Essential Oils to Avoid While Pregnant & Breast Feeding

Please note that this is not a complete list and we advise to Consult with your GP or seek Medical Professional advise before using any Essential Oil either on your skin or by diffusing if pregnant or breastfeeding.

The list on Page 1 includes those Essential Oils found in IndyEssentials Products.[1]

Basil
Flame
∞
Avoid during pregnancy and breast-feeding.

Lavender
Moon Focus Set - Pure Lavender - Indy O - Indy "Alleviate" - Smudging Spray - Yogi Joy
∞
Only after first trimester.

Roman Chamomile
Devi "
∞
Avoid chamomile in the first trimester of pregnancy.

Lemongrass
Pure Lemongrass
∞
Avoid during pregnancy and breast-feeding.

Peppermint
Pure Peppermint
∞
Do not use during the first trimester of pregnancy or while breast-feeding. Do not use with children younger than two years old.

Rose
Love Rose Otto - Calendula Balm - Yogi Calm Balm - Soul Soak
∞
Contraindicated during the first trimester of pregnancy.

The list below is not exhaustive but these are some common Essential Oils [2] that should be avoided during pregnancy or while breast-feeding.   ∞ [3]

Anise
Avoid internally and externally in pregnancy and while breast-feeding.

Basil ∞
Avoid during pregnancy and breast-feeding.

Bay
Avoid during pregnancy and breast-feeding.

Bergamot
Avoid during pregnancy and breast-feeding.

Cassia
Should be avoided during pregnancy.

Cedarwood
Avoid during pregnancy and breast-feeding.

Roman Chamomile ∞
Avoid chamomile in the first trimester of pregnancy.

Cinnamon
Avoid during pregnancy, breast-feeding.

Clary Sage
Use with caution during pregnancy and only use after the first trimester.
Do not use when lactating.

Clove
Use with caution during pregnancy; externally and only after the first trimester.

Cypress
Avoid for duration of pregnancy, breast-feeding.

Elemi
Avoid in pregnancy, with infants and young children.

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[2] There are various other all natural products that should also be avoided during pregnancy or while breastfeeding this information only refers to essential oils.

[3] ∞ This symbol indicates Essential Oils found in the IndyEssentials Range - See Page 1 for details

Fennel
Avoid for duration of pregnancy

Garlic
Avoid during pregnancy but consult with your GP if you really want to use it.
Do not administer essential oil to babies.

Geranium
Contraindicated [4] in the first trimester of pregnancy.

Ginger
Should not be used for morning sickness.

Jasmine
Avoid during pregnancy and breast-feeding.

Juniper
Contraindicated during pregnancy and breast-feeding.

Lavender ∞
Only after first trimester.

Lemongrass ∞
Avoid during pregnancy and breast-feeding.

Marjoram
Has the potential to stimulate menstruation, do not use during pregnancy.

Peppermint ∞
Do not use during the first trimester of pregnancy or while breast-feeding. Do not use with children younger than two years old.

Pine
Contraindicated during pregnancy and breast-feeding.

Rose ∞
Contraindicated during the first trimester of pregnancy.

Rosemary
Contraindicated in the first trimester of pregnancy and should not be administered to babies or children younger than the age of four.

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[4] Contraindicated - Absolutely Avoid these Oils during the times specified. For more information consult your G.P.

Sweet Basil
Contraindicated for use while pregnant, breast-feeding, and with infants or toddlers.
Do not use the essential oil during pregnancy or nursing.

Thyme
Contraindicated during pregnancy and breast-feeding.

Yarrow
Contraindicated during pregnancy and breast-feeding.

Ylang Ylang
Avoid during pregnancy and breast-feeding.

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