

Massage Regina

Massage Regina - Various definitions of aromatherapy treatment state that it is making use of massage or essential oils to be able to attain both physical and psychological well-being. Though this is an accurate general description, it leaves out the importance of other forms of aromatherapy and use of essential oils that do not involve massage. These several kinds of aromatherapy comprise: Aromatology, Cosmetic Aromatherapy and Clinical Aromatherapy. Aromatherapy and massage are in fact two different kinds of treatment which could be used in conjunction to complement the healing effects of one another.

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

The main component of whatever aromatherapy treatment is the use of natural essential oils. These 100 percent pure oils are taken out from plants through steam distillation. Each and every kind of essential oil has a different effect. Various essential oils have therapeutic effects by can likewise truly cause harm. Like for instance, extreme caution must be utilized when utilizing bitter almond, mustard oils, onion, garlic and woodworm.

Besides essential oils, other natural ingredients play an essential role in aromatherapy. Vegetable based carrier oils like for example grapeseed and sweet almond oil are usually used for blending. Other natural items like clay, herbs, liquid wax, mud and sugars could be combined together with the fragrant essences for various aromatherapy applications.

Cosmetic aromatherapy is making use of essential oils infused into cosmetic products meant for skin and hair preparations to be able to cleanse, tone and moisturize. Facials, foot baths, stone baths and hydrating showers are among the common cosmetic aromatherapy methods. Occasionally, fragrance oils are used instead of the pure essential oils due to their price. It is essential to note that besides having a pleasant smell; fragrance oils have no healing effects.

Clinical Aromatherapy or otherwise known as Medical Aromatherapy uses topical essential oils in order to help various physical, mental and emotional problems. These oils could be blended with a lotion or carrier oils and then applied directly on the skin. These oils could also be added to compresses, added to baths or infused into the air for inhalation. An aromatherapy diffuser could be utilized so as to spread the healing effects of the oils all over a home or workplace also.

Aromatology or Aromatic medicine focuses on treatments of aromatherapy using essential oils externally and internally while not making use of any massage methods. The essential oils are applied to the body through the vagina or rectum. This aromatherapy treatment is commonly used in France, while various controversy does surround this particular technique. Normally, much training is needed when practicing aromatic medicine in order to ensure the patient's safety.