

**LEMON AROMATHERAPY TO REDUCE NAUSEA AND
VOMITING IN PREGNANT WOMEN IN THE FIRST
TRIMESTER
WITH BOOKLET MEDIA**

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SUMMARY

Background: Nausea and vomiting are normal and common symptoms experienced by pregnant women in the first trimester, the effects of nausea and vomiting, if not treated properly, can cause severe symptoms of nausea and vomiting that occur during early pregnancy, an increase in estrogen and progesterone hormones causes discomfort as a result of increased nausea and vomiting, especially those that occur in the morning called emesis gravidarum if the frequency is less than 10 times in a day. Other treatments that can be given are non-pharmacological or complementary therapy, one of which is safe and can be given to pregnant women who experience nausea and vomiting by providing lemon aromatherapy which contains one of them limonen which functions to strengthen the central nervous system, increase appetite, improve blood circulation, foster a feeling of pleasure as a sedative also functions to reduce nausea and vomiting.

Objective: To provide KIE with a way to reduce nausea and vomiting in pregnant women in the first trimester by using *lemon aromatherapy* and is expected to increase knowledge and be used as a guide for pregnant women in the first trimester in reducing nausea and vomiting. **Methods:** The description of the output of the booklet entitled "*Lemon Aromatherapy to Reduce Nausea and Vomiting in Pregnant Women in the First Trimester*" was created using a 3.5 x 8.5 inch canva software application. **Results:** Booklet entitled "*Lemon Aromatherapy to Reduce Nausea and Vomiting in Pregnant Women in the First Trimester*". **Conclusion:** The booklet made by the author is able to increase public knowledge, especially pregnant women in the first trimester to reduce nausea and vomiting by using *lemon aromatherapy*.

Keywords: *Lemon aromatherapy*, nausea and vomiting.