



Complementary Therapy Project

Aromatherapy Massage

What is Aromatherapy Massage?

Aromatherapy is the modern name for the ancient knowledge of healing and improving health using fragrant, natural ingredients. These ingredients, called essential oils, are found in herbs, plants, flowers, fruit and the bark, roots and resins of some trees. There are about 150 essential oils.

Essential oils give the aroma to the plant, but they also contain dozens of complex chemicals that can be used for everything from increasing the rate of healing, improving aches and pains and helping to restore the natural balance of the body. In aromatherapy pure forms of the essential oils are used to give a more concentrated effect to both the body and the mind.

Aromatherapy massage uses a combination of essential oils and a carrier oil, such as grapeseed or sunflower oil, along with massage strokes to produce a deeply relaxing and healing effect on the body.

What does the treatment involve?

At the start of the first therapy session you will be able to sit down with the therapist and discuss any recent medical issues. You will then be left in private to undress and to lie face down on the massage couch, covering yourself with a towel or sheet.

The therapist will then re-enter the room and proceed to massage the body using an essential oil. The therapist will use a series of massage strokes to work across the body, paying particular attention to areas of tension and knotted muscles.

Treatments can focus on a particular area of the body, with the back being a common area for treatment, or the whole body can be treated. Treatment sessions usually last about 1 hour 15 minutes.

How does the therapy work?

Massage is the most common way of using essential oils and since it combines the two senses of touch and smell it has instant physical and mental benefits. The warm skin-on-skin friction from the massage causes the essential oils to be absorbed quicker and also stimulates the body, relaxes muscles, lowers blood pressure and heart rate and makes the individual feel a deep sense of relaxation.

The physical pressure of the massage strokes acts to restore and relax muscles and connective tissues, whilst the essential oils once absorbed through the skin and into the body will act in accordance with the known healing properties of the particular oil being used.

What can Aromatherapy Massage treat?

Aromatherapy massage can be used to treat a wide variety of conditions and illnesses including:

- Stress • Anxiety • Insomnia • Depression • Arthritis • Cold and Flu Symptoms • Back Pain • Shoulder and Neck Problems • Muscular Aches and Pains • Headaches • Migraines • Digestive Problems
- PMT • Menopausal Problems • Sinus Problems • Some Skin Disorders.