

Pregnancy and Lactation Un-Safe List

Individuals weigh decisions in pregnancy differently. Many choose not to use any oils in their first trimester of pregnancy, while others use safe oils in lieu of pharmaceuticals. What is considered safe by one expectant mom, might be deemed inappropriate by another. Here are tools for weighing that decision. Substances with roughly a molecular weight of less than 1000 can cross the placenta. All essential oil constituents have a molecular weight of less than 500. It is assumed that they are all capable of crossing the placenta. (Thompson, 54) To what degree is undetermined. Infant/ baby exposure to oil constituents through breast milk is less than 1% of the maternal dose. Caution is for any route of administration in pregnancy. Caution is for oral not topical nor aromatic use while nursing. (Tisserand, 153, 656).

Anise and Star Anise	Araucaria (type of coniferous tree)
Artesima Vesitita (Wormwood)	Atractylis (type of thistle)
Sweet Birch	Black Seed
Buchu	Calamint
Carrot Seed	Cassia
Chaste Tree	Cinnamon Bark
Costus	Blue Cypress
Indian Dill Seed	Fennel
Feverfew	Genipi
Hibawood	Ho Leaf
Hyssop	Lanyana
Spanish Lavender	Mugwort
Myrrh	Aniseed Myrtle
Oregano	Parsley
Pennyroyal	Rue
Sage (Dalmation and Spanish)	Savin
Tansy	Thuja
Western Red Ceder	Wintergreen
Wormwood	Green Yarrow
Zedoary (white turmeric)	

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Basil-lemon	Boswellia papyrfera (type of Frankincense)
Australian Lemon Balm	Lemon Leaf
Lemongrass	May Chang
Melissa (lemon balm)	Honey Myrtle
Lemon Myrtle	Nasturtium Absolute
Lemon Tea Tree	Lemon Thyme
Lemon Verbena	

Resource: Thompson, C. (2012) Aromatherapy Certification Course Level 1 revised 2014
Tisserand, R and Young, Essential Oil Safety Second Edition (2013) Elsevier Health Sciences
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