



The Potion Tree

The Pregnancy essential oils guide



Essential oils that can be used from the **4th month** of pregnancy

Basil (*Ocimum basilicum*)
Bay tree (*Laurus nobilis*)
Bergamot (*Citrus bergamia*)
Blood orange (*Citrus x sinensis*)
Cardamom (*Elettaria cardamomum*)
Chamomile, German (*Matricaria recutita*)
Chamomile, Roman (*Chamaemelum nobile*)
Cistus (*Cistus ladaniferus*)
Eucalyptus Lemon-scented (*Eucalyptus citriodora*)
Eucalyptus Radiata (*Eucalyptus radiata*)
Eucalyptus Smithii (*Eucalyptus smithii*)
Fragonia (*Agonis fragrans*)
Geranium, Egyptian (*Pelargonium asperum*)
Geranium, Bourbon (*Pelargonium graveolens* cv Bourbon)
Ginger (*Zingiber officinale*)
Hemlock (*Tsuga canadensis*)
Iary (*Psiadia altissima*)
Inula (*Inula graveolens*)
Kunzea (*Kunzea ambigua*)
Laricio pine (*Pinus nigra*)
Lavender (*Lavandula angustifolia* ssp. *angustifolia*)
Lemon (*Citrus lemon*)
Lemon verbena (*Aloysia citrodora*)
Lime (*Citrus aurantifolia*, *Citrus latifolia*)
Mandarin (*Citrus reticulata*)
Mandravasatrotra (*Cinnamosma fragrans*)
Maritime pine (*Pinus pinaster*)
Marjoram (*Origanum majorana*)
Marjoram with thujanol (*Origanum majorana* CT thujanol)
Niaouli (*Melaleuca quinquenervia*)
Orange (*Citrus x sinensis*)
Petitgrain bigarade (*Citrus x aurantium*)
Scots pine (*Pinus sylvestris*)
Pistachio lentisk (*Pistacia lentiscus*)
Ravintsara (*Cinnamomum camphora*)
Rhododendron (*Rhododendron anthopogon*)
Rosalina (*Melaleuca ericifolia*)
Rose (*Rosa damascena*)
Black spruce (*Picea mariana*)
Tarragon (*Artemisia dracunculus*)
Tansy (*Tanacetum vulgare*)
Tea tree (*Melaleuca alternifolia*)
Thyme with thujanol (*Thymus vulgaris* thujanol)
Virginia cedar (*Juniperus virginiana*)
Wintergreen (*Gaultheria procumbens*)
Ylang ylang (*Cananga odorata*)

Essential oils to strictly avoid throughout pregnancy

Ajowan (*Trachyspermum ammi*)
Angelica (*Angelica archangelica*)
Atlas cedar (*Cedrus atlantica*)
Camphor (*Cinnamomum camphora*)
Caraway (*Carum carvi*)
Cinnamon, Ceylon (leaf and bark; *Cinnamomum verum*)
Cinnamon, Chinese (*Cinnamomum cassia*)
Clove (except during labour; *Syzygium aromaticum*)
Cypress (*Cupressus sempervirens*)
Dill (*Anethum graveolens*)
Eucalyptus Globulus (*Eucalyptus globulus*)
Eucalyptus Blue Mallee (*Eucalyptus polybractea*)
Eucalyptus Dives (*Eucalyptus dives* piperitoniferum)
Garlic (*Allium sativum*)
Goldenrod (*Solidago canadensis*)
Green anise (*Pimpinella anisum*)
Himalayan cedar (*Cedrus deodara*)
Hyssop (*Hyssopus officinalis*)
Indian valerian (*Valeriana jatamansi*)
Juniper (*Juniperus communis*)
Katrifay (*Cedrelopsis grevei*)
Lantana (*Lantana camara*)
Lavender Stoechas (*Lavandula stoechas*)
Marigold (*Tangetes minuta*)
Mint (*Mentha spicata*)
Mugwort (*Artemisia vulgaris*)
Myrrh (*Commiphora myrrha*)
Nard (*Nardostachys jatamansi*)
Nutmeg (*Myristica fragrans*)
Oregano (*Origanum vulgare*)
Palmarosa (except during labour; *Cymbopogon martinii*)
Parsley (*Petroselinum crispum*)
Pennyroyal (*Mentha pulegium*)
Peppermint (*Mentha piperita*)
Rosemary camphor (*Rosmarinus officinalis* camphoriferum)
Rosemary verbenone (*Rosmarinus officinalis* verbenoniferum)
Sage (*Salvia officinalis*)
Savory (*Satureja hortensis*, *Satureja montana*)
Siam wood (*Fokienia hodginsii*)
Sweet flag (*Acorus calamus*)
Thuja (*Thuja occidentalis*)
Thyme (*Thymus vulgaris*)
Thyme Borneol (*Thymus satureioides*)
Turmeric (*Curcuma longa*)
Vetiver (*Chrysopogon zizanioides*)
Wild mint (*Mentha arvensis*)
Yarrow (*Achillea millefolium*)
Zedoary (*Curcuma zedoaria*)

IMPORTANT: These indications and methods of use are taken from reference books or websites on aromatherapy and natural cosmetics. They are found there on a regular basis and many of them have been confirmed by observations in the scientific community. T

This information is given for informational purposes, it does not in any way constitute medical information, nor engage our responsibility. For any use of essential oils for therapeutic purposes, consult a doctor or a naturopath.