



Work Smart Live Smart

Aromatherapy Makes Scents!

By

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You're feeling stressed out. You have a raging headache. You can't sleep and your body is crying out for relaxation. If this sounds all too familiar, it may be time to beat stress the aromatic way. More and more people are discovering the benefits of incorporating Aromatherapy into their own personal stress management program, to help them combat the effects of stress overload.

Aromatherapy is the practice of using pure, aromatic plant extracts called "essential oils" to help heal the mind, body and spirit and bring balance to our lives. During treatment, the essential oils enter the body through the skin, through respiration into the lungs and through olfaction into the brain's limbic system, which is responsible for our memory, mood and emotion. As a result, we are able to experience therapeutic benefits on both a physiological and psychological level.

There are over 50 essential oils in common use, each with different healing properties. They can be used easily and effectively in a variety of ways including massage, aromatic baths and showers, as well as environmental fragrancing for your home, car or office. Whichever method you choose, treat the essential oils with respect and make sure that you always observe the safety guidelines. (See below)

One way to stop your stress turning to distress is to treat yourself to a soothing aromatherapy massage. Following a consultation, your Aromatherapist will create a unique blend of essential oils to help meet your particular health needs. As you enjoy the wonderful aromas, your body and mind will reap many benefits as it enters a state of total relaxation. These include improved blood and lymph circulation, relaxation of tight, knotted muscles and the release of toxins.

Aromatic Stress Busters

- Relax those tense, achy muscles with a blissfully fragrant bath. Add 4 drops of Lavender and 4 drops of Ylang Ylang to your bath water and just feel that tension melt away!

- Fall asleep with the tranquil scents of Lavender and Spikenard. Put 1 drop of each essential oil on a tissue and place the tissue on your pillowcase. You'll drift off to a restful sleep while inhaling the calming scents.
- Take some time out for yourself. Beat stress the aromatic way and book a soothing aromatherapy massage. You'll break the stress cycle and give your body, mind and spirit a chance to relax and rejuvenate.

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If you are interested in learning more about Aromatherapy or would like to book your aromatherapy massage, please call or email.

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SAFETY GUIDELINES

Do not take any essential oils internally. Never apply undiluted essential oils to the skin. If you are pregnant, epileptic, have high blood pressure, or have any other medical problem, use the essential oils only under the proper guidance of a qualified aromatherapy practitioner. It is safest to consult a qualified aromatherapy practitioner before using essential oils with children.