

How To Aromatherapy Massage And Relax Your Body



Essential oils can easily be added to a regular or hot bath for aromatherapy purposes. Massage therapy is known to be related to short-term reduction in long-term aches and joint pains and enhanced mood. Adding a few drops of an essential oil to a warm bath can possibly improve the therapeutic effects. It's a common practice to soak in a hot tub filled with warm water, let the body soak in the water for a couple of minutes, and then massage the affected areas. Aromatherapy is often used as a relaxing aid, even though it has also proven to be beneficial in preventing the onset of many types of cancer.

Aromatherapy works towards the same goal as massage therapy: to increase and promote overall wellbeing by alleviating pain, soothing inflammation, improving mood, reducing anxiety and depression, and promoting relaxation. It has also shown to be helpful in alleviating some of the more severe side effects of chemotherapy. Several studies have been conducted to evaluate the efficacy of aromatherapy in pain control and its potential use in treating cancer. Aromatherapy has also demonstrated to be effective in the treatment of postoperative nausea. Aromatherapy does not cure cancer, but it may enhance the patient's quality of life while reducing pain and distress. When combined with other healing therapies,

aromatherapy massage provides a complete holistic approach to achieving wellness and recovery.

Essential oils have been used for centuries as analgesics, mood enhancers, and comfort agents. Researchers have studied the healing properties of several dozen essential oils, such as eucalyptus, cypress, Rosemary, peppermint, marjoram, myrrh, and walnut. Based on these reports, several dozen essential oils are identified as having potential uses as aromatherapy massage techniques.

Eucalyptus oil is among the most popular essential oils used as an aromatherapy massage oil. The oil has found applications in aromatherapy spa treatments in Australia, Canada, England, Japan, and the USA. The oil has an exotic and spicy scent that's attractive to most people. This is one of the key scents used in aromatherapy massage treatment in Japan. The name "Eucalyptus" originates from the Greek words "eucalyptus" which means "a dry woody substance" and "alyptus" which means "with a sweet, pleasant scent".

Myrrh is another oil widely used for aromatherapy massage. Its exotic and spicy aroma has a sedative effect that is welcomed when coupled with stress relief exercises or meditation. Myrrh creates a lightheaded feeling like that produced by alcohol. Muscle strain is released during the massage therapy session. Other relaxing essences like Chamomile are also quite popular for use as aromatherapy oils.

Applying essential oils prior to the treatment session will facilitate a faster and more complete relaxing experience for both the patient and the therapist. If essential oils aren't readily available in your area, many specialty shops offer a broad assortment of premium products at discounted prices. It's crucial that you pick the best oils for you by consulting with your trusted physician, especially for those who have a medical condition or if you are taking medications. You shouldn't perform aromatherapy massage if you're currently taking an MAOI such as isotretinoin or an SSRI such as fluoxetine. MAOIs and SSRIs have side effects that can increase anxiety, depression, or irritability.

During an aromatherapy massage, the patient lies on a massage table or on a cushioned table. A professional massage therapist usually begins at the head and works his/her way down to the feet, working along the legs. Using the suitable medium, like your hands, a therapist applies the essential oil into the skin. A mix of gentle pressure and massage therapy works wonders on the human body. Some therapists use their hands, while others use their feet.

Essential oils provide numerous therapeutic properties. Many of them contain medicinal and healing properties. Aromatherapy massage is a great method to relax your mind, body and soul. Lots of people nowadays use aromatherapy to relieve stress and to improve overall health. If you desire a better and healthier life, you should think about trying aromatherapy massage.