

## Aromatherapy Massage

Aromatherapy is a healing art, which involves the therapeutic use of essential oils. Essential oils are distilled from a single botanical source and they can have different effects on the mind, body and spirit, as well as aid in skin care and wound healing. Through massage, these oils are absorbed through the skin and into the body to balance and heal. There is a variety of ways in which Aromatherapy is used, including baths, inhalations, compresses, creams, lotions and massage. Aromatherapy can affect the autonomic nervous system, the system that reduces levels of stress hormones in the body. Massage stimulates blood circulation and lymphatic flow which supplies oxygen and nutrients to cells and improves the immune system.