



what should I bring for the **delivery of baby**

AN EXCERPT FROM THE BESTSELLER
THE CHEMICAL FREE HOME FOR BABY & MOMMY

	VAGINAL DELIVERY	CESAREAN DELIVERY
Diffuser	✓	✓
Jasmine to inhale during contractions	✓	
Peace & Calming to apply to the bottom of feet	✓	✓
Geranium to apply to abdomen	✓	
Frankincense, Geranium, and Helichrysum to apply to incision to help maintain healthy skin during recovery		✓
PanAway to apply to lower back	✓	
White Angelica, Gentle Baby or Harmony to help clear aura	✓	✓
Peppermint to inhale for focus and mild nausea	✓	✓
Copaiba to take internally to maintain comfort	✓	✓
ClaraDerm Spray to apply to vaginal area after delivery to keep skin healthy	✓	
Lavender	✓	✓
Life 5 Probiotic	✓	✓
Sulfurzyme	✓	✓
NingXia Red	✓	✓
OmegaGize	✓	✓
Frankincense for baby's blessing	✓	✓
Valor to promote feelings of courage for you; and to apply to baby's spine to maintain proper alignment after delivery	✓	✓
Sample packs of oils for every nurse and doctor who flocks to your room!	✓	✓



THE
CHEMICAL FREE HOME

order the complete **baby & mommy book** at thechemicalfreehome.com

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