



## Clinical Studies Guide Using Elequil Aromatabs<sup>®</sup> Aromatherapy

The Clinical Study Guide provides published independent peer-reviewed evidence-based data on how Elequil Aromatabs<sup>®</sup> 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 and/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](#)

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

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



## Quality Improvement Projects and White Papers Using Elequil Aromatabs<sup>®</sup> Aromatherapy

This guide provides outcomes based on nursing quality improvement projects and/or case studies on how Elequil Aromatabs<sup>®</sup> aromatherapy helps promote relaxation during pain, comfort and calm anxiousness, and soothe queasiness.

### White Papers Using Elequil Aromatabs<sup>®</sup> Aromatherapy:

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

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

[Aromatherapy for Pediatrics: Elequil Aromatabs Reduce Queasiness and Anxiousness in Dialysis and Infusion Centers](#)

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

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

[Aromatherapy Reduces Anxiousness, Improves Comfort and Empowers Surgical Nurses](#)

[Aromatherapy Reduces Nursing Stress in Urban Safety Net Hospital](#)

[Elequil Aromatabs<sup>®</sup> 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](#)

[The Economics of Aromatherapy: Elequil Aromatabs Reduce Costs and Improve Care Environment](#)


### Poster Presentation:

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

[Aromatherapy Effect on Postoperative Nausea and Vomiting](#)

[Click here to sign up for educational emails on aromatherapy](#)

For more information call 1.844.ELEQUIL,  
email [info@beekley.com](mailto:info@beekley.com), or visit [beekley.com](http://beekley.com)



 Manufactured by Beekley Corporation  
One Prestige Lane, Bristol, CT 06010-7454 USA  
+1.860.583.4700 Fax: 1.800.735.1234 [beekley.com](http://beekley.com)

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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 

Non metal/foil (safe for MRI and/or Intraoperative Procedures)

elequil<sup>®</sup>  
aromatabs<sup>®</sup>  
by Beekley Medical<sup>®</sup>

REV: EL-GD-CS-WP-0824