AROMATHERAPY FOR LATE PREGNANCY, BIRTH AND BEYOND

Aromatherapy can be a wonderful tool for your late pregnancy, birth and post-delivery experience. Aromatherapy is the science and art in which essential oils derived from aromatic plants are used for their therapeutic properties (Tiran, 1996). Throughout history, botanical sources have offered a holistic approach to health. Essential oils calm, balance, and rejuvenate the mind, body and spirit.

Essential oils are used at Aurora Health Care as a comfort measure option. Aromatherapy is a free service that is available when you are in the hospital.

Some of the important ways in which essential oils can help you enjoy your pregnancy and new baby are:
~They can help you deal with stress.
~They aid in relaxation & have calming effects.
~They are uplifting and promote a positive outlook.
~They balance mood and help to dispel negative feelings and emotions.
~They help with insomnia and nausea.
~They give a sense of empowerment, peace and tranquility.
~Essential oils are anti-viral, anti-bacteria, anti-septic.

Essential oils are available for your usage in the Women’s Pavilion.

*Citrus Limon  (Lemon)*- Aids concentration. It is a wonderful antiseptic that cleans the air especially during cold and flu season. Lemon is invigorating, balancing to nausea & neutralizes unpleasant odors, refreshing as well as boosts the immune system.

*Citrus reticulate Mandarin* This is one of the gentlest and safest of essential oils impacting the body, mind & spirit. Mandarin offers a calming influence promoting restful sleep, and is especially good for children and frail elderly.

*Citrus Bergamia (Bergamot)*- Citrus aroma is used as a flavoring for Earl Grey Tea. Antiseptic, anti-bacterial, balance emotions, sedative, uplifting, balancing to the immune system, assists skin issues. Avoid sunlight & citrus oils with topical usage.

*Eucalyptus Globulus-(Eucalyptus)*- The aroma reminiscent of “Vicks Vaporub.” Used for centuries for colds and wounds. Balancing to the respiratory system, supportive to skin imbalances & balancing for discomfort.

*Mentha Piperita Peppermint* - This essential oil is refreshing & mentally stimulating. It assists the respiratory & digestive systems. It has cooling effects. I aids in discomfort.

*Zingiber Officinale*- This oil is supportive to the digestive system. Ginger is helpful with morning sickness. It is warming & soothing to joints & discomfort.
Essential oils are a highly potent cousin of herbal medicine. Less is best! A dilution of 1-2% is all that is necessary for topical application. (Use 1-2 drops in 1 teaspoon of lotion or vegetable-based carrier oil such as grape seed or olive oil). No dilution is needed for inhalation or diffusion.

Even though therapeutic grade oils are pure and natural, care and caution is used with certain medical conditions such as asthma, seizure disorders, high blood pressure, estrogen-based cancers, or tachycardia.

Essential oils offered at many Aurora Hospitals are of therapeutic quality versus cosmetic or food-grade quality. They have a high degree of safety and low risk for sensitivities. If you have a high-risk pregnancy, preterm labor or threatened miscarriage, consult with your doctor or midwife and avoid essential oils in the first trimester (Buckle, 2003).

Aromatherapy has been used in England, France and Germany for well over 28 years in the hospital setting. Burns and Blamey et al, evaluated the effect of aromatherapy on 8,058 pregnant mothers in England over eight years in the 1990’s. Mothers in labor were offered aromatherapy to relieve discomfort, anxiety, nausea or to strengthen contractions. More than 50% found aromatherapy useful. 14% found it unhelpful. The number of adverse reactions was 1%. The reactions included symptoms commonly found in labor such as headache, nausea or itchy rash. The amount of medications needed by the aromatherapy group was greatly decreased versus the control group.

Aromatherapy can bring comfort, relaxation, and an improved sense of well being to women during the childbearing year. For more information, the following books describe the use of essential oils for pregnancy and birth, including precautions and oils to avoid.

Diffusers are available for you use in the Woman’s pavilion. For your safety due to previous electrical issues, please leave your diffusers at home. The nursing staff will be very happy to provide you with a medical grade diffuser to borrow during your stay here.

References:


Revised: April 19, 2018