

Aromatherapy

In Pregnancy and Labour



“Really calming experience at a time when the pre-labour fear was beginning to kick in!”

Safe | Personal | Effective



What is Aromatherapy?

Aromatherapy is a complimentary therapy using highly concentrated essential oils extracted from various parts of plants to enhance both physical and emotional health and wellbeing. When

inhaled or applied topically to the skin, they are absorbed into the body allowing their medicinal properties to take effect (Aromatherapy Council, 2018). Massage is a common method used for the application of essential oils and this can also be beneficial to mothers looking at alternative methods of initiating labour, relieving pain or treating minor ailments in pregnancy (Ingram et al, 2005).

“Our new addition came the next day, all due to essential oil massages!”

Is Aromatherapy safe for me and my baby?

Although the essential oils used in aromatherapy are natural that does not mean they are safe for all to use. The chemical constituents found in essential oils can prompt an action similar to that of taking a pharmacological drug that you might get from your doctor or buy from a pharmacy (Tiran, 2016).

Some essential oils are not advised in pregnancy or if you suffer from certain medical conditions, which is why it is very important that you **consult your midwife or a qualified aromatherapist before receiving any form of aromatherapy treatment.** We have midwives who have received training to provide aromatherapy in pregnancy and labour at both Blackburn and Burnley Birth Centre’s.

How can Aromatherapy help me in pregnancy and Labour?



Some of the suggested benefits of aromatherapy are an increase in the chance of having a normal birth and increased maternal satisfaction (Burns et al, 1999), a decrease in the need for other forms of pain relief (Dhany, 2008; Burns et al, 1999) and a reduction in the length of labour (Dhany et al, 2012). Relaxation through massage is known to reduce the levels of stress hormones, which in turn encourages the release of the hormones that encourage labour to start and to progress naturally (Field, 1999). Acupressure point stimulation and massage can also encourage labour to start (Ingram et al, 2005).

“Really relaxing for mother, and for family members to perform”

If you are planning to have your baby at home or in one of the midwife-led Birth Centres we can offer you aromatherapy to promote relaxation and ease general discomfort during the later stages of your pregnancy and in ‘latent’ or ‘early’ labour. During labour you may find aromatherapy useful to aid relaxation, as a form of pain relief or, in the event that your labour is slowing down it might help to enhance tightenings. Both Birth Centres have a preparation for labour clinic where women can receive our combined preparation for labour aromatherapy and acupressure treatment to encourage the natural onset of labour.

“I had the Aromatherapy on Friday afternoon and went into labour Saturday morning, I had a very fast labour!”

Further Information

If you have any queries or require further information about aromatherapy or the service we provide please contact us at one of the Birth Centre's or email our lead midwives for aromatherapy.

If you wish to book an appointment in one of our preparation for labour clinics you can do this by speaking to your midwife in your usual clinic or telephoning one of the Birth Centre's directly.

BLACKBURN BIRTH CENTRE

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BURNLEY BIRTH CENTRE

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