



Clinical Study and White Paper Guide Using Elequil Aromatabs Aromatherapy

The Clinical Study and White Paper Guide provides evidence-based data on how Elequil Aromatabs[®] aromatherapy helps promote relaxation during pain, comfort and calm anxiousness, and soothe queasiness.

The clinical studies are linked to abstracts found at National Library of Medicine or peer-reviewed journals.

Independent Peer-Reviewed Clinical Studies:

[A Pilot Randomized Control Trial to Assess the Impact of Lavender on Anxiety and Comfort After Cesarean Birth and the Barriers Encountered](#)

[A Quality Improvement Project to Determine the Effect of Aromatherapy on Postoperative Nausea and Vomiting in a Short-Stay Surgical Population](#)

[A Randomized Controlled Trial Provides Evidence to Support Aromatherapy to Minimize Anxiety in Women Undergoing Breast Biopsy](#)

[Aromatherapies can Reduce Incidence of Anxiety in Ambulatory Surgery Patients: A Pilot Study](#)

[Aromatherapy for Procedural Anxiety in Pain Management and Interventional Spine Procedures: A Randomized Trial](#)

[Effects of Lavender Aromatherapy on Anxiety Levels of Patients Undergoing Mandibular Third Molar Extraction](#)

[Implementation of Aromatherapy by OTs Can Reduce Pain, Tension, and Stress for Patients With Intractable Pain in a Hospital Setting](#)

[Implementing Aromatherapy in Perioperative Setting to Promote Healing and Improve Patient Outcomes](#)

[The Efficacy of Lavender Aromatherapy in Reducing Preoperative Anxiety in Ambulatory Surgery Patients Undergoing Procedures in General Otolaryngology](#)

[Treating Patient Well-Being in a Psychiatric Emergency Room](#)

UPMC Clinical Study Published September 2023:

[The Role of Aromatherapy in the Management of Perioperative Pain & Opioids](#)

Poster Presentation:

[Increasing Magnetic Resonance Imaging \(MRI\) Completion Rates Using Aromatherapy](#)

White Papers Using Elequil Aromatabs[®] Aromatherapy:

[Aromatherapy During Childbirth: Mothers Speak Out](#)

[Aromatherapy in MRI: Evaluating the use of Elequil Aromatabs[®] to Reduce Aborted Scans in Patients with Anxiety and Claustrophobia](#)

[Aromatherapy Effectively Reduces Behavioral Symptoms of Dementia](#)

[Aromatherapy in the Workplace Elequil Aromatabs[®] Reduce Nurses' Work-Related Stress](#)


[Elequil Aromatabs[®] Alleviates Negative Emotions and Improves Patient Experience](#)

[Lavender Aromatherapy Decreases Preoperative Anxiousness for Surgical Oncology Patients](#)

[Skilled Nursing Facility Uses Aromatherapy to Improve Quality of Life](#)

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Warnings and Precautions

- The use of peppermint essential oil is contraindicated for patients with cardiac fibrillation or G6PD Deficiency
- The use of peppermint essential oil is not recommended for children under 3-years-old
- Do not use if sensitive or allergic to plants as essential oils are natural aromas derived from plants
- External use only; do not ingest or swallow

- Intended for placement on clothing
- To prevent possible skin irritation: do not place directly on skin
- Do not reuse
- Discard after use 
- Not made with natural rubber latex
- Non-sterile 

Not metal/foil (safe for MRI and/or Intraoperative Procedures)

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