

Aromatherapy Massage Oils

If you've never used aromatherapy massage oils, you owe it to yourself to try it. You're in for a totally unique experience. Whether you want a massage to relax or to rejuvenate or even to heal, using aromatherapy massage oils brings the body's senses to new heights.

Aromatherapy has made steady gains in use and for good reason. Offering the perfect combination of mental and physical well being, there is no better way to take advantage of aromatherapy than to enjoy its fragrances in massage oils.

Our body's different senses have been shown to have a direct affect on how we feel. For example, the nose is a very sensitive part of your body. Without it, you cannot taste or smell. Imagine your favorite foods. Now, imagine you cannot taste them. That is scary, everything you eat with no taste! How do you think that would affect your attitude throughout the day?

Studies have shown that the part of your nervous system that helps to control your emotions is connected directly to your nose. Lack of smell can cause symptoms ranging from depression to anxiety and this is only one of your senses. With the knowledge of how the mind depends on the feedback from your senses, the idea of aromatherapy exploded onto the scene.

One of the more popular types of aromatherapy is massage oil, because of the variety of uses to target specific issues. Aromatherapy massage oil treatments are unlike any other oils. Whether you are in need of relaxation or need something to perk you up, there is an aroma to fit the immediate needs. Aromatherapy massage combines two excellent methods to evoke your body's response in whatever area you feel is needed.

There are so many different types and manufacturers of aromatherapy massage oils available, it would be a good idea to do your homework before using. For the best treatment ideas, it is always best to find and pay a certified therapist to ensure you understand how to get the most impact from aromatherapy massage. Especially, when using for the first time.

To explain a couple of different oils and fragrances we will start with Lavender essential oils. Lavender essential oils are one of the few oils that you can apply directly to your skin. It is said to have burn relief power. It is important to note that these oils should not hurt you, however, if this is your first time using

essential oils never use them directly on your skin unless under safe direction. Other oils are required to be diluted before use with other base oils.

Another oil gaining in popularity is the Ylang Ylang essential oil. Ylang Ylang essential oils have very unique properties as well. It is said that these tropical plants have the power to both arouse and soothe the senses. It also goes by another name Cananga Odorata.

Adding aromatherapy massage oils to your therapy program is one experience everyone should try at least once. (Be careful they have been known to be addictive). With the combination of massage and a scented room to awaken your senses, you have the ultimate in relaxation and healing.

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