

What is Aromatherapy?

Aromatherapy means "treatment using scents". The use of essential oils (which are extracted from herbs, flowers, resin, woods and roots) in body & skin care treatments it is known as aromatherapy. Aromatherapy diffusers are utilized to fill the massage room with the scent of the oils. Specific essential oils are blended by the Aromatherapist and added to a carrier oil, such as almond oil, to be used in the massage.

Each oil has its own unique healing properties. This massage is an art which operates through the empathy between the person giving the massage, the person receiving it & the aroma of the oils.

Essential oils can be added to the bath or massaged into the skin, inhaled directly or diffused to scent an entire room. They are absorbed into the skin and work within the body in the same way as traditional medicines. When inhaled, they work on the brain and nervous system through stimulation of the olfactory nerves.

Each client will have oils blended for their specific needs to support their healing.

Aromatherapy Information

Brief History

Aromatherapy has been used as a healing technique for thousands of years by various civilisations.

"Aroma" derives from the Greek word for Spice—today we use this more broadly to mean fragrance—and "therapy" means treatment, so Aromatherapy literally means curative treatment by the use of scent.

The Egyptians used scented oils in daily massage to soften and protect their skin from the elements. The Greeks learned about the fragrances from the Egyptians. They believed that the aromatics would enable them to consume more wine. They would place bags and vases of fragrant flowers on their tables.

Romans developed their the use of them in their public baths, believing in their health giving properties which were followed by scented massage. Barbers soothed men's faces with hot towels and scented oils and wealthy women refreshed their bodies with rose water.

Prescription service

We also offer a prescription service to enable us to blend specific oils, creams, shampoos etc to suit your needs.

What can Aromatherapy help ?

Aromatherapy can help to alleviate many symptoms relating to eg:

- Skin Care
(Abscesses, Boils, Bruises, Dermatitis, eczema, ring worm, sunburn)
- Circulatory Disorders
(Muscular aches and pains, Rheumatism, sprains, High/Low Blood pressure, Fluid Retention)
- Respiratory
(Asthma, Throat Infections, Bronchitis, Laryngitis)
- Digestive
(Nausea, Colic, Hepatic Disorders, Dyspepsia)
- Genito - Urinary
(Cystitis, Period Pains, Amenorrhoea, PMT, Menopausal problems, Uterine Disorders)
- Nervous
(Depression, Insomnia, Stress, nervous tension, Impotence, Headaches)

Is it ok for me to have a treatment?

If you have any of the following conditions, we may require doctors permission before treatment

- Circulatory Disorders
- Epilepsy (Please bring a guardian with you)
- Diabetes (Please eat an apple & banana before)
- Dysfunction of the nervous system
- Cancer
- Heart Conditions
- Varicose Veins
- Recent Operations/Fractures
- Oedema or Severe Bruising
- Cuts and Abrasions
- Skin or Nail Infections

Please inform your therapist if you have any allergies