



# MASSAGE *for healing*

an advanced therapy group

*Helping your body attain a place of restoration so self-healing can begin, preventing further stre or damage to tissues, muscle and structure.*

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## Essential Oil Information

### Aromatherapy:

Aromatherapy is the use of pure essential and absolute oils, for psychological and physical well-being. Aromatherapy is derived from two words. Aroma- meaning fragrance or smell and Therapy- meaning treatment. Aromatherapy is a holistic treatment which can have a profound effect on the mind, body and emotions.

Essential oils are obtained from a wide assortment of plants, which have been steam distilled or cold-pressed from flowers, fruit, bark and roots.

Essential oils have been found to provide both psychological and physical benefits when used correctly and safely. There are many essential oils to choose from with a wide range of benefits.

### How essential oils are used:

Essential oils are usually administered through massage, baths, compresses, or inhalation. When used in massage and bathing, essential oils are absorbed through the skin into the bloodstream. Essential oils that are inhaled into the lungs are believed to offer both psychological and physical benefits, the oil molecules stimulate scent receptors in the brain that, in turn, trigger a response in the part of the brain that influences heart rate, blood pressure, breathing, memory, stress levels, and hormone balance.

Massage oils for aromatherapy consist of an essential oil, or oils blended with suitable carrier oils. Massage has a powerful effect on the body and the emotions and combined with the therapeutic qualities of essential oils, massage can be a very invigorating or deeply relaxing experience.



The components of the various oils are believed to aid in a variety of health, beauty and hygiene conditions.

Essential oils can be blended together to also provide an especially pleasing aroma or a specific therapeutic action. A synergistic essential oil blend of the correct oils in proper proportions is considered to be greater in total benefit than oils applied independently.

### Applying essential oils:

**Essential oils should never be used undiluted on the skin.**

Lavender and tea tree are listed by a large number of aromatherapy sources as being oils that can be used undiluted however, should only be done on rare occurrences as severe sensitivity still could occur in some individuals. Again, the safest rule of thumb is to never use any essential oil undiluted. Always test skin sensitivity on a patch of skin before using the oil(s).

Essential oils are highly concentrated and a little goes a long way. Essential oils should be stored in a cool, dark place, in dark amber or cobalt blue bottles.

### Tanya's Blend:

*Peppermint* – bruises, sprains and strains, swellings, toothache, muscular aches and pains, respiratory disorders, halitosis, colic, indigestion, irritable bowel syndrome, mouth ulcers, mouth thrush, nausea, feverish conditions, cold and flu, fainting, headache, mental fatigue, migraine.

*Lemon* – skin care (oily skin), acne, boils, warts, cellulite, arthritis, high blood pressure, poor circulation, rheumatism, asthma, sore throat, bronchitis, indigestion, cold and flu.

*Eucalyptus* – burns, blisters, chickenpox, measles, cold sores, cuts, insect bites and stings, insect repellent, skin infections, wounds, arthritis, muscular aches and pains, sprains, poor circulation, cystitis, hay fever, colds and flu, headaches.

*Rosemary* - skin and hair care (oily), dandruff, to promote growth of healthy hair, insect repellent, respiratory ailments, muscular aches and pains, poor circulation, painful menstruation, colds and flu, headaches, mental fatigue, depression, nervous exhaustion and other stress-related disorders.

After skin test, try using the oil blend in these different ways:

- 3-8 drops in a bath or footbath.
- As an inhalant with steam.
- Add 20 drops per 5 oz. water for room spray.
- Add 10 drops to 1 oz. of olive, grapeseed, almond oil.
- Add a drop of oil to a hot light bulb (not halogen)