



AromaStone Massage Therapy

AromaStone Massage Therapy offers a unique triple action treatment that suits everyone because it is both gentle and effective. The powerful combination of heat, pure therapeutic grade essential oils and deep tissue massage techniques brings pain relief and relaxation with comfort.

Aroma/Essential Oils

Doterra, Certified Pure and Therapeutic Grade Essential oils are used in my treatment. Doterra oils are very healing therapeutic oils. They add powerful antispasmodic, analgesic, anti-inflammatory, balancing and relaxant properties to a massage treatment, without side-effects.

Stones

Hot Stone Massage is similar to a Swedish or deep tissue massage with the additional layer of heat. Heat allows the tissues to loosen up and be accessed on a deeper level without applying too much pressure, making the treatment more enjoyable.

The Benefits

- Reduces pain, very effective for back & neck pain and OOS
 - Helps with arthritis, osteoarthritis and fibromyalgia
- Increases range of motion and flexibility
- Reduces stress, anxiety and depression
 - Promotes deep relaxation
 - Prevents injury
- Shortens recovery time after training/performance
- Maintains body fitness and ability to perform