

## Essential Oils for Breastfeeding Mothers

\*Peppermint Reduces Milk Supply

\*Increase Milk Supply

Fennel, Clary sage, basil, and geranium mixed with carrier oil are great oils to increase your milk supply. You should not use the fennel oil for longer than 10 days at a time.

\*Relaxation and Rest

lavender and wild orange essential oil applied to the walls of the shower or tub while baby sits close by in a carrier or even baby swing.

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