

Essential Aromatherapy

Aromatherapy

Aromatherapy is the use of pure essential oils renowned for their therapeutic properties in holistic treatments, to help promote health and enhance wellbeing, on both physical and emotional levels, aiding relaxation, restoring balance and revitalising mind, body and spirit.

Extracted mainly by means of distillation and expression from a single botanical source, essential oils are aromatic, highly concentrated, and have distinct therapeutic properties. Some are classed as calming and sedative, others are uplifting, stimulating and a tonic to the nervous system, and are helpful aids for stress, and stress related conditions.

Essential oils benefit various conditions and systems of the body, including the nervous, muscular, circulatory and lymphatic systems, and are absorbed into the body by means of inhalation, or absorption of the oil into the skin.

Massage during aromatherapy treatments, further aids the absorption of oils into the body, helps improve skin condition and speeds up lymphatic drainage, eliminating excess toxins from the body, stimulating the body's natural immunity, and helps relieve stress and tension to promote a feeling of general relaxation and well-being.

Treatments

In order to achieve optimum benefit from aromatherapy treatments, and select the most suitable blend of oils for each individual client, an initial consultation is included prior to the treatment and is included within the prices listed.

We recommend to new clients, who have never had a full-body massage, to choose a back-massage as an initial treatment, before progressing and experiencing the benefits of a full-body massage.

Essential Back Massage

A deeply relaxing back massage, targeting specific areas of tension, found particularly in the neck and shoulders, using a blend of pure essential oils with therapeutic properties, to soothe away the stresses and strains of the day.

30 Minutes

£15.00

Essential Well-Being Massage

A treatment designed to include all the health benefits of a full body massage, increasing the delivery of fresh oxygenated blood and nutrients to skin and muscle tissue, whilst stimulating the lymphatic system, to drain away excess tissue fluid and toxins. With the added bonus of a personalised blend of essential oils, chosen for their therapeutic properties, allowing the perfect opportunity to relax and rebalance, mind, body and spirit.

1 Hour 15 Minutes

£30.00

Essential Pure Indulgence Massage

Take time out to indulge yourself in a relaxing, full body massage, using a blend of pure essential oils, plus a gentle, soothing facial massage, to help boost the circulation, stimulate lymphatic drainage, and ease facial tension, with luxury oils such as Rose, Jasmine and Neroli for the ultimate in indulgence and relaxation.

1 Hour 30 Minutes

£35.00

You can visit us at:

www.essential-aromatherapy.co.uk

Or email us at:

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for more information.