

## Aromatherapy Patient Information Leaflet

### Blend F

#### Blend F 3%:

Contains: Jasmine, clary sage, lavender and rapeseed carrier oil.

Purpose: to encourage spontaneous labour and reduce the need for induction of labour.



The oils used are known to have a relaxing, calming effect on the body and also stimulate uterine activity (contractions). Effects from the oils may not be felt straight away, and unfortunately some people may experience no effects at all.

#### Ways to use

The oil we provide you with is ready to use and is enough for three to four uses. Use all of this oil within the next 24 hours to optimise its effects. Ways to use are:

- Add to warm water and soak feet in the water for 20 minutes
- Massage into body e.g. back, bump, feet (apply fluffy socks afterwards to allow it to soak in)
- Add to the bath – **do not** use in the bath if you think your waters may have broken



#### Safety Information

- Aromatherapy oil is for **external use only** and **not to be taken orally**
- For personal use only
- Do not use around other pregnant women
- Store safely away from children, at room temperature
- Do not use any other aromatherapy oils at the same time
- If allergic to any of the oils **do not use**



#### Possible side effects

- Mild skin irritation
- Headache – drink plenty of water over next 24 hours

If any reaction occurs stop the massage, footbath, or get out of the bath. Open the window and wash off the oils immediately with warm soapy water. In the unlikely event that skin irritation appears severe, use a cold compress with water only. If you experience any side effects, please contact a Midwife on the Midwifery Led Unit (number overleaf).

## Contraindications to using essential oils

- Severe asthma or hay fever requiring nebuliser
- Under 37 weeks pregnant
- High risk pregnancy unless specified by a midwife that it is safe to use

If you have any questions or concerns relating to the use of aromatherapy oils, please contact the **Midwifery Led Unit 01270 278063**.

This information is available in audio, Braille, large print and other languages. To request a copy, please ask your Midwife.

Reprinted August 2020 Review August 2022 Ref: WC/MS/0760820

