

# Aromatherapy



*"Smells are surer than sounds or sights to make your heart strings crack." Rudyard Kipling.*

Aromatherapy is a form of holistic therapy that uses synergistic blends of essential oils that are extracted from various plant materials (such as leaves, flowers, bark, resins or whole plants) by various distillation processes. Essential Oils can have a profound effect on physical and psychological well-being, thru our sense of smell. There exists the belief that scent, as the most enduring of our senses, has the power to transform our emotions, and heal our bodies.

Essential oils can be used via massages, inhalation, creams, lotions, hot and cold compresses, oil burners/diffusers and baths.

Essential oils often have a balancing effect on the body, by helping the body to return to balance after an illness.

Aromatherapy massage techniques work on removing toxins from the body in conjunction with essential oils, enhancing our immune defenses to help bring about balance in your body.