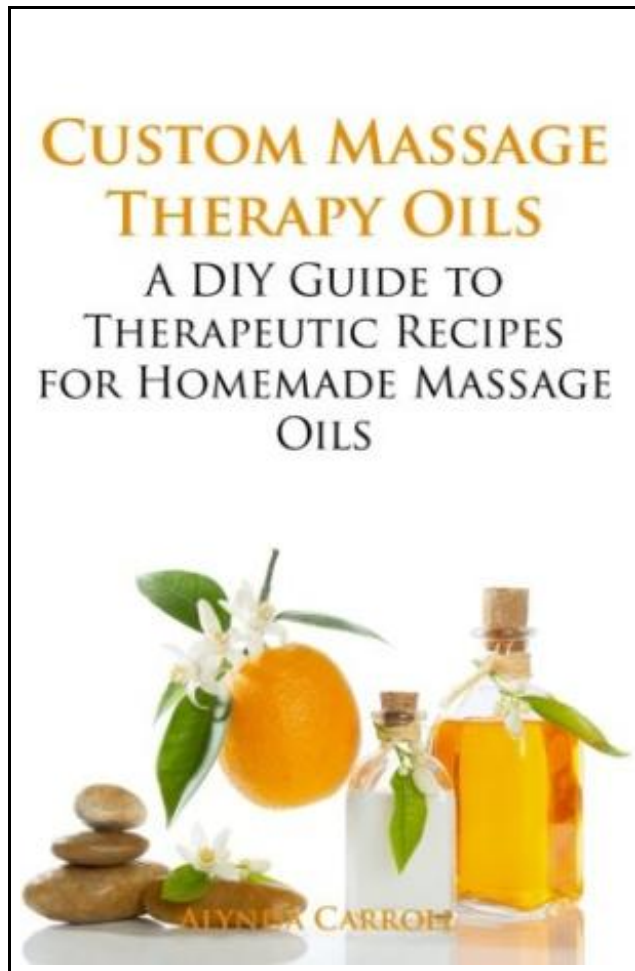


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Ordinary Matters Publishing, United States, 2014. Paperback. Book Condition: New. 212 x 138 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You can easily create your own homemade massage oils. Mix a few oils together and reap the benefits. You ll save money, be able to blend oils for your specific ailments, and will want to share them with friends and family. Many people have found relief from back pain, aches and pain, and even RA and arthritis. Others credit essential oil blends for providing relaxation, increased energy, stress relief, better moods, and boosted immune systems. Massage therapy has been around for centuries as a way to heal the body and relieve tension. It involves the sensation of touch, techniques of applying pressure and often the use of lotions. When aromatherapy is added, the benefits and pleasures of a massage can be vastly increased. Therapeutic benefits often associated with essential oils: Improves circulation Soothes aches and pains Relieves cramping muscles and muscle spasms Detoxifies Drains the lymphatic system Aids in joint flexibility Reduces anxiety and nervous tension Encourages deep sleep Regulates cardio and respiratory rhythms Lowers blood pressure Boosts immune system Non-Therapeutic benefits often associated with essential oils. Aids in meditation Uplifts the spirit Promotes cheerfulness Helps restore spiritual energy and balance Stimulates the mood Improves energy What s in the book? The book will introduce you to essential oils; provide you with the therapeutic and non-therapeutic benefits; examine the five basic carrier oils; consider safety issues; provide simple and easy directions on how to get started; give you a simple 5-step process for making massage oil blends; give you the dilutions percentages; suggestions for sensitive skin; and give you easy recipes for sleep inducing blends, sore muscle relief blends, aches, pains, and rheumatism relief blends, as...



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