

Holistic Aromatherapy for Women - using essential oils for relaxation and healing



Location **South East, West Sussex**
<https://www.freeadsz.co.uk/x-444977-z>



Aromatherapy full body massage including consultation - 1 hour - £40 Fingertip facial - an uplifting work-out for the face - 1 hour - £40 Appointments available Monday to Saturday from 11am to 7pm Home based practice in Hove. When your body is coping with stress everyday it can become difficult for it to regain equilibrium. Deep relaxation can reverse the stress response, allowing your body to begin the process of restoring balance. The impact of stress is different for everyone. Fatigue and general tiredness, anxiety, irritable bowel syndrome, reduced immunity, eczema and asthma, headaches, depression, sleep problems, muscular aches and pains are just a few of the symptoms that people experience. Many people treat the isolated symptom without looking at the whole picture of their lives. Holistic practitioners believe that it is important to look at the whole person and to treat the underlying causes of any problem, as well as the symptoms. Essential oils have a wide range of qualities, whether you want the deep relaxation afforded by jasmine or frankincense, or the restful focus of rosemary, the grounding of vetiver or the deep heat of ginger. With over 50 oils to choose from there will be a blend that suits you perfectly. I have had two years of training in the safe use of essential oils and have been in practice for ten years. I hold a diploma in holistic aromatherapy from the prestigious Tisserand Institute in central London. I look forward to meeting you. ;



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