



Lauren Busch
Can essential oils be used during pregnancy?

What are some ideas for discussing essential oils with your healthcare provider?

List some must-have products for pregnancy:

Write down suggestions for using essential oils safely and comfortably during pregnancy:

Ideas for using essential oils during the *first trimester*:

Ideas for using essential oils during the *second trimester*:

Ideas for using essential oils during the *third trimester*:

What are some ways you can support your body *post-partum*?
