

Aromatherapy during pregnancy

Maternity Services

Information for Patients

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Introduction

Aromatherapy is a type of alternative treatment that uses essential oils from plants to improve a person's health, mood and well-being.

What are the benefits?

- Relaxation - calming the mind and body, reducing anxiety and stress.
- Supporting bodily systems during pregnancy, birth and afterwards.
- Can help with nausea, pain and discomfort.
- Providing more 'natural' choices to support how your body functions (physiology).
- Reducing intervention and improving the birth experience.
- Can help with recovery after giving birth.

Can anyone use essential oils?

You will need to give verbal consent and be assessed by a midwife trained in aromatherapy. If you have any medical conditions, allergies or problems in pregnancy, you will not be able to have aromatherapy.

Aromatherapy is available for women having their baby at home or in one of our birth centres; as long as you meet the 'low risk' criteria and a trained midwife is available, use of essential oils is a choice.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How are the oils applied?

- Massage
- Breathe in (inhalation)
- Compress to the skin
- Foot bath
- Bath soak (not for use in a birthing pool)

Are there any safety issues?

- Essential oils should **never** be taken orally, used on its own (neat) or massaged into broken skin.
- In the unlikely event of skin irritation, wash the area with warm, soapy water and inform the midwife immediately.
- Keep essential oils out of the reach of children.
- It is important to declare any allergies.
- Essential oils should not be used in the birth pool.
- If the decision is made for an epidural, the back needs washing in hot soapy water and dried thoroughly if oils have previously been used for massage.

What oils are available?

The base oil is grapeseed and essential oils used within Leicester's Hospitals are:

bergamot; black pepper; chamomile; clary sage; cypress; frankincense; geranium; grapefruit; jasmine; lavender; neroli; orange; peppermint; tea tree; rose and ylang-ylang.

The essential oils can be used singly or blended to provide the best possible effect to individual situations.

If you have any further questions please contact your community midwife.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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