

# LAVENDER AROMATHERAPY RELAXATION TECHNIQUES TO REDUCE PERINEAL PAIN IN POST PARTUM MOTHERS

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## ESSENCE

**Background:** Post partum or what is commonly called to as puerperium in post partum mothers is very important period to know. Perineal pain is physiological in post partum mothers, however perineal pain is due to trauma such as perineum tear can induce discomfort. One of the non pharmacological therapy to reduce perineal pain in post partum is with lavender aromatherapy. Active substance such as *linalool* and *linalyl acetat* are contained in lavender has an analgetic effect. The use of posters as a means of health information is now beginning to be developed. Poster has the advantage of providing good visualization to facilitate the absorbing of health information. **Purpose:** Materialize the external result like poster with the theme of Lavender Aromatherapy Relaxation Techniques to Reduce Perineal Pain in Post Partum Mothers to share knowlegde to post partum mothers and make it eazier educate to socienty. **External Description:** Poster theme generated from Lavender Aromatherapy Relaxation Techniques to Reduce Perineal Pain in Post Partum Mothers which was created using Corel Draw x5 aplication software . The poster contains important information about lavender aromatherapy relaxation techniques and is made with attractive animated images. **Conclusion:** Lavender aromatherapy can be used to reduce perineal pain in post partum mothers and the poster of lavender aromatherapy relaxation techniques to reduce perineal pain in post partum mothers can be used as a medium of communication, information, and education.

**Keywords:** Post Partum, Perineal Pain, Lavender Aromatherapy