



ADVICE FOLLOWING THE USE OF ESSENTIAL OILS

Patient information Leaflet

January 2019

Advice following aromatherapy treatment

- Aromatherapy is a relaxing and healing treatment so it is important to try to rest and relax afterwards. Take care if you are driving as your reflexes / reactions may be slower than normal.
- Aromatherapy massage is detoxifying and cleansing so it is important to drink plenty of water, herbal teas or fruit juices to aid this process.
- Avoid alcohol, caffeine and tobacco after aromatherapy treatments as their stimulating effects may hinder the detoxifying process.
- Try to take a light diet. Your body will be in a healing state and a heavy meal may make you feel nauseous.
- To gain the maximum benefit from the oils, avoid washing the skin where the essential oils have been applied for as long as possible (up to 4 hours).
- In the unlikely event of skin irritation, wash with warm water immediately and inform your doctor or midwife.
- Some essential oils react to sunlight, these are called phototoxic, and may cause skin irritation. Your midwife will advise you if the oils used in your treatment have this effect. If they have, avoid direct sunlight for 2-12 hours after treatment. This effect is enhanced in pregnancy and just after birth.
- Some people experience a headache and/or nausea following aromatherapy treatment. This is caused by your body detoxifying and should be relieved by drinking plenty of water (aiming for at least 2 litres of fluid in 24hrs)
- Some people may feel very relaxed or sleepy following the treatment (take care if driving) and it is common to go to sleep early and for an extended time.
- Some people have more energy following a treatment which can improve ability to cope with early signs of labour.
- Dreams may be more vivid than usual, this is common.
- There may be some effect on your mood and emotional state, this is also common.
- Some people notice physical symptoms other than those intended, for example headache and/or aching muscles.

A guide to the safe use of your blended essential oils

If any of the essential oil blend is left over from your treatment, you may be given the remaining blend to take home with you (if clinically appropriate). This will be labelled and you will be given instructions about how to use the blend.

Administration:

- **Massage:** pour a capful of blended essential oils into the hands of the person performing the massage and apply the oil to the desired part of the body
- **Inhalation:** pour a few drops of blended essential oil onto a cotton handkerchief or cotton wool ball and inhale at leisure.
- **Bath:** mix a capful on blended essential oil with full fat milk and add to the bath. Swish the water to disperse the oil
- **Compress:** apply blended oil to the affected area. Place a warm flannel on the area and cover with a dry towel.

Precautions

- Do not apply any undiluted essential oils directly onto the skin
- Do not use your own essential oils or add anything to the blend given to you

- Store the blended essential oil in a cool dark place, out of direct sunlight
- Do not use after the expiry date
- Keep away from children and pets
- Keep away from naked flames
- Follow the instructions carefully as directed by your midwife
- Do not use essential oils in the bath after your waters have broken
- You must not use essential oils in the presence of others who have major medical disorders such as heart disease, epilepsy, or those who are pregnant.

The oil is intended for your personal use only and should not be given to anyone else

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

آپنی یہی اہی تہا پڑتے ہا کھتے نا پائےن، تاہلے انورہ کئے ا تہنک ہلہہ ڈیمےر ساہے ڈےسکفونے یوگاہوگا یکنن 0161 331 5149/5150 اہی ناہارے، تہن تارا آپناکے ساہاہا کراتے پارہے۔

آپو آہا آہ اہاہتی پانہی ڈ ناہلہ ہاڈو لہہ تو ڈہا ڈہی، اہتہلیڈ ڈےہہ ڈیہاڈو
0161 331 5149/5150 لالہر ہر ہانہڈ ناہو تےآو آہاڈو کڈر ہاڈ ڈہہ۔

اگر یہ معلومات پڑھ نہیں سکتے ہیں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی آہٹھنک ہیلٹھ ٹیم کے ساتھ ٹیلی فون نمبر
0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔

Document control information

Author: Amanda Fletcher
Division/Department: Maternity
Date Created: January 2019
Dae due for review January 2022
Reference Number:
Version: 1.0