







Research shows that the use of aromatherapy is a simple, low-risk method to reducing **ANXIOUSNESS**.¹ We are evaluating the efficacy of aromatherapy at our facility. Please fill out the form below if you would like to participate in the evaluation. This is completely free of charge and will hopefully offer you a positive experience.

Name: _____

1. Would you like to experience aromatherapy? YES NO UNSURE







2. Do you have any allergies or sensitivities to lavender or sandalwood? YES NO UNSURE

If you would like aromatherapy, please circle your level of anxiousness PRIOR to using aromatherapy:

	0	1	2	3	4	5
Anxiousness Level	None	Mild	Mild-Moderate	Moderate	Moderate-High	Highest
Faces						

Cao X, Yumul R, Elvir Lazo OL, Friedman J, Durra O, Zhang X, et al. (2017). "A novel visual facial anxiety scale for assessing preoperative anxiety" PLoS One. 2017 Feb 14;12(2):e0171233. doi: 10.1371/journal.pone.0171233.

Please rate your anxiousness at least 10–15 minutes AFTER the using aromatherapy:

	0	1	2	3	4	5
Anxiousness Level	None	Mild	Mild-Moderate	Moderate	Moderate-High	Highest
Faces						

Cao X, Yumul R, Elvir Lazo OL, Friedman J, Durra O, Zhang X, et al. (2017). "A novel visual facial anxiety scale for assessing preoperative anxiety" PLoS One. 2017 Feb 14;12(2):e0171233. doi: 10.1371/journal.pone.0171233.



3. Do you feel Elequil aromatabs® contributed to helping you feel more relaxed? YES NO UNSURE

Thank you for your participation!

For facility use only. Do not return to Beekley Medical®.

¹ Trambert R, Kowalski MO, Wu B, Mehta N, Friedman P. "A Randomized Controlled Trial Provides Evidence to Support Aromatherapy to Minimize Anxiety in Women Undergoing Breast Biopsy", Worldviews Evidence Based Nursing 2017 Oct; 14(5):394–402

Warnings and Precautions

- External use only; do not ingest or swallow
- Do not use if sensitive or allergic to plants as essential oils are natural aromas derived from plants
- Intended for placement on clothing
- To prevent possible skin irritation:
do not place directly on skin
- Do not reuse 
- Discard after use
- Latex-free
- Non-sterile 
- Metal/Foil-free (safe for intraoperative phase)

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One Prestige Lane, Bristol, CT 06010
Tel: 1-800-233-5539 or +1-860-583-4700 Fax: 1-800-735-1234 www.beekley.com

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