

Therapeutic Hands Wellness Center Newsletter

AUGUST 2015

Member, Associated Bodywork & Massage Professionals

Aromatherapy and Massage

Karrie Osborn

Aromatherapy, a process utilizing the purest essence of a plant, is a 4,000-year-old technique that has enhanced the health of everyone from modern-day pop divas to the scholars of ancient Greece. The art of massage has its own deeply rich roots, with even Plato and Socrates touting the value of hands-on bodywork for good health.

Separately, these two therapeutic traditions hold individual prowess in the realm of personal health and well-being. Together, however, they become a formidable health alliance that can address not only a person's physical health, but the health of the mind and spirit as well.

Let's see how it works. Essential oils are extracted from herbs, flowers, and plants with the intent to improve a person's health and well-being. Addressing everything from arthritis to whooping cough, effects of the approximate 3,000 oils found globally can range from sedative to stimulating and antibacterial to antispasmodic. The benefits derived from aromatherapy during a massage come in part from the contact the essential oil has on our skin, but even more so how it affects us when it's inhaled and absorbed through the soft-tissue linings of our nose and mouth.

The scientific explanation suggests that the essential oil's molecules, when

"Health is a state of body. Wellness is a state of being."

-Jason Stanford



What essential oil is your favorite?

A Natural Complement

Our senses were designed to work best in conjunction with one another. Our sense of taste would not be as acute without our nose lending its support to the process. Our auditory senses might seem hollow if we weren't gifted with sight as well. Indeed, there exists a quiet partnership between all our five senses that's built on synergy.

inhaled, lock onto receptor cells at the back of the nose, sending an electrochemical message to the brain's limbic system. This message appears to trigger memory and emotional responses, causing messages to be sent to other parts of the brain and body. "In this way," says aromatherapist Danila

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Office Hours and Contact

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Monday-Friday: 10AM-8PM

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