

Blend / Use	Love+ Labour	Energise +Uplift	Perineal Massage	Sweet Dreams	Soothe +Calm	Soothing Baby
Bath	✓	✗	✓	✓	✓ only with a base oil	✓
Burner	✗	✗	✗	✗	✓	✗
Compress	✓	✗	✓	✓	✓ only with a base oil	✓
Massage	✓	✗	✓	✓	✓ only with a base oil	✓
Shower	✓	✗	✗	✓	✓ only with a base oil	✗
Spray	✗	✓	✗	✗	✗	✗
Steam	✓	✗	✗	✓	✓	✗
Tissue	✓	✓	✗	✓	✓	✓

Recommended base oils are Sunflower (*Helianthus annuus*), Grapeseed (*Vitis vinifera*) and Sweet Almond (*Prunus dulcis*). Advisable doses are listed within this care leaflet. Sign up to our mailing list at www.essencia.ie for a free 'Essential Oils for Pregnancy, Birth & Parenting' PDF

Note of Caution
 Essential oils are amazing and powerful. Many people think, because these are natural products, they can be liberal in their use. And indeed most essential oils are safe. However, they need to be used appropriately and in the correct doses. They should never be used neat on the skin.

The oils are highly concentrated and potent, so they must be used as advised in order to be safe. Treat them with respect and please follow the doses as advised; or get advice from a qualified aromatherapist. If you have any doubts regarding using the blends on your skin, it is advisable to do a patch test. Alternatively, please contact us with your questions at mary@birthingmamas.ie.

Avoid contact with your eyes. Keep away from children. External use only. Please follow the directions of this care leaflet before using the product.



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We provide essential information, products and services to assist women and their partners in having a positive and gentle pregnancy, childbirth & parenting experience.

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HOW TO USE THE PRODUCTS

Aromatherapy offers a natural way to ease some of the common ailments that can accompany pregnancy, such as oedema, sleep disturbance and low energy. During labour, the evidence shows that aromatherapy can also help women manage their labour and reduce the need for pain relief; essential oils can also be used in the post natal period to balance emotions, energise the mind, body and soothe aches and pains.

Many of you may be familiar with essential oils such as Lavender, Tea Tree and Eucalyptus; and have seen their healing properties in your own family by using them on cuts, stings or to help relieve colds and flus. They are extremely powerful, and what is even more impressive is that when blended together their potency increases.

Essential oils generally tend to be used in a blend. Most of the products sold by *essencia* are essential oils blended with a carrier oil (mainly Sunflower Oil).

Most blends have been made up to a low dilution of 1% - which is the dilution to be used when pregnant or breastfeeding or with small babies and children. If you would like to order a blend and are not pregnant or breastfeeding, do let us know as we can make up a blend with a higher dosage (for most people a 2% dilution is used).

Aromatherapy is commonly believed to involve massage with essential oils, however there are a myriad of other ways to use the oils.

Massage:

Probably the most popular method of using the aromatherapy blends and what better way to relax when pregnant than a lovely massage to ease out the aches and pains.

If you are buying the oil burner blend, it will have to be diluted

with a carrier oil first. A maximum of 3 drops to 15ml of oil. Most of the products sold here are pre-blended so you have no mixing to do, just apply the *essencia* blend. Avoid massaging over or near varicose veins, hot swollen joints or if you have a fever.

Compress:

100ml hot or cold water, add 5ml of your blend, add a wash cloth and then wring it out and apply to the area until the warm/cold is gone. Renew the process again if needed. Compresses can be great in labour if you are very hot or cold. They are also great for headaches, swelling, sprains, etc.

Creams:

If you bought an oil burner blend you can add this mix to any unscented cream you have; approx 5 - 10 drops to 100g of cream / lotion.

Shower:

You can add the blends to an unscented shower gel and use in the shower. Use approximately 10ml of any pre-blended mixes, to 100ml of shower gel. If using an oil burner blend, add 1 - 3 drops to 100ml of shower gel. You can also add blends directly to the edge of the shower tray to release the aroma.

Sprays:

These can be sprayed around the room, or onto your body. (Just be careful not to spray into your eyes.)

Steam inhalation:

NB – Not suitable for anyone with asthma (add mix to tissue and inhale as required)

Add either 5mls carrier oil blend, or 2 - 4 drops oil burner blend, to a bowl of steaming hot water. Cover your head with a towel and lean over the bowl. Breathe deeply through your nose for approx one minute (or as long as you feel comfortable). Obviously use caution with this method to avoid spilling boiling water over you!

Tissues:

You can add a few drops of the blends to a tissue and inhale when required.

Bath:

Essential oils can float or sink in water, so you need to mix them with either a small quantity of carrier oil, a fragrance free bath gel or shampoo. You can also use full cream milk. Use 2 - 4 drops per bath. If you have an essential oils already blended with a carrier oil you can just add approximately 5mls of this mix to the bath when it has finished running. Swirl it around to disperse the oil blend. Then hop in and relax!

Burners:

Only the essential oil burner blends can be used in the burner. Carrier oils are flammable so any blend with a carrier oil in them would not be suitable. Use 2 - 6 drops. During labour it can be useful to have a burner blend, however, I recommend you buy a plug-in burner as hospitals will not allow a naked flame in the labour ward (for obvious reasons).

Patch Testing:

If you have any skin conditions such as eczema, psoriasis, dermatitis, sensitive skin, or you have any allergies such as hayfever; it is extremely important you do a patch test before applying the blend liberally to your body, therefore, a patch test is necessary.

Dab a small bit of the blend / cream on either your wrist, the inside of your elbow or your neck. Leave it there - being careful not to wash it off for 24 hours. If any redness or itching occurs you may have a sensitivity and you will be unable to use the blend.

Finally:

We have taken great care to source the highest quality essential oils and carrier oils. We have also taken much thought and care into developing these products for your use. Most of the

blends were developed during my own two pregnancies for my own needs. I used them to alleviate aches and pains, soothe sore and swollen legs, uplift and relax my mind, body and spirit; and to help me manage my labour. Post-natally they helped revive my tired body and mind in a gentle and nourishing way.

We blend each product by hand to provide a longer lasting product for you. The ingredients used are all natural and ethically sourced and we use no synthetic products in any of our blends. The packaging, in line with our gentle earth philosophy, is recyclable. We offer a quality product at an affordable price.

I appreciate any feedback you may have - if you have any questions or suggestions, please get in touch. I want these products to make a positive difference to your pregnancy, labour and parenting life and all feedback is welcomed as beneficial.

Many thanks and best of luck on your journey.

Mary

Please Note:

The *white dripper cap* is inserted into the bottle to prevent spillage during the delivery process. However, when you are using this product, we recommend you turn the bottle upside-down for approx.4 seconds to allow the dripper to deliver an even flow of the oil blend.

In some cases, the dripper cap may prevent the oil blend pouring from the bottle. In this situation, we recommend you remove the white dripper cap to allow an easier flow.



*Blended by hand
especially for you!*

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