



essential oils

# SAFE FOR PREGNANCY

Pregnancy, breastfeeding and having newborns are all fragile times. Using essential oils safely during these times is especially important. Research is continuing in the area of pregnancy to determine what, how much and the effects of essential oils on the growing child if any. However, it is known that constituents can cross the placenta and have an effect. For this reason you should never ingest essential oils during pregnancy and breastfeeding and use steam treatments with caution. Diffusing of oils is the best option while topical application is ok with the correct dilutions.

## For pregnancy and lactation:

- try to limit use to relieving a particular ailment instead of continual daily use
- topical use should be limited to a 1% dilution over large areas and no more than 3% for small areas.
- avoid the use of any absolutes or solvent-extracted essential oils as they have adulterants in them that can cause harm

## NOT RECOMMENDED

during pregnancy or lactation

**Anise** *Pimpinella anisum*

**Black Seed** *Nigella sativa* (all routes)

**Blue Cypress** *Callitris intratropica* (all routes)

**Carrot Seed** *Daucus carota*

**Cassia** *Cinnamomum cassia*

**Chaste Tree** *Vitex angus castus* (all routes)

**Cinnamon Bark** *Cinnamomum verum*

**Clove Bud/Clove Leaf/Clove Steam** *Syzygium aromaticum* (all routes)

**Costus** *Saussurea costus* (all routes)

**Dalmation Sage** *Salvia officinalis* (all routes)

**Dill Seed** *Anethum graveolens* (all routes)

**Fennel** *Foeniculum vulgare* (all routes)

**Feverfew** *Tanacetum parthenium* (all routes)

**Frankincense** *Boswellia papyrifera*

**Genipi** *Artemisia genepi* (all routes)

**Hibawood** *Thujopsis dolobrata* (all routes)

**Ho Leaf** *Cinnamomum camphora* (all routes)

**Hyssop (pinocamphone CT)** *Hyssopus officinalis* (all routes)

**Indian Dill Seed** *Anethum sowa*

**French/Spanish Lavender** *Lavandula stoechas*

**Lanyana** *Artemisia afra*

**Myrrh** *Commiphora myrrha* (all routes)

**Myrtle** *Backhousia anisata*

**Oregano** all species (all routes)

**Parsley Leaf or Seed** *Petroselinum sativum* (all routes)

**Plectranthus** *Plectranthus fruticosus* (all routes)

**Rosemary** *Rosmarinus officinalis*

**Savin** *Juniperus sabina*

**Spanish Sage** *Salvia lavandulaefolia*

**Western Red Cedar** *Thuja plicata* (all routes)

**Yarrow (green)** *Achillea nobilis* (all routes)

**Zedoary** *Curcuma zedoaria* (all routes)

## NOT RECOMMENDED

potentially hazardous oils

These oils should not be used without extensive knowledge of the oils and its constituents or the supervision of a qualified aromatherapist, if at all on any age group:

**Ajowan** (*Trachyspermum copticum*)

**Arnica** (*Arnica montana*)

**Birch, Sweet** (*Betula lenta*)

**Bitter Almond** (*Prunus dulcis* var. amara)

**Boldo Leaf** (*Peumus boldus*)

**Calamas** (*Acorus calamus* var. angustatus)

**Brown or Yellow Camphor** (*Cinnamomum camphora*)

**Deertongue** (*Carphephorus odoratissimus*)

**Garlic** (*Allium sativum*)

**Horseradish** (*Amoracia rusticana*)

**Jaborandi** (*Pilocarpus jaborandi*)

**Melilotus** (*Melilotus officinalis*)

**Mugwort** (*Atemisia vulgaris*)

**Mustard** (*Brassica nigra*)

**Onion** (*Allium cepa*)

**Pennyroyal** (*Hedeoma pulegioides, pulegium and fruticosa*)

**Rue** (*Ruta graveolens and montana*)

**Sassafras** (*Sassafras albidum*)

**Southernwood** (*Artemisia abrotanum*)

**Spanish Broom** (*Spartium junceum*)

**Tansy** (*Tanacetum vulgare*)

**Thuja** (*Thuja occidentalis*)

**Wintergreen** (*Gaultheria procumbens*)

**Wormseed** (*Chenopodium ambrosioides* var. *anthemiminticum*)

**Wormwood** (*Artemisia absinthium*)

Sources for this chart: Robert Tisserand, Sylla Hanger, Marge Clark, Aromaweb

This is not an exhaustive list of oils to use or avoid during pregnancy and lactation but is a list of oils research has proven safe or unsafe. As research continues in this area this list will reflect those changes and research.

Questions? Contact Shannon Dennis

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