender essential oil and 2 drops geranium essential oil for the 2 months before the birth." (Purchon & Cantele, 285)

ANXIETY AND DEPRESSION - lavender, grapefruit, geranium, ylang ylang
Combine 4 drops oil of choice with 1 or 2 teaspoons milk. Add mixture to warm bathwater and relax.

Part 2: Labor

ANXIETY - Lavender, Geranium

One or two drops of your chosen oil on a cotton ball and inhale at will.

TRANSITIONING FROM EARLY TO ACTIVE LABOR - Frankincense, Peppermint

Dilute oil of choice at a 1% ratio (1% essential oil, 99% carrier oil) and massage, or inhaled.

NAUSEA - Peppermint

Place one or two drops on a cotton ball and inhale.

HEADACHE - Lavender

Dilute and apply topically.

STRENGTHEN CONTRACTIONS - Clary Sage, Lavender

Dilute at a 1% ratio (1% essential oil, 99% carrier oil) and massage lower back.

"A 'MUST' in the Labor Ward is a ball of cotton wool with several drops of Clary Sage; this should be kept in the palm of the hand and really deep breaths taken from it each time a contraction begins - the relaxing benefits are enormous." -Price, 247

STRESS REDUCER - Clary Sage, Lavender

Dilute at a 1% ratio (1% essential oil, 99% carrier oil) and massage, or diffuse.

ANTIDEPRESSANT - Clary Sage

Dilute at a 1% ratio (1% essential oil, 99% carrier oil) and massage.

PAIN - Frankincense

Dilute at a 1% ratio (1% essential oil, 99% carrier oil) and massage.

RELAXATION - Lavender

Dilute at a 1% ratio (1% essential oil, 99% carrier oil) and massage, or diffuse.

RELIEVE BACKACHE - Lavender

Dilute at a 1% ratio (1% essential oil, 99% carrier oil) and massage.

Perineal Area

PERINEAL SWELLING - Geranium

Dilute at a 1% ratio (1% essential oil, 99% carrier oil) and massage.

HEMORRHOIDS - Geranium

Dilute at a 1% ratio (1% essential oil, 99% carrier oil) and massage.

COOL COMPRESS - Geranium

Dilute 5 drops geranium in 1 cup cool (not icy) water in a non-reactive bowl. Stir well to disperse oil. Soak a cloth and wring out enough water so that it does not drip. Place cloth on perineum.

Remember...

Your body just made a tiny human! Rest is crucial to a full recovery. Sleep when the baby sleeps. And be sure to eat and stay hydrated. Especially if you are breastfeeding.