

Essential Oil Therapies

Show Your Love this Valentine's Day with Essential Oils

Why not try something new this Valentine's Day. Instead of professing your enduring love to your significant other with chocolate and expensive jewelry, how about giving them the gift of healing with essential oils. In fact, nothing says I love you like a relaxing, sensual massage, or a soothing, tranquil bath complete with essential oil aromatherapy. It's not only a romantic gesture; essential oils also promote the healing of mind, body and soul.

Whether its stress, illness, injury or just a feeling of being overwhelmed, essential oils are the perfect gift to promote relaxation and wellness. So, when the person you love is in need of a little R and R—a spa-like session with your favorite essential oils from Young Living is the perfect way to regain a peaceful aura. From traditional essential oils such as lavender and sandalwood to a collection of massage oils, Young Living is your source to give your loved one the Valentine's Day they deserve.

The following essential oils and massage oils make perfect gifts for the ones you love the most:



Sensation Massage Oil - Sensation Massage Oil leaves skin feeling smooth, silky, and youthful. The beautiful fragrance of Sensation may stimulate feelings of romance.



Ortho Ease Massage Oil - Ortho Ease Massage Oil soothes and warms tired and stressed bodies, helping to combat the damaging effects of everyday activities. With a calming blend of YLTG essential oils, Ortho Ease will leave you feeling relaxed and refreshed.



Dragon Time Massage Oil - Dragon Time Massage Oil uses powerful essential oils that have been researched in Europe for their balancing effects with pure vegetable oils. The result is a soothing, stabilizing massage blend that helps calm and uplift women during challenging times of the month.



Ortho Sport Massage Oil - A stronger version of Ortho Ease, Ortho Sport Massage Oil is designed for both professional and amateur athletes, as well as anyone who works or plays hard. Ortho Sport Massage Oil has a higher phenol content, which has been used traditionally to produce a warming sensation and provide relief to tired muscles.

Here are some commonly used techniques for self-massage:

Head Massage -

Rub essential oils into the base of the skull, the crown of the head, or on the temples in a circular motion.

Face Massage -

Place a few drops of essential oils onto your hands and rub them together. Lightly cup your face in your hands; the warmth of your hands and aroma of the oils will aid in relaxation.

Jaw Massage -

Rub 1-2 drops of oil into the soft spot just below your ear lobe to release undue tension.

Torso Massage -

For a quick energy boost rub oils into the area above the kidneys.

Foot Massage -

There are many pressure points in the feet that correspond to other body systems. Rubbing the soles of the feet with essential oils is a great way to release tension.

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Publisher Sound Concepts

Email

ylwellness@soundconcepts.com

Phone

800.524.4195

Online

http://ylwellness.com



Lavender -

Lavender has a fresh, sweet, floral, herbaceous aroma that is soothing and refreshing. Because it is the most versatile of all essential oils, no home should be without it. Lavender is an adaptogen, and therefore can assist the body when adapting to stress or imbalances. It is a great aid for relaxing and winding down before bedtime, yet has balancing properties that can also boost stamina and energy.



Frankincense Essential Oil -

Frankincense has a sweet, warm, balsamic aroma that is stimulating and elevating to the mind. Useful for visualizing, improving one's spiritual connection, and centering, it has comforting properties that help focus the mind and overcome stress and despair.



Purification -

The sweet, refreshing scent of Purification deodorizes and purifies the air. This blend also contains citronella to deter insects and soothe bites.



Peace & Calming -

The gentle scent of Peace & Calming encourages calmness and deep relaxation, and can assist with meditation. Containing blue tansy and mandarin, which are known for their sedative properties, Peace & Calming may promote a peaceful night's sleep.



Valor -

Valor is an empowering blend that promotes feelings of strength, courage, and protection. Containing frankincense and spruce, which were traditionally used for their healing and spiritual properties, valor has also been found to support energy alignment in the body.



Sandalwood -

Sandalwood has a rich, sweet, warm, and woody aroma that is sensual and romantic. Used traditionally as incense in religious ceremonies and for meditation, it is uplifting and relaxing. It is valued in skin care for its moisturizing and normalizing properties.



James Niederland, LCSW Psychotherapist/Wellness Consultant

Phone **201.906.2994**

Email oilman@essentialoiltherapies.com

www.essentialoiltherapies.com

Young Living Member #: 290271