The psychological effects of **aromatherapy massage** in healthy postpartum mothers

*(Imura M, Misao, Ushijima H. Journal of Midwifery and Women’s Health; March 2006; Vol. 51(2); 21-27)*

**Aim of the study:** To examine the effect of aromatherapy massage in healthy postpartum mothers.

**Subjects/method:** 36 healthy, first-time mothers who gave birth to a healthy infant (vaginal delivery) took part in the study. Sixteen of the mothers received a 30-minute aromatherapy massage on the second postpartum day and 20 were assigned to a control group. All 36 mothers completed four standardised questionnaires (relating to mood states, anxiety levels and feelings towards their new infant) before and after the intervention.

**Results:** Scores suggested that aromatherapy massage might be an effective intervention for postpartum mothers to improve physical and mental status and to facilitate mother-infant interaction.

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