

# A PREGNANT WOMAN'S GUIDE

## FIRST TRIMESTER

Week 0 Week 1 Week 2 Week 4 Week 5 Week 6 Week 7 Week 8 Week 9 Week 10 Week 11 Week 12



Stick to oils that are **FAMILIAR AND FRESH**, such as Lavender, Citrus Fresh™, and Lemongrass.



**KEEP NAUSEA AT BAY** by snacking regularly. Slique™ Bars, Pure Protein Complete™, pretzels, fruits, veggies, and nuts are all great options.



### START LOW AND GO SLOW

Experiment by diffusing a small amount of oil in a spacious area and see how you respond. If you don't have any issues, try diffusing a higher concentration of the oil, and consider applying it to the skin after diluting it with our V-6™ Vegetable Oil Complex.

**SUPPORT ENERGY LEVELS** with NingXia Red™



## SECOND TRIMESTER

Week 13 Week 14 Week 15 Week 16 Week 17 Week 18 Week 19 Week 20 Week 21 Week 22 Week 23 Week 24 Week 25 Week 26 Week 27



**EXERCISING DURING PREGNANCY** can be tough. Diffuse essential oils such as En-R-Gee™, Citrus Fresh™ and Jade Lemon™ to inspire you to get moving.

Practice good oral hygiene by **BRUSHING AND FLOSSING** regularly with our Thieves® line.



### FOLATE IS ESSENTIAL

for the healthy development of the fetus in early pregnancy. Super B contains Orgen-FA, a naturally derived source of folate from lemon peels, plus seven other essential B vitamins

## THIRD TRIMESTER

Week 28 Week 29 Week 30 Week 31 Week 32 Week 33 Week 34 Week 35 Week 37+



**SUPPORT HEALTHY-LOOKING SKIN** by applying essential oils topically. Add several drops to your facial moisturizer or body lotion and apply daily.

### BOOST CONFIDENCE AND SELF-ESTEEM

by diffusing Valor or White Angelica™.



Incorporate essential oils such as Lavender and Frankincense into your **BEDTIME ROUTINE** to create a relaxing aroma.

