

# Bonne Santé

Therapy Centre

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## AROMATHERAPY MASSAGE

Aromatherapy uses the purest plant essence in the form of organic essential oils, which are extracts from various parts of plants, fruits, flowers, bark, roots, or resin. Essential oils contain various natural beneficial properties. Due to the diversity of essential oils, the range of benefits and effects of Aromatherapy treatments is wide ranging.

Many therapists will have a holistic approach to client consultation. This provides the information necessary to select the appropriate essential oils for the maximum therapeutic benefit. The selected essential oils are blended with a carrier/base massage oil to create a unique mix for each client's individual needs. This Aromatherapy blend is usually applied to the skin with traditional face/body massage.

Aromatherapy treatments have both physiological and psychological effects. The combination of massage and the medicinal and therapeutic qualities of the essential oils can soothe, revitalise, uplift the spirit, encourage positive thinking and boost the immune system enabling the body to heal itself.

### Physiological Benefits

- Assist lymphatic drainage
- Induce a feeling of deep relaxation in the body
- Help to restore balance in the body
- Stimulate the body's natural immune system
- Increase the oxygen and nutrient supply to the tissues by increasing the blood circulation
- Boost energy levels
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### Psychological Benefit

- Promote a general state of well-being
- Calm and soothe the mind
- Reduce nervous tension

*A Centre of Excellence for Complementary and Alternative Therapies and Beauty Treatments in Comfortable and Relaxing Surroundings for Male and Female Clients*