

Massage with Essential Oils

This is a session designed to help or heal by the correct use or application of essential plant oils.

Massage encourages an effective absorption of the oils which then circulate to the cells of the body. The oils have many healing properties and affect the whole being on a physical, mental, emotional and spiritual level. Breathing the aroma is in itself a form of absorption and an aid to relaxation and balancing of the mind.

A massage with essential oils can help relieve many ailments including, insomnia, tiredness, anxiety, depression, stress reaction and muscular aches. Massage improves general health by encouraging circulation and lymphatic flow. The oils themselves are good for the skin.

How does it work?

The massage uses mainly Swedish massage techniques of effluage and kneading to concentrate on very tight knots in the neck and shoulder area. The essential oils can help relieve this tension with less pain and can leave you feeling uplifted, relaxed and or revitalised by the inhalation of the aromas.

The Benefits of regular treatments

- Relaxation of knotted muscles and tension in neck and shoulder area
- Uplifting relaxing aromas which stay with you for the rest of the day making you feel good
- Relaxation of whole person
- Stress relief
- Good for the skin
- Essential oils can relieve many other ailments by their absorption into the body through the skin
- Encourages circulation and lymphatic flow.

As with all types of massage you are encouraged to drink water afterwards to help the body get rid of toxins that have been released from the tight muscles.

