

# Aromatherapy During Childbirth: Patient Stories

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## Introduction

A blind, random, anonymous survey<sup>1</sup> was administered during November 2021 to women between the ages of 25 and 45 across the United States who had given birth. The survey explored the emotions these women felt while in labor and giving birth and asked their opinions on using aromatherapy during the birthing process.

The survey revealed a wide range of both positive and negative emotions felt by women during their child birthing experience. Respondents who used aromatherapy shared how it provided many benefits such as relaxing and calming them during labor and delivery and improving their overall experience. The vast majority of women who were offered Elequil aromatabs® said they would be more likely to return to the facility in which they gave birth if they or a family member were to need care.

The patient stories<sup>2</sup> here provide personal insight from 10 women who used Elequil aromatabs during their birthing experience.

Elequil aromatabs is an aromatherapy product designed for the clinical setting. It is made with 100% pure essential oils. The self-adhesive aromatab has a unique controlled delivery system with easy hands-free application, adheres to the patient's clothing or gown and is a personal aromatherapy to promote relaxation during pain, help comfort, and calm anxiousness.



## *Patient Story #1*

I was on vacation when I went into labor. My baby came a month early, and I was nervous for his health. During the birthing experience the hospital offered me Elequil aromatabs. I had never used aromatherapy before. The Elequil aromatabs helped to calm my nerves and made me feel more at ease. Because they offer Elequil aromatabs, I would be more likely to return to this hospital in the future should I or my family require care.

## *Patient Story #2*

This was my first baby and I was anxious because it was my first time. I also felt nervous, scared and overwhelmed. I chose the hospital where I gave birth because they had a good reputation, offered a private birthing room and natural birthing options, and had a NICU. They gave me Elequil aromatabs, which made me feel relaxed and calmed me down while I was in pain. I am more likely to bring my family to this facility in the future because they offer Elequil aromatabs.

## *Patient Story #3*

I was under 21 when I delivered my baby. I felt excited and happy but also nervous and scared. You feel every emotion when you have a little one coming. It's definitely a big change. The hospital offered me Elequil aromatabs. It calmed and relaxed me, helping me cope with my pain. Because they offer Elequil®, I am more likely to return to this hospital in the future should I or my family require care.

## *Patient Story #4*

I felt happy and excited but also nervous and overwhelmed. I think you have a bunch of emotions during this time! There's no one emotion, but all of it is worth it. The hospital offered me Elequil aromatabs. It helped me relax and be a bit calmer. I am more likely to bring my family to this hospital in the future because they offer Elequil aromatabs.

## Patient Story #5

I gave birth in a birthing center affiliated with a hospital. I chose this facility because of their reputation, and it was affiliated/recommended by my doctor, offered a private birthing room and patient experience options that I was looking for, and there was a NICU available. I was nervous, anxious, overwhelmed and afraid because I was told that giving birth is very painful and this was my first experience. Using Elequil aromatabs® helped me calm down during my pain and anxiousness. Because they offer Elequil aromatabs, I would be more likely return to this facility if my family or I were to need care in the future.

## Patient Story #6

I was sleeping when my water broke. I felt many emotions during the birthing experience: I was excited, nervous, happy, anxious, and scared. I am more likely to bring my family to this hospital in the future because they offer Elequil aromatabs.

## Patient Story #7

This was my first time giving birth. I was excited, nervous, fearful, anxious, scared, and overwhelmed. The hospital offered me Elequil aromatabs and that made the experience better for me. Because they offer Elequil®, I would be more likely to return to this hospital in the future should I or my family require care.

## Patient Story #8

This was my first baby. I was excited and happy but also scared. I was given Elequil aromatabs at the hospital. I feel it is really safe and good. I am more likely to bring my family to this hospital in the future because they offer Elequil aromatabs.

## Patient Story #9

I had a C-section at a hospital that was recommended by a friend/family member. I was scared. They gave me Elequil aromatabs. I had never used aromatherapy before. Elequil aromatabs made me feel more at ease.

## Patient Story #10

Birthing a child made me have a rush of different emotions. Using Elequil aromatabs made the experience more soothing. I would be more likely to bring my family to this hospital in the future because they offer Elequil aromatabs.

## Elequil Aromatabs® by Beekley Medical®

Elequil aromatabs is a simple non-pharmacological intervention that uses 100% pure essential oils. This personal aromatherapy provides easy hands-free application and adheres directly to the patient's gown or clothing. The unique controlled delivery system allows minimum and maximum aroma exposure. Designed specifically for the clinical setting, Elequil aromatabs have been used by over 2,200 hospitals and healthcare facilities nationwide.

Lavender-Peppermint promotes relaxation during pain, helps comfort and calm anxiousness, and soothes queasiness



Lavender-Sandalwood and Lavender promote relaxation during pain, help comfort and calm anxiousness



Orange-Peppermint uplifts and can soothe queasiness



<sup>1</sup> Online survey conducted November 2021 via Survey Monkey®.

<sup>2</sup> Patient stories created based on responses to multiple choice and open-ended survey questions.