

**LEMON AROMATHERAPY EDUCATION TO REDUCE NAUSEA
VOMITING PREGNANT WOMEN 1ST TRIMESTER
VIA BOOKLET MEDIA**

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SUMMARY

Background; In Indonesia, there are 50-90% cases of nausea and vomiting experienced by pregnant women. The main factor causing maternal deaths in Indonesia is not nausea and vomiting, but the incidence of nausea and vomiting is quite large, namely nausea and vomiting occurs in 60-80% of primigravidas and 40-60% of multigravidas. The response to hormonal changes experienced by pregnant women can be different, not all of them experience nausea and vomiting in early pregnancy. Prevention and reduction of complaints of nausea and vomiting can be done using pharmacological and non-pharmacological methods. One non-pharmacological therapy that is safe and can be used to reduce complaints of nausea and vomiting in pregnant women is giving lemon aromatherapy. Lemon aromatherapy is an essential oil produced from orange peel extract (Citrus Lemon) which is often widely used in aromatherapy. Lemon aromatherapy is a type of aromatherapy that is safe for pregnancy and childbirth. A booklet is a small book containing important information. The contents of the booklet are clear, concise, easy to understand and relevant. Booklets have attractive designs and images so they can attract interest in reading. **Method;** The booklet's outer title "Lemon Aromatherapy to Reduce Nausea and Vomiting in Pregnant Women in the First Trimester" was created using the Canva application. **Results;** The Media Booklet contains Lemon Aromatherapy to Reduce Nausea and Vomiting in Pregnant Women in the First Trimester. Three respondents gave an assessment of the work of the Booklet media. **Conclusion;** The KIE Booklet media is designed as an educational communication medium which is expected to be able to increase knowledge, attitudes and behavior in handling nausea and vomiting.

Keywords: Pregnant women, Lemon Aromatherapy, Booklet