



Creating a quiet, calm and private space for a woman in labour is sometimes all that is needed to facilitate an uncomplicated birth. Exploring ways to encourage, nurture and protect the birth environment is an important part of the midwife and birth support partners' role.

Aromatherapy has been shown to be a useful tool both in encouraging relaxation and feelings of wellbeing, (by helping to reduce stress hormones in the body), and also by promoting the smooth-running of the body's own ability to labour without complications.