

## *What is Aromatherapy?*

It is the use of highly concentrated plant extracts called Essential Oils to improve one's health and wellbeing. These oils enter the body directly through inhalation and topically through the skin during massage. Essential Oils have medicinal properties and promote beneficial changes in the mind & body by affecting the limbic system, which is a region of the brain known to influence the nervous system.

In addition to the Essential Oil Ingredients, each blend contains organic, cold pressed, carrier oils, which are very rich in antioxidants, vitamins, fatty acids and phytonutrients. Skin is left feeling soft, supple and hydrated. **Carrier Oils:** Camellia Seed, Sunflower Seed, Safflower Seed and Aloe Vera Extract in GMO free Soybean Oil. **Other ingredients:** Vitamin E and Rosemary Antioxidant Natural Preservative.

The following are descriptions of the moisturizing oil blends used in The SPA's Aromatherapy Massage Treatment:



**ZEN BLEND:** Incorporates exotic essential oils known in Aromatherapy for their calming, grounding & sedating properties. Promotes a sense of deep relaxation, a meditative state of mind, and helps to ease symptoms of insomnia, anxiety and stress. **Essential Oils:** Organic Patchouli, Vetiver, Organic Frankincense, Ylang Ylang and Sandalwood.

**WOMENS BLEND:** This floral blend incorporates essential oils known in Aromatherapy for their emotionally soothing properties. May help provide temporary relief for mood swings, PMS, anxiety, depression, menstrual cramps and menopausal symptoms. **Essential Oils:** Organic Lavender, Organic Geranium, Organic Clary Sage, Rose and Organic Bergamot.

**INVIGORATION BLEND:** Zesty, with stimulating essential oils known in Aromatherapy for invigorating tired muscles, diminishing the look of cellulite, and improving blood and lymphatic circulation. Uplifts the spirit, creates a positive state of mind, and may help alleviate swelling, varicose veins and pain in muscles and joints. **Essential Oils:** Organic Grapefruit, Organic Cypress, Organic Juniper, Organic Lemon, Rosemary and Ginger.

**FOREST BLEND:** This blend incorporates the fresh aroma of a coniferous forest, with essential oils known in Aromatherapy for supporting respiratory health, calming anxiety and addressing the discomforts of muscle aches, joint pain and stiffness. **Essential Oils:** Organic Balsam Fir, Cedarwood and Sweet Orange.

*All our oils are made locally in Sechelt by Driftwood Apothecary, using high quality, organic sustainably sourced ingredients. and are available for purchase at our Front Desk.*