

Aromassage

at



A one-hour massage journey into deep relaxation and aromatic bliss using a specific application of essential oils for therapeutic result.



Overview:

Our *Aromassage* session combines a fabulously aromatic yet clinically-based selection of dōTERRA essential oils with therapeutic massage of varying pressure. During the treatment, we apply essential oils along the energy meridians to:

- balance the nervous system,
- reduce emotional stressors
- reduce physical pain
- support the immune system.

The entire session uses the highest quality essential oils in the world ---dōTERRA's CPTG Certified Pure Therapeutic Grade™ Essential Oils.



What to Expect:

Your *Aromassage* session begins with the AromaTouch Technique™ as developed by dōTERRA's Chief Medical Advisor, Dr. David K Hill., a leading expert in integrative medicine and therapeutic applications of essential oils. The AromaTouch Technique focuses on balancing the sympathetic and parasympathetic nervous systems of the

body by applying essential oils along energy meridians and contact points of the back and feet that relate to key organs and body systems. Your therapist will use a gentle approach and application of dōTERRA's essential oils that results in an unparalleled grounding experience.

With this new state of relaxation and heightened immune response, our therapists will continue working to open and relax muscle tissue and assist the body to further unwind. You will leave this session deeply relaxed, emotionally grounded and physically renewed.

Because essential oils contain many physical and emotional healing properties, each oil used in the *Aromassage* session has been selected specifically for its individual therapeutic benefit and aroma.



Benefits of Aromassage:

During the *Aromassage* session, we will focus on calming the physical and emotional stressors that allow the body to relax, balance itself, and heal. But the therapeutic benefits of the session will last far beyond the hour you are receiving the work. You'll also enjoy the pleasant aromas of these oils on your body for hours afterward.

The techniques we use in *Aromassage* are designed to holistically address four key areas:

- Stress Management – to balance and calm
- Immune Support – to cleanse and strengthen
- Inflammation & Pain Reduction – to stimulate and soothe
- Homeostasis – to invigorate and center

Therapeutic Use of Essential Oils:

Essential oils are a “live” essence of plant-based extracts distilled from the flowers, seeds, leaves, roots, resin and grasses found all over the world. They have been used for thousands of years by many cultures and represents a more natural approach to healing and prevention.

Today, the global scientific community conducts continuous research on essential oils with extensive published results being readily available to all via the internet and pubmed.org. Tapping these scientific findings combined with the experiences of essential oil users all over the world, we know that essential oils have immediate and lasting effect on the body. *Aromassage* is a powerful therapeutic massage technique to include in your approach to health and wellbeing at Balance to relax the body, mind and spirit.



Why dōTERRA Essential Oils?

Our bodies absorb essential oils within minutes through our skin and olfactory system to create a therapeutic effect. It is therefore critical to us to provide you with the safest, most pure essential oils available in the market today. Each batch of dōTERRA's Certified Pure Therapeutic Grade essential oils are tested in independent laboratories each time, using Gas Chromatography and Mass Spectrometry. This GCMS testing insures that only those constituents that belong in the oil are present, and that no synthetic compounds or contaminants were added or collected to make the oil. Your health and wellbeing deserve the best available ---that's why we use dōTERRA essential oils.

Aromassage uses these dōTERRA oils:

Basil, Blue Chamomile, Blue Tansy, Camphor, Cinnamon, Clove, Cypress, Eucalyptus, Frankincense, Grapefruit, Helichrysum, Laurel Leaf, Lavender, Lemon, Melaleuca, Myrrh, Osmanthus, Peppermint, Ravensara, Rosemary, Rosewood, Spruce, Wild Orange and Wintergreen.

Precautions:

To receive an *Aromassage* session requires that lie on your stomach for more than 30 minutes. It is therefore not appropriate for pregnant women or those who require a side- lying posture to receive massage. If you have known sensitivities to plants or aroma – this is not a massage for you. If you have questions about sensitivity and would like to self-test the essential oils used in the treatment – please contact Marty Harger, Balance owner, before scheduling your session.

Fee:

\$75.00.....60 minute *Aromassage* session

Balance is a wellness-based center that offers therapeutic services, ongoing client education opportunities and natural and organic products that promote health and overall well being. We strive to provide quality care and a calming atmosphere to nurture your body, mind and spirit on the physical, mental, emotional and energetic levels.



Relax. Revive. Explore. Learn. Grow.

245 West 100 South
Heber City, Utah 84032

435-654-2532

www.balance245.com