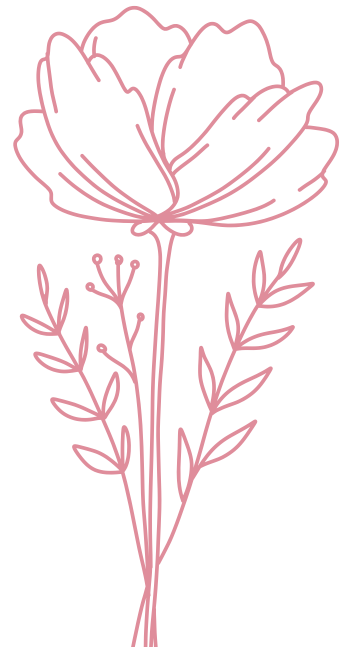


Postpartum Support

WITH DOTERRA ESSENTIAL OILS



PERINEUM SPRAY

1 oz (or 30ml) spray bottle
10 drops Frankincense
10 drops Lavender
10 drops Helichrysum
Fill with Fractionated Coconut Oil

Spray perineum for 1-2 weeks before delivery to increase elasticity of tissue and decrease tearing, use after birth to soothe

MASTITIS

10 ml Roller Bottle
10 drops Tea Tree
10 drops Lavender
10 drops Frankincense
Fill with Fractionated Coconut Oil
Apply to breast and lymph nodes under armpit every 3-4 hours

Take 1-2 drops of Oregano in a veggie cap every 3-4 hours until symptoms resolve (plus 1 day)

*Take a break from Oregano after 10 days

AFTER BIRTH PAINS

Try any of the following with a carrier oil and rub over abdomen

Lavender
Frankincense
Marjoram
Clary Calm Roller

TONE UTERUS + BALANCE HORMONES

Apply 1-2 drops of Clary Sage or roll Clary Calm on the inside of the ankles daily to help tone uterus

INCREASE MILK SUPPLY

1 drop Fennel* and/or Basil with fractionated coconut oil applied to the breast and massage into the tissue. Avoid nipple. Do once daily. *Do not use more than 10 consecutive days

SORE NIPPLES

Apply Helichrysum or Myrrh with a carrier oil directly to nipple

STRETCH MARK BLEND

10 ml Roller Bottle
10 drops Lavender
10 drops Myrrh
10 drops Helichrysum
Fill remainder with Fractionated Coconut Oil

Roll on 2-3 times a day

BABY BLUES

AROMATICALLY

Diffuse any of the following, great for uplifting and calming

Wild Orange
Adaptiv
Bergamot
Grapefruit
Frankincense

INTERNALLY

1-2 drops of Frankincense under the tongue, 3-4 times a day or as needed

TOPICALLY

Put 1-2 drops with carrier oil behind ears, or on wrists to help elevate mood

Balance

Elevation
Cheer

DECREASE MILK SUPPLY

Massage 2 drops of Peppermint and fractionated coconut oil into breast tissue. Repeat 3-5 times daily. You may also want to take peppermint internally. 2-3 drops in a veggie cap or a few beadlets

HEMORRHOID RELIEF

1 oz (or 30ml) spray bottle
10 drops Lavender
10 drops Frankincense
10 drops Helichrysum
5 drops Cypress

Fill remainder with Fractionated Coconut Oil

Apply to area with a cotton ball, tissue or moist wipe 3 times daily

ENERGY + NUTRITION

Lifelong Vitality Supplements can help regulate mood, support energy levels, help regulate mood and give you the very best nutrients you need to thrive and adjust to life with baby. If you are breast feeding, baby also benefits from these whole food nutrients!

*Peppermint may reduce milk supply in some nursing moms. Avoid the first few weeks after baby arrives when you are building your supply and then test it out to see. (Deep Blue & Breathe contain peppermint). When using essentials topically on skin, add a carrier oil like fractionated coconut oil.