Evidence-Based Lists of Prenatal-Intrapartum-Postpartum Essential Oils for Aromatherapy Practitioners

Source: Book


Prenatal/Pregnancy list

First trimester after 10 weeks
Lemon (Citrus limon)

Second trimester 16 weeks
Lavender (Lavandula angustifolia)

Third trimester 24 weeks
Bergamot (Citrus bergamia)
Petitgrain (Citrus aurantium)
Neroli (Citrus aurantium var. amara)

Labor and Delivery/Intrapartum list

Bergamot (Citrus bergamia)
Clary Sage (Salvia sclarea)
Eucalyptus (Eucalyptus globulus)
Frankincense (Boswellia carterii)
Geranium (Pelargonium graveolens)
Jasmine (Jasminum grandiflorum and Jasminum sambac)
Lavender (lavandula angustifolia)
Lemon (Citrus limon)
Mandarin (Citrus reticulata)
Neroli (Citrus aurantium var amara)
Peppermint (Mentha piperita)
Roman Chamomile (Anthemis nobilis)
Rose (Rosa damascena and Rosa centifolia)
Sweet Orange (Citrus sinensis)

After Delivery/Postpartum list

Fennel (Foeniculum vulgare)
Jasmine (Jasminum grandiflorum and Jasminum sambac)
Lavender (Lavandula angustifolia)
Neroli (Citrus aurantium var amara)
Rose (Rosa damascena)
Sweet Orange (Citrus sinensis)
Ylang ylang (Cananga odorata)
Yuzu (Citrus junos)

• All methods were external
• Dilutions were 1-2%
References

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