

## Massage Vancouver

Massage Vancouver - Using aromatherapy is defined in some circles as making use of massage or the use of essential oils in order to help achieve psychological and physical well-being. This albeit broad description, does not consider some of the several forms of aromatherapy and essential oil use not involving massage. These various forms of aromatherapy comprise: Cosmetic Aromatherapy, Clinical Aromatherapy and Aromatology. Aromatherapy and massage are in fact two different kinds of treatment which can be utilized in conjunction to complement the healing effects of one another.

Dating back to ancient China, it is believed that this early culture was the first to introduce utilizing aromatic plant oils in order to treat the mind and body. Within time, the practice spread to the Romans, Greeks and Egyptians. In the latter part of the 20th century, aromatherapy treatment started regaining popularity.

The main part of whichever aromatherapy treatment is the use of natural essential oils. These one hundred percent pure oils are extracted from plants via steam distillation. Every kind of essential oil has a different effect. Several essential oils have therapeutic effects by could even really result in harm. Like for instance, extreme caution must be utilized when using wormwood, bitter almond, mustard oils, onion and garlic.

Different natural ingredients other than essential oils, play a very important part in aromatherapy. Vegetable oils like grapeseed and sweet almond oils could be used for blending. Various natural items like clay, herbs, liquid wax, mud and sugars could be combined with the fragrant essences for various aromatherapy applications.

Intended for hair and skin preparations so as to moisturize, cleanse and tone, cosmetic aromatherapy utilizes essential oils infused into cosmetic products. Amongst the more common cosmetic aromatherapy techniques include stone baths, hydrating showers, facials and foot baths. Every so often, fragrance oils are made use of rather than the pure essential oils because of their price. It is essential to note that other than having a pleasant smell; fragrance oils have no healing effects.

Clinical Aromatherapy or also known as Medical Aromatherapy uses topical essential oils so as to aid numerous 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 can also be added to compresses, infused into the air for inhalation or added to baths. An aromatherapy diffuser can be used to be able to spread the healing effects of the oils all through an office or house as well.

Aromatic medicine or also called Aromatology is utilizing aromatherapy treatments without massage. It is also encompasses the internal use of essential oils. The essential oils are applied to the body through the vagina or rectum. This aromatherapy treatment is usually utilized in France, although some controversy does surround this method. Usually, much training is required when practicing aromatic medicine in order to ensure the safety of the patient.