

Ways To Use ESSENTIAL OILS During Pregnancy



Direct inhalation

Inhale directly from the bottle or after applying a few drops on a cotton ball or tissue.



Steam inhalation

Add a few drops of essential oil into hot water and inhale the steam



Diffusing

Add a few drops to a diffuser, and the aroma spreads throughout the room



Bath soak

Add it to an ideal base and then into a bathtub filled with water



Topical Application

Apply the essential oil that is diluted in a carrier oil on the skin



Aromatherapy massage

Massage your skin with the essential oil carefully diluted in a carrier oil