



# Essential Oils, Carrier Oils, & Pregnancy: A Guide for the 1st, 2nd, & 3rd Trimesters

*Judy Godec*

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One of the first questions women ask themselves when they find out they are pregnant is: "What is safe for my baby?" Opinions vary greatly when it comes to using natural products like essential oils and carrier oils during this time. "Essential Oils, Carrier Oils, & Pregnancy" explains how these two groups of botanical compounds affect our physiology so that readers can make an informed choice about which oils, if any, to use during this delicate time. Included are lists of oils considered safe at various stages of pregnancy, oils considered questionable, and "never, ever" oils. Guidelines, methods of application, and recipes are included.

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