



Use of Essential Oils for Pregnancy, Birth and Breastfeeding Policy Statement

The International Childbirth Education Association (ICEA) recognizes the use of essential oils as an integral part of care during the childbearing year. ICEA also recognizes the importance of using these oils with care; especially during the more vulnerable periods of pregnancy, birth, breastfeeding and childcare.

Recommendation guidelines include:

- Do not use undiluted on the skin (exceptions are lavender and tea tree).
- Do not take internally unless under the care of a credentialed aromatherapist.
- Do not use on broken skin.
- Do not use in eyes.
- Use appropriate dilutions for children, pregnant women and vulnerable or frail adults.
- Use only oils approved for pregnancy and breastfeeding.
- Be aware of conditions which are contraindicated for use of essential oils.

As an organization which values education, ICEA would recommend education on the use of aromatherapy essential oils through validated sources, which use an evidence-based curriculum.

It is not within the scope of practice for a Childbirth Educator, Birth Doula, Post-Partum Doula, Post-Natal Educator, Early Lactation Care Educator or other ICEA Certifications to practice as an aromatherapist or make recommendations for use of essential oils.

When using essential oils, ICEA recommends safety guidelines established by:

Alliance of International Aromatherapists
Aroma Web
American Holistic Nurses Association
Canadian Federation of Aromatherapists
International Federation of Aromatherapists
National Cancer Institute

www.alliance-aromatherapists.org
www.aromaweb.com
www.ahna.org
www.cfacanada.com
www.iraroma.org
www.cancer.gov