

TARA Living Wellness® - Pregnancy & Aromatherapy

Aromatherapy can be very beneficial for all women who are pregnant. Each woman experiences her pregnancy differently. Some are excited and positive in their outlooks and others are apprehensive or worry about their pregnancy. The beauty of TARA Aromatherapy is that the therapist may personalize the experience for each individual woman, depending on her needs, safely and effectively.

Benefits of Aromatherapy During Pregnancy

- Releases Tension
- Helps with aches, pains and tiredness Aids in relaxation
- Helps prevent stretch marks
- Stress relief

Aromatherapy is Safe for Most Pregnant Women

Aromatherapy massage is very beneficial for the mother-to-be. An aromatherapy massage relieves aches, pains and tiredness in the body. It can help heal stretch marks, and aids in relief of muscle tension and stress relief as well. All of TARA Aromatherapy Body & Massage Oils, except for our Therapeutic Sports blend, are safe for pregnancy when diluted in half with Unscented Massage Oil.

Or use our Personalized Pregnancy Recipe:

Add to TARA Unscented Body & Massage Oil:

- 2 Drops of Vetiver
- 3 Drops of Lavender
- 3 Drops of Ylang-Ylang
- 4 Drops of Bergamot

General Rules and Considerations

Always blend essential oils at a 1 - 1.5% dilution for safety.

Women who are more susceptible to miscarriages should not use Aromatherapy.

Only massage with essential oils after the first trimester of pregnancy.

Do not apply to abdomen.

Avoid frequent applications of essential oils.

Essential Oils that offer greatest benefit during pregnancy:*

- Lavender - Soothes aches and pains in back, legs and ligaments
- Mandarin - A freshening scent that calms, eases fluid retention, helps relieve fatigue
- Neroli - Relieves nervous tension, calms, relaxes, regenerates skin cells
- Petitgrain - Helps deal with prenatal/postnatal depression
- Tangerine - Helps prevent stretch marks, calms and is good for the nerves
- Ylang-Ylang - Relaxes, restores, helps lower blood pressure, relieves tension

- Cypress - Eases fluid retention
- Geranium -Aids in circulation, balances body
- Lemon - Refreshes, cools, aids in circulation, helps prevent varicose veins
- Sandalwood - Relaxes
- Tea Tree - Can be used to deal with Thrush in pregnancy

Essential Oils to Avoid in Concentrated Amounts:**

Angelica, Savory, Melissa, Jasmine, Cinnamon, Cedarwood, Thyme, Parsley, Myrrh, Juniper, Fennel, Aniseed, Sage, Peppermint, Marjoram, Lovage, Clary Sage, Basil, Pennyroyal, Rosemary, Origanum, Hyssop, Clove, Camphor, Tarragon

* Blend essential oils at a 1-1.5% dilution for safety

** May be used in pregnancy massage, but only at a 1% dilution for safety. Not to be used repeatedly on a pregnant woman.

References

Clifford, Frances R. Aromatherapy During Your Pregnancy. Essex, The C.W. Daniel Company Limited, 1997.

England, Allison. Aromatherapy for Mother & Baby. Vermont: Healing Arts Press, 1994.

Rose, Jeanne and Earle, Susan, et. al. The World of Aromatherapy. California: Frog Ltd., 1996.

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