

# I Deserve Birth Support

## Online Course for Pregnant & New Mamas



## Essential Oils Guide

Massage into the skin throughout labor or use in a diffuser

Symptom/ Condition	Herbal Treatment
Lower pain scores	Lavender, Citrus, Jasmine, Salvia ( <i>Salvia officinale</i> ), Rose ( <i>Rosa centifolia</i> ), Geranium Rose, and Rose Plant ( <i>Rosa damascena</i> )
Reduced stress/anxiety	Rose Plant ( <i>Rosa damascena</i> ), Geranium ( <i>Pelargonium graveolens</i> ), Sweet Orange Peel ( <i>Citrus sinensis</i> ), Bitter Orange ( <i>Citrus aurantium</i> ), and Lavender For energy, to reduce fatigue: peppermint, orange, lemon
Decrease nausea and vomiting	Peppermint
Grounding, centering	Sandalwood, Amber