



Safety of Essential Oils in Pregnancy and Childbirth: a guide for midwives

Denise Tiran

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Aromatherapy has become very popular amongst pregnant women. Increasingly too, midwives are becoming interested in using aromatherapy and massage to help women, especially during labour. This book explores the uses, indications, contraindications and precautions for the use of aromatherapy during pregnancy, labour and the postnatal period. Although it is intended primarily for midwives the book may also appeal to aromatherapists who work with pregnant clients, as well as doulas and antenatal teachers. It is written by Denise Tiran, an international authority on maternity complementary medicine.

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