

# Aromatherapy Massage

Aromatherapy is the use of certain therapeutic oils that are usually massaged into the body, run into a warm bath or inhaled. It is a popular, enjoyable way an aromatherapist can help someone maintain and enhance well-being, health, beauty and lifestyle. There are many reputable therapists throughout the country so ensure they are qualified therapists.

For centuries, mankind has used plants, many of them fragrant, in the treatment of common ailments, as well as in cosmetics and around the home, and aromatherapy can be seen as a natural extension of these practices.

Aromatherapy can help relax, uplift, revitalise or restore the body and spirit depending on the oil used and is a natural aid in maintaining the body's own sense of balance and well-being, at the same time working on mood enhancement and ambience.

It's hard to imagine a more enjoyable health treatment than a deep, relaxing massage accompanied by the aura of sweet-smelling oils.

## A Brief History

Nobody knows exactly when and where the ancient healing art of aromatherapy began although we know from paintings in Egyptian tombs that it was used extensively by them. Its use is also recorded in ancient Chinese writings and the use of oils found its way to Britain with the Romans in the 13th Century. Indeed, there are Bible references to the use of oils in anointing - think of the Three Kings with their precious gifts of frankincense and myrrh!

In the early 20th century, a French chemist, René Maurice Gattefosse, accidentally discovered the healing power of lavender when he plunged his hand into it after receiving a bad burn in his laboratory. In a short time the burn had healed without forming a blister or leaving a scar. He then went on to treat soldiers in the First World War. Later his work was built upon by a French physician, Dr Jean Valnet and later a French beautician and biochemist, Marguerite Maury, developed a massage and beauty programme to incorporate the use of essential oils, which she introduced into Britain.

## What is it used for?

Digestive problems

Aches and pains

Arthritis

Period pains and problems

Headaches and migraines

Sinusitis

Depression

Stress and anxiety

Skin complaints such as psoriasis and eczema

Insomnia



## How does it work?

Essential oils are produced by tiny glands in the petals, leaves, stems, bark and wood of many plants, trees and herbs. In nature they are released slowly but when crushed or heated, these oil glands burst releasing the aroma more strongly. These essential oils are extracted by various methods to leave a pure essential oil and fall into four categories:



These can be used in any of the following ways:

### By massage:

oils can penetrate the skin and are absorbed into the body fluids and bloodstream to work internally

### By aroma alone:

this is believed to have the quickest beneficial effect as smell has been shown to have an immediate effect on the brain, almost instantly releasing desired hormones (think about the effect of freshly ground coffee, or freshly baked bread)

### By inhalation:

to help clear the head, again working on the brain

### By adding to baths:

working at two levels by inhalation and by absorption into the skin

### By use of skin products, compresses etc

Oils are blended for the client's needs, depending on the nature of the problem and can treat several conditions at the same time.

## What a typical Session entails

After the first consultation when I ask for full details regarding medical history, lifestyle, diet etc, you are asked to undress to your underwear - there is no need to feel embarrassed because you are fully covered with towels whilst on the couch and only the area of the body that I'm working is uncovered. The treatment uses various massage techniques aimed at relieving tension, draining lymph and improving circulation so that the oils can circulate through the body.

You then relax, enjoy the relaxing music, savour the aroma of the oils and let me do all the work. And please, don't be too upset if I have to wake you up to turn you, as most people normally fall asleep. But don't worry, you'll soon drift off again.

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Try our range of oils from Apricot, Almond, and Grapeseed which all have their own unique properties. Coconut oil moisturizes the skin and prolong your natural tan, it also helps reduce stress marks

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