



Massage News

What is an Essential Oil?

The life's blood or the concentrated essences of aromatic plants such as flowers, herbs, and trees are in liquid or oil form and possess powerful healing properties. These have been used for thousands of years to soothe, ease and heal the body.

This living liquid from the living plant is extracted by pressure, steam distillation and other chemical methods. The more pure the method, the more pure the oil.

Essential oils are used in *inhalation*, direct or infused in to the air by different mechanical means ; *applied topically* neat or in a carrier oil; and sometimes can even be *ingested* if they are pure enough

Aroma Therapy-at In8 Massage

What is Aroma Therapy?

Aroma Therapy is a clinical massage approach to applying essential oils during a massage along with energy meridians and points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body.

Aroma Therapy improves well-being by reducing physical and emotional stressors and by supporting healthy autonomic function.

Customized Aroma Therapy

WARMTH

Spicy Muscle & Joint Blend

Sore muscles? Muscle tension? Tired? Need energized? Enjoy the **WARMTH!** This warming, synergistic blend promotes circulation, reduces muscular and arthritic pain, relaxes the muscle tissue and improves range of motion. Carefully formulated for aromatherapy massage, WARMTH energizes the mind and body with its unique, warm, and spicy aroma.

INGREDIENTS: clove, cinnamon, orange, ginger, lemongrass, cardamom, rosemary, and black pepper

FOCUS

Headache & Tension Blend

Headaches? Migraines? Our focus blend has been carefully formulated with headaches in mind! The therapeutic blend consists of brain-boosting essential oils which include peppermint for circulation (brings oxygen to the brain), lavender for stress, rosemary for alertness, grapefruit for mental clarity, and frankincense for balance. Focus not only helps headaches and migraines, but also promotes mental concentration, clarity and balance throughout the day. Take a whiff and FOCUS!

INGREDIENTS: grapefruit, peppermint, rosemary, lavender and frankincense

MUSCOOL **Cooling Muscle & Joint Blend**

MusCool is a cooling blend made especially for sore muscles. MusCool relieves sore joint and muscle pain, arthritis, cramps, sprains, and strains. This blend includes peppermint for cooling and circulation, marjoram for muscle tension, with wintergreen for inflammation and roman chamomile for pain. Need warming relief? Try our WARMTH muscle blend.

INGREDIENTS: peppermint, wintergreen, camphor, roman chamomile, marjoram, copaiba balsam, fir needle, and cypress

AT EASE **Relaxation & Stress Relieving Blend**

Stressed out in this high-speed world? Time to rest and be at ease. Our AtEase relaxation blend eases stress, calms the mind and promotes restful relaxation. AtEase has a sweet, grounding blend of lavender for relaxation, chamomile for calming, ylang ylang for balance, vetiver for restlessness, sweet marjoram for stress and orange therapeutic essential oils.

INGREDIENTS: lavender, chamomile, sweet orange, valerian, sweet marjoram, vetiver, and ylang ylang

LUNA **Women's Comforting Blend**

Luna is our unique blend created for women in need of some TLC. Whether you are menstrual, menopausal, or dealing with post-partum issues, this blend has been carefully formulated to bring you comfort and relief. Depressed? Feeling low? Moody even? Our Luna blend includes lavender for relaxation, bergamot for anxiety, grapefruit for depression, geranium for the emotions, palmarosa for stress, rosewood for depression, and ylang ylang for balance.

INGREDIENTS: grapefruit, lavender, bergamot, chamomile, rosewood, lemon, geranium, palmarosa, and ylang ylang

LAVENDER **Pure Essential Oil Single**

Lavender is our most popular oil because of its versatility. Lavender is used for a wide variety of ailments; some of them include allergies, anxiety, eczema, headaches, hyperactivity, menstrual cramps, pain, migraines, stress, sleeplessness, tension and much, much more! Lavender is also the best essential oil for any kind of skin issues because it soothes itchiness, eases pain and prevents infections. Apply it to bug bites, blisters, burns, scratches, scrapes, cuts, rashes and more!

PEPPERMINT **Pure Essential Oil Single**

Peppermint is an amazing essential oil that promotes blood circulation, benefiting all areas of the body. Increased circulation brings more oxygen to the brain, which promotes mental alertness, focus, clarity and memory. Peppermint also eases muscular pain and has an amazing cooling effect on the body. Peppermint stimulates the senses and awakens the mind; fights headaches and much more!