

Aromatherapy

Aromatherapy can greatly enhance the quality of life for people with cancer.

What is Aromatherapy?

Aromatherapy is an ancient art, which combines a soothing massage with the use of essential oils that can enhance the mind, body and spirit and provide a very relaxing, pleasant treatment. Essential oils contain many healing and beneficial properties, which may be either relaxing or invigorating, depending in the essences chosen and they make full use of our most important senses – smell and touch.

How is it done?

A full consultation is carried out before treatment to give background information to the practitioner. As a result, essential oils are selected and the treatment is tailored specifically for each person. Although the recipient will be required to uncover parts of the body for the massage, this is carried out discreetly, in privacy.

What can it do?

It can promote overall relaxation highly beneficial in combating stress. Afterwards the client leaves feeling so much better mentally as well as physically.

Conditions which can benefit from Aromatherapy:

Stress, headache, migraine, menstrual problems, arthritis, fluid retention (oedema), cellulite, muscular aches and pains, insomnia and depression.