

## Massage St. John's

Massage St. John's - Utilizing aromatherapy is defined in some circles as utilizing massage or the use of essential oils to be able to help attain psychological and physical well-being. This albeit general explanation, does not consider some of the several forms of aromatherapy and essential oil use not involving massage. These other forms of aromatherapy comprise: Clinical Aromatherapy, Aromatology, and Cosmetic Aromatherapy. Aromatherapy and massage are in fact two different types of treatment that could be utilized in conjunction to complement the healing effects of one another.

Aromatherapy dates back to ancient China. It is believed that China was the first society to begin treating the body and mind using aromatic plant oils. Within time, the practice spread to the Egyptians, Romans and Greeks. During the latter part of the 20th century, aromatherapy treatment started regaining popularity.

The major part of whichever aromatherapy treatment is using natural essential oils. These one hundred percent pure oils are taken out from plants via steam distillation. Each type of essential oil has a different effect. Several essential oils have therapeutic effects by could even actually cause harm. For example, extreme caution must be used when using onion, garlic, wormwood, bitter almond and mustard oils.

Besides essential oils, various natural ingredients play a vital part in aromatherapy. Vegetable based carrier oils like for instance sweet almond oil and grapeseed are normally used for blending. Other natural items like liquid wax, mud, sugars, clay and herbs can be combined together with the fragrant essences for other aromatherapy applications.

Cosmetic aromatherapy is making use of essential oils infused into cosmetic products meant for skin and hair preparations so as to moisturize, cleanse and tone. Stone baths, hydrating showers, facials and foot baths are some of the common cosmetic aromatherapy techniques. Occasionally, fragrance oils are used instead of the pure essential oils due to their cost. It is vital to note that other than having a nice smell; fragrance oils have no healing effects.

Medical Aromatherapy, also known as Clinical Aromatherapy, makes use of essential oils topically in order to deal with physical, mental and emotional problems. These oils can be added to a lotion or a carrier oils and are applied to the patient's skin. These oils can also be added to compresses, added to baths or infused into the air for inhalation. An aromatherapy diffuser could be used in order to spread the healing effects of the oils throughout an office or house as well.

Aromatic medicine or otherwise called Aromatology is using aromatherapy treatments without massage. It is also encompasses the internal use of essential oils. The essential oils are applied to the body through the vagina or rectum. This particular aromatherapy treatment is commonly used in France, while some controversy does surround this method. Typically, much training is considered necessary when practicing aromatic medicine so as to ensure the safety of the patient.