

National Association For Holistic Aromatherapy (NAHA)

Evidence-Based Lists of Prenatal-Intrapartum- Postpartum Essential Oils for Aromatherapy Practitioners

Source: Book

Conrad, P. (2019) "Women's Health Aromatherapy-a Clinically Evidence- Based Guide for Nurses, Midwives, Doulas and Therapists" London: Singing Dragon

Prenatal/Pregnancy list

First trimester after 10 weeks

Lemon (Citrus limon)

Second trimester 16 weeks

Lavender (Lavandula angustifolia)

Third trimester 24 weeks

Bergamot (Citrus bergamia)

Petitgrain (Citrus aurantium)

Neroli (Citrus aurantium var. amara)

Labor and Delivery/ Intrapartum list

Bergamot (Citrus bergamia)

Clary Sage (Salvia sclarea)

Eucalyptus (Eucalyptus globulus)

Frankincense (Boswellia carterii)

Geranium (Pelargonium graveolens)

Jasmine (Jasminum grandiflorum and Jasminum sambac)

Lavender (lavandula angustifolia)

Lemon (Citrus limon)

Mandarin (*Citrus reticulata*)
Neroli (*Citrus aurantium* var *amara*)
Peppermint (*Mentha piperita*)
Roman Chamomile (*Anthemis nobilis*)
Rose (*Rosa damascena* and *Rosa centifolia*)
Sweet Orange (*Citrus sinensis*)

After Delivery/Postpartum list

Fennel (*Foeniculum vulgare*)
Jasmine (*Jasminum grandiflorum* and *Jasminum sambac*)
Lavender (*Lavandula angustifolia*)
Neroli (*Citrus aurantium* var *amara*)
Rose (*Rosa damascena*)
Sweet Orange (*Citrus sinensis*)
Ylang ylang (*Cananga odorata*)
Yuzu (*Citrus junos*)

- **All methods were external**
- **Dilutions were 1-2%**

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