



Aromatherapy



What is Aromatherapy

- A massage using essential oils
- Treatments can be tailored to specific conditions
- Aids wellbeing

Essences are extracted from a variety of plants to create oils which each have unique healing properties. The aromatic experience of the oils is as beneficial as the massage itself.

Positive results:

- A very relaxing and soothing treatment
- Relieves stress and lethargy
- Treats the mind, body and spirit
- Boosts the nervous, respiratory and immune systems

www.handsinc.co.uk
handsinc@handsinc.co.uk