



**Tuesday,  
15 May 2018**

7pm to 8pm  
dōTERRA Singapore  
Product Center

*Stay calm and keep breathing...  
A new life and a new being creep forward as labour kicks in.  
Fast forward to being a brand new mom...  
What a thrilling ride it has been mixed with anxiety and anticipation!*

## **Labour and Post-Partum with Essential Oils**

Manage the early stage of motherhood with ease and breeze with essential oils and useful tips from an experienced birth doula!

*Sapphira's Birthing Room Essential Scent to  
lessen labour anxiety is...*

*She had also included Lavender essential oil during her post-partum healing process.*



**SAPPHIRA TAY**  
Elite



Sapphira is a mother of two young active children, age 7 and 3. She is a birth doula and loves to empower women in exploring their birthing options. Breastfeeding is something close to her heart and she loves to help new mothers with it. Also, Sapphira is passionate about educating women and families in the use of natural therapy like essential oils and home remedies. Her family has been drug free since the birth of her eldest son.