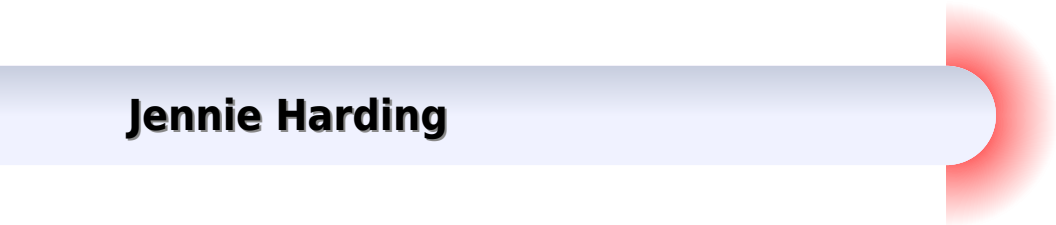




The Aromatherapy And Massage Book

Jennie Harding



The Aromatherapy And Massage Book:

The aromatherapy and massage book Christine Wildwood,1995 **Aromatherapy Massage** Margie Hare,2010 Includes DVD with book Aromatherapy Christine Wildwood,1997 **Aromatherapy Massage** Margie Hare,2004 Aromatherapy is a healing therapy based on the use of pure essential oils for physical and emotional health and wellbeing These all natural oils have a powerful therapeutic affect but can also relieve stress and anxiety bring balance and harmony delight the senses and lift the spirits Essential oils derived from the flowers leaves and other parts of plants are highly concentrated and it is important to understand when and how to use them Aromtherapist Margie Hare explains how the oils are derived how to blend and use them and which oils to use as natural remedies for many common ailments Aromatherapy Massage is especially beneficial It can be stimulating or relaxing depending on the oils used and the technique applied Both the book and the DVD feature aromatherapist Margie Hare s excellent step by step guide to the art of massage with essential oils The massage techniques are fully illustrated practical and easy to follow Book jacket **Massage and Aromatherapy** Andrew Vickers,Caroline Stevensen,Steve Van Toller,2013-11-11 This book aims to give health professionals a balanced and independent overview of massage and aromatherapy I have written it because despite growing interest there is a dearth of professional literature on this subject This book aims to cover a number of topics which are under represented in existing publications These include scientific research in massage and aromatherapy the use of the therapies in medical settings the knowledge base of massage and aromatherapy professional and managerial issues safety Understanding of these subjects is essential for any reasoned evaluation of massage and aromatherapy Yet this book is probably the first to provide information suitable for this task At the current time of writing almost all books on massage and aromatherapy have been written with the lay public in mind The texts recommended to students and practitioners by the foremost schools and institutions are exactly the same as those available in health food shops as general introductions for prospective patients Not surprisingly such books generally fail to include in depth discussions of professional issues Hot Stone Massage Alison Trulock,2008 Hot stone massage is a unique variant of massage therapy that employs heated stones to release physical tension and calm the nervous system The stones warmth and weight help the recipient focus more intently on the massage and to be more receptive to its benefits This superb introduction explains everything about this ancient healing practice from which stones to choose color smoothness shape and mineral content matter to which strokes to use Along with attractive instructional photos throughout there s information on setting up the massage working different parts of the body stimulating the chakra points and alleviating specific symptoms including muscular aches back pain arthritis circulatory problems and insomnia

Aromatherapy Massage Book Clare Maxwell-Hudson,1994 **Clare Maxwell-Hudson's Aromatherapy Massage Book** Clare Maxwell-Hudson,1994 This volume demonstrates how to soothe relax and beautify face and body with essential oils The first half of the book a photographic catalogue profiles the author s own selection of essential oils from peppermint

to ylang ylang with complete notes on their sources and scents properties and uses in massage Photographs illustrate the part of the plant from which the oil is derived its therapeutic properties and a key massage use Aromatherapy and Massage Sarah Porter,Lorenz,Joanne Rippin,1999-04-01 As the modern world becomes increasingly separated from nature alternative therapies are utilized more and more to reduce stress and promote relaxation This book details everything that a stressed out person needs to know in order to harness both the potent potentials of aromatic essential oils and the comfort of the human touch The aromatherapy section provides a wealth of information about many essential oils and methods of using them for healing purposes Learn which oils to use methods of application how they work during massage and whether to distill them in water or in air A comprehensive directory lists the origin application and effect of the most commonly used essential oils as well as suggestions for blends and specific treatments throughout the book The art of massage is carefully delineated in accessible terms with chapters on self massage massage with a partner instant massage for at work or on the go and healing massage Basic strokes such as fanning effleurage circling petrissage tapotment and friction are explained and fully illustrated Special techniques for massage during pregnancy baby massage and massage for the elderly are also focused upon in this comprehensive summary **Aromatherapy Massage for You** Jennie Harding,2005

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