

ESSENTIAL OIL SAFETY IN:

FERTILITY, PREGNANCY, AND NURSING

There is no list of which oils should or should not be used when pregnant or nursing. Much of the fear surrounding use of essential oils in pregnancy comes from lack of knowledge.

Ultimately what you choose that is right for you is the right choice. My strongest advice is to avoid overuse and excessive use of oils. As with most harm data related to essential oils, the dose is usually extremely high (like 10s to 100s of milliliters), and much higher than the average person's daily use.

STAGE OF PREGNANCY	OILS SOME WOMEN CHOOSE TO AVOID
Fertility	• Citral containing oils in extremely high doses • Carrot seed oil in extremely high doses • Oils high in geraniol like geranium • Oils high in nerol like neroli • Oils high in (E)-anethole like sweet and bitter fennel, anise, aniseed myrtle, star anise
Implantation	• Savin essential oil • Oils high in (E)-anethole like sweet and bitter fennel, anise, aniseed myrtle, star anise • Oils high in bergapten such as bergamot • Rue
Embryo Phase	• Oregano oil • Clove oil • Dalmatian sage • Cinnamon bark • Rue
Fetus Phase	• Essential oils high in 1,8-cineole such as eucalyptus, basil • Camphorated oil • Oils high in camphor feverfew, ho leaf, Spanish lavender, and wormwood • Oils high in sabinyl acetate (I personally would avoid these) such as savin, wormwood, Plectranthus fruticosus and Juniperus pfitzeriana • Nutmeg • Rue



Breastfeeding	• Fennel • Fenugreek • Peppermint
---------------	---

REFERENCES

1. Papvassilou MJ. Sur deux cas d'intoxication par la sabine la perméabilité placentaire a l'essence de sabine. Société de Médecine Légale. 1937(15)778-81.
2. Macht D. The action of so-called emmenagogue oils on the isolated uterine strip. J Pharm Exp Ther. 1913(4) 547-53
3. Patoir A et al. Action toxique de l'essence de sabine et de l'armoise sur l'organisme. Comptes Rendues Société Biologique. 1938(127)1326-7
4. Patoir A, Patoir G, Bédrine H, Note sur l'action de l'essence de rue sur l'organisme animal. Comptes Rendues Société Biologique. 1938(127)1324-5
5. Anon. Oil of rue: proposed affirmation of GRAS status with specific limitations as direct human food ingredient. Fed. Regist. 1974(39)34215.
6. Committee for Veterinary Food Products. Rura graveolens, summary report. The European Agency for the Evaluation of Medicinal Products. 1999.
7. Cignada C and Laborde A. Herbal infusions used for induced abortion. J Toxicol 2003(41)235-9
8. Farnsworth NR, Bingel AS, Cordell GA et al. Potential value of plants as sources of new antifertility agents. I J Pharm Sci. 1975(64)535-98
9. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3813175/#B12>
10. Heger-Mahn D, Pabst G, Dienel A, Schläfke S, Klipping C. No interacting influence of lavender oil preparation silexan on oral contraception using an ethinyl estradiol/levonorgestrel combination. Drugs R D. 2014 Dec;14(4):265-72. doi: 10.1007/s40268-014-0065-5.
11. Tisserand R and Young R. Essential Oil Safety. 2014. 2nd ed. Churchill Livingstone Elsevier.
12. Buckle J. Clinical Aromatherapy: Essential Oils in Practice. 2nd ed. Churchill Livingstone. 2003.