Essential Oils

If you’re interested in purchasing essential oils, contact your local DoTerra or Young Living Representative. If you don’t know any, I can give you some contacts.

FYI some certified doulas cannot apply their oils to your skin. If there is a reason to have one on your skin, have your own and they can tell you how to apply it. Oils that would be used on momma’s skin during labor are:

1. Peppermint oil – cooling and energizing during last phase of labor, usually on a cold wet washcloth on mom’s neck or forehead. Also used to turn babies away from a not ideal position.
2. Valor – diminishes discomfort and aligns the spine. May be applied with coconut oil on lower abdomen, lower back, or hips.
3. Panaway- diminishes discomfort. May be applied with coconut oil on lower abdomen or lower back.

Other oils I commonly use during labor and birth are

1. Lavender – calming. I would diffuse it in the room. (also great for baby afterwards! Hint hint)
2. Cedar Wood – helps with sleep
3. Citrus blends like Wild Orange – Sometimes moms prefer it to peppermint oil. It may be calming and energizing.
4. Clary Sage – nudges surges along (when the situation calls for it)

Helpful tips about oils see next page!

