

The Five Essential Oils Nursing Mama's Need to Know About





Fennel is the go-to essential oil to help a woman boost her supply. It's intended for short term use, to help get production back up to where it should be. A convenient way to apply is to put 10-20 drops of Fennel in a 10mL roller bottle and top off with fractionated coconut oil. You can also add additional oils. With the strong licorice smell of Fennel I like to add 10 drops of Lavender. Apply around the breast after nursing 2-3 times a day for 3 days.



Basil is another one that helps the body to boost milk production. Basil provides great benefits to both the mind and body due to its high linalool content, making it an ideal application to help reduce feelings of tension. The aroma of Basil helps promote a sense of focus and a stress-relieving experience.



Peppermint's high menthol content—like that found in the Peppermint essential oil—distinguishes the best quality Peppermint from other products. Nursing Mama's should be aware of oils containing Peppermint as it has the ability to reduce milk production. Which can be incredibly helpful when you begin to wean. doTERRA also offers a convenient pre diluted roller bottle.



Balance is a grounding blend that creates a sense of calmness and well-being. Promoting an overall sense of relaxation, tranquility and balance, this blend is great to diffuse and transform a space where one can take a few minutes to meditate, relax and help those anxious feelings melt away. A calm Mama produces more milk. When stressed our bodies start to cut back on production.



More commonly known as "Tea Tree," Melaleuca essential oil has over 92 different compounds and limitless applications. Melaleuca does wonders for the skin and assists in healing, which is great for sore, cracked nipples. doTERRA offers a pre diluted roller bottle with fractionated coconut oil for easy and convenient application. Fractionated Coconut oil is also incredibly soothing and hydrating.