

# Experience The Natural Way

Helping you feel relaxed and rejuvenated



Anxiety-free life

Improved mental focus



Aromatherapy Massage



Supplements



Health  
⊗  
Mobility  
⊗  
Serenity

## Aromatherapy

Stress in and out of the work place.

Most people work 40+ hours a week, lead busy lives, balance home, children and work. Do you use a computer, skip meals, use fast foods or processed foods? We live in a fast paced world of hi-tech and emotional unrest. As a result we become irritable and frustrated with our life and or work, which in turn creates stress.

Research has shown that Stress creates many of today's health challenges. Do you, or someone you know, suffer from headaches, migraine, muscle aches and pains, digestive disorders, fatigue, cardio vascular disease, high blood pressure, stroke, heart attacks, fibromyalgia?

Identify the stressors in your work place, home or relationships.

- What can you do to change a situation?
- Is there someone you can turn to, ask for help?

Eliminating stress completely from your life is impossible, eg. the loss of a loved one, however there are ways to manage and reduce stress.

**Aromatherapy** is the art and science of using essential oils for health and well-being, and is used to describe a particular branch of herbal healing.

Essential oils are aromatic extracts derived from the leaves, flowers, fruit, wood, bark and roots of plants and trees. They are natural multifaceted compounds, slow acting, and are best used as a **preventative, complimentary form of health and well-being.**

The action on the body is holistic (they work on the body as a whole), combining mental, physical and emotional aspects. Essential oils work together to **strengthen the immune system and aid your body's own healing abilities.**

Globally, Aromatherapy is considered the #1 treatment for stress relief and can be used in the form of massage, facial, relaxing bath, lotion, or atomizer.

Take some time out for yourself, allow yourself to relax, regenerate and recoup.

Here are some of my favourite oils for relieving stress: Geranium, Bergamot, Lavender, Frankincense, Clary Sage, Marjoram, Ylang-Ylang. A synergistic blend (three to four oils in carrier oil) is always better than single oil. Rosemary, Basil, Peppermint are great for focus.

A soothing Aromatherapy massage with natural essential oils known for their therapeutic properties is an excellent choice for reducing stress and enhancing overall well-being.

Grant me the courage to change the things in my life I can change, the serenity to accept the things I can't change, and the wisdom to know the difference.

Start your journey towards a better lifestyle, order your unique blend, **call me today,**

Yours in good health,  
Christine



# The Natural Way

Helping you feel good naturally

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Ease of  
direction.

Pain-free  
activity



Aromatherapy  
Spa Facial



Reiki ⊗



Aroma-  
Reflexology