

Aromatherapy Choices September 2015 - Add one to any Massage or reflexology Session for just \$7

<p>Basil Basil is used to clear the sinuses, promote digestion and stimulate circulation, especially in the respiratory system. It is prized in Ayurvedic medicine for its ability to strengthen compassion, faith and bring clarity. Contra: Pregnancy</p>	<p>Bergamot Bergamot is used in the treatment of depression, stress, tension, fear, hysteria, infection (all types including skin), anorexia, psoriasis, eczema and general convalescence. Enhances confidence and lifts spirits. A favored aroma for skin troubles including acne, infections & psoriasis. A known fever reducer. Contra: Recent high sun exposure</p>	<p>Birch Birch is an effective addition to massage oil blends for sore muscles, sprains and painful joints. It is credited with being an analgesic, anti-inflammatory, anti-ptyetic, anti-rheumatic, antiseptic, astringent, depurative, diuretic, and tonic. Contra: Pregnancy</p>	<p>Caraway Caraway is used as an expectorant to help clear bronchitis, bronchial asthma and coughs. It is also helpful in cases of sore throats and laryngitis. Therapeutic properties include: anti-histaminic, antiseptic & astringent. Contra: Pregnancy</p>	<p>Ginger Ginger is used to treat colds, flues, nausea (motion sickness, morning sickness), coughs and rheumatism. Ginger has a warming characteristic to soothe muscle cramps, spasms, aches and joint stiffness. Ginger is also a stimulating aphrodisiac believed to ease anxiety, renew vitality and revitalize self-confidence.</p>
<p>Jojoba Jojoba is a natural skin booster and can be used for many skin disorders. Jojoba's antibacterial and anti-inflammatory properties help treat dandruff, acne, dry skin and wrinkles. Shrinks pores and lightens dark spots on the skin.</p>	<p>Key Lime Key Lime is refreshing and uplifting oil and, can be used to ease emotional lethargy, listlessness and relieve mental exhaustion. It can also be used to support the body's immune system through colds and flu. Contra: Pregnancy</p>	<p>Lavender (most popular) Lavender is used to calm the body & mind, reduce anxiety & stress and promote sleep. It is most commonly associated with burns and healing of the skin. It also has antiseptic and analgesic properties which will ease the pain of a burn and prevent infection. It also promotes rapid healing and helps reduce scarring.</p>	<p>Lemon Lemon is a wonderful and effective cleaner with antiseptic properties. LEMON also increases concentration, turning confusion into clarity and leaving one with the feeling of relaxed alertness. Contra : Pregnancy</p>	<p>Nutmeg Nutmeg is used as a treatment for the following: arthritis, constipation, fatigue, muscle aches, nausea, neuralgia, poor circulation, rheumatism and slow digestion Contra: Pregnancy</p>
<p>Peppermint Peppermint has a sharp minty aroma that is widely used to promote digestive health. It is excellent for soothing nausea from all causes. Peppermint helps curb the appetite and lessen the impulse to overeat. It has stimulating properties to promote energy and sharpness and to overcome lethargy.</p>	<p>Rose Geranium Rose Geranium is used to both boost and sedate emotions. Used for PMS, menopausal problems, stress. Rose Geranium has a must have for emotional upsets. Historically Rose Geranium has been used to calm upset digestion, ulcers and other mind-body dis-eases.</p>	<p>Rosemary Rosemary helps you cope with stressful conditions and see things from a clearer perspective. It helps to overcome mental fatigue by enhancing mental clarity, alertness & concentration It improves circulation and can reduce varicose veins. Contra: Epilepsy, high blood pressure, pregnancy</p>	<p>Spearmint Spearmint is a stimulant useful in treating depression and fatigue. It is a restorative and a stimulant with restorative properties. It is used as a local/topical anesthetic.</p>	<p>Sweet Orange Sweet Orange helps to combat colds, constipation, dull skin, flatulence, the flu, gums, slow digestion, and stress. It is an antidepressant, antiseptic, antispasmodic, aphrodisiac, digestive, stimulant (nervous) and tonic (cardiac, circulatory). Contra: Recent high sun exposure and pregnancy</p>
<p>Sweet Marjoram Sweet Marjoram is the choice for everything from the unpredictable spasms and cramps of moving or sleeping the wrong way to the deep muscle pain of overuse and overwork. Choose this for everything from headaches to abdominal pains.</p>	<p>Thyme Thyme Oil has the ability to cultivate courage. It is an antiseptic and has stimulating, uplifting, and reviving properties.</p>	<p>Vanilla Vanilla is the sweet familiar scent of home & comfort in a mild form. Because it has both relaxant and stimulating properties it balances the body and the mind in a soothing manner. VANILLA is also a known aphrodisiac.</p>	<p>Wintergreen Wintergreen has a history of use as a pain reliever. It is also believed to increase the speed of healing for skin disorders, and when added to lotions, acts as a natural moisturizer. Contra: Pregnancy, nursing, young children and liver or kidney disorders.</p>	
<p>Proprietary Blends</p>	<p>Calming CALMING is a classic blend created with gentle essential oils. CALMING quiets the mind and carefully eases tensions. It helps you relieve yourself of stressful thoughts and feelings so your body can come off guard. Also helps to relieve tired feet.</p>	<p>Hope HOPE is a warm and comforting blend that promotes a sense of confidence and strength. The perfect combination to usher in resilience and grounding, so when the world says, "give up," HOPE says, "Try again!"</p>	<p>Love LOVE is a vibrant aroma grounded in classic floral notes. LOVE promotes feelings of acceptance, warmth and affection for one's own self. LOVE opens the door to self love and creates the space for others to love you as well.</p>	<p>PMS Ease PMS EASE is a floral and fruity blend that balances hormones and manages symptoms of PMS and menopause. PMS EASE helps with cramps, nausea, hot flashes and moodiness. In the throes of hormonal challenges PMS EASE says, "This too shall pass."</p>