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References Adams, J. D. (2012).

Clinical aromatherapy for pregnancy, labor and postpartum ...

Published by Journal of obstetrics and gynaecology : the journal of the Institute of Obstetrics and Gynaecology, 15 July

2020 . available evidence derived from randomised clinical trials (RCTs) regarding aromatherapy 's effects on labour pain and anxiety relief.....
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Clinical aromatherapy is the use of essential oils for clinical outcomes that are measurable, for example nausea, anxiety or pain. Essential oils are highly complex mixtures distilled from aromatic plants. They can be useful during pregnancy, labor, delivery, and postpartum. Clinical Aromatherapy for Pregnancy, Labor and Postpartum

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Aromatherapy for common pregnancy niggles Although there is relatively little evidence that they work (Chitty 2009), many women find essential oils helpful for a range of niggles. For example, you could try sweet orange (Mantle and Tiran 2009) for constipation, or neroli (orange blossom) for heartburn.

Aromatherapy in

pregnancy - BabyCentre UK

Aromatherapy and massage are increasingly requested by some pregnant women. This guideline is to guide Midwives on their safe utilisation within Royal Cornwall Hospitals Trust (RCHT) maternity services. 1.2 Aromatherapy can provide benefits to clients in the antenatal, intrapartum and postnatal periods.

Aromatherapy and Massage - Midwifery Clinical Guideline V3 ...

This course fully explores the use of essential oils and aromatherapy techniques with pregnant women. Aromatherapists need to work safely and yet still be effective. To this end, we must

ensure that we are confident in the use of essential oils in any situation including pregnancy. If we study the chemistry and we look at each individual client and their own idiosyncrasies, contra-indications and physical and mental conditions thoroughly then we can be more confident in practice.

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In Clinical Aromatherapy for Pregnancy and Childbirth (Tiran 2000) - required reading for Aromatherapists involved in maternity care - Tiran shares aromatic treatments for various conditions in pregnancy and childbirth. (See Table 1) She emphasizes the importance of "a thorough understanding of both the physiology of the childbearing phase and the potential effects of essential oils on both mother and the foetus" when considering practising aromatherapy in maternity care.

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Building on the success of the last edition, this book contains new and expanded information on physiology related to obstetrics, the principles of safe use of essential oils for pregnant and childbearing women, and infant massage.

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The benefits and uses
of aromatherapy in

pregnancy and labour. Essential oils have been used for their therapeutic qualities through the ages. And, whilst there is little medical evidence to their benefits a growing number of midwives are trained to use aromatherapy oils during labour. So, we asked Tara Persson who is a qualified aromatherapist, specialising in pregnancy and postnatal aromatherapy, to give us a more detailed view of how you can use aromatherapy in pregnancy and during labour.

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