

How can you benefit from Clinical Aromatherapy?

The aim of Clinical Aromatherapy is to improve an individual's physical and emotional wellbeing through the application of plant essential oils to the skin.

Clinical Aromatherapy can help to alleviate stress and stress related symptoms such as muscular aches and pains, depression, anxiety, insomnia and to improve a poor immune system.

Historically essential oils have been used to treat respiratory and circulatory problems, skin conditions and symptoms associated with menstruation and the menopause.

Typically essential oils are applied to the skin during a body massage. Massage itself has both physiological and psychological effects such as:

- Mobilisation of skin and connective tissue;
- Improvement of local blood circulation;
- Improvement of the flow of lymph;
- Improvement of the elimination of waste products in tissues;
- Affects on the muscles mechanically and via the nervous system;
- Sedation, resulting in improved sleep, reduction in mental strain and fatigue;
- Stimulation leading to improved energy and vitality, a more positive mental attitude and a reduction in fatigue.

The aroma of the essential oils will also have a pronounced effect on the nervous system with smell playing an important part in any treatment.

Clinical Aromatherapy puts together the effects of the essential oils, aroma and body massage to maximise the healing processes of aromatherapy to the benefit of each individual client.

What does a Clinical Aromatherapy treatment involve?

The first visit takes the form of a consultation during which a brief medical history and details of lifestyle will be taken; this session will last approximately 1 hour 30 minutes. A treatment plan will be discussed with the client during the first treatment session. It will include the recommended frequency of Clinical Aromatherapy treatments, proposed short term aims and long term goals.

On subsequent visits a brief review will take place prior to treatment, which will usually last approximately 1 hour.

A Clinical Aromatherapy treatment usually involves a full body massage using essential oils specifically chosen for each client depending upon their needs. The massage sequence will be varied to meet each client's needs and to take into account any restrictions due to physical or medical conditions.

Tailor-made aromatherapy sessions are also available for one-off treats either for yourself or a friend, or as an introduction to aromatherapy, for example an arm and hand massage will introduce you to the smell and touch of an aromatherapy treatment.

Cost of treatment

Consultation	£20
Subsequent treatments	£30
Tailor-made 1 hour treatment	£30
Tailor-made 1/2 hour treatment	£15

Payment can be made by cash or cheque.

Gift vouchers are also available.

Aromatherapy products

Alessia Aromatherapy produces a range of natural skincare products. To find out more please contact us for a leaflet. In addition Alessia Aromatherapy produces a number of products available to clients following a consultation.

Sore muscle and joint ointment

A wonderful blend of comfrey, arnica and tamanu oils with essential oils of lavender, chamomile and helichrysum to warm and soothe your joints and muscles.

30mL £7.50

Inhalation / diffuser oils

Made according to each client's needs e.g. for relief from congestion caused by a cold, or to aid relaxation.

10mL £4.50 - £8.50 depending on oils used

To aid with the use of these oils we can also offer an Aroma-feel diffuser, an electric diffuser that can be used anywhere in the home; it is especially useful for night-time use of oils £27.50



About Alessia Aromatherapy

Alessia Aromatherapy is run by Susan Alexander, an experienced Clinical Aromatherapist, living and working in Comrie. A holistic approach is taken to treatment aiming to treat the whole person, using the properties of essential oils and massage to promote physical and emotional wellbeing.

Contact Details

Mobile telephone: 07734 088974
e-mail: info@alessiaaromatherapy.co.uk

Hair treatment

In response to requests from other Mums I have created a special treatment. It is composed of two products used together to combat head lice. An oil containing essential oils with pesticide action is applied to the hair and left on for at least an hour before combing and washing with a shampoo. Complete the treatment with a rinse of dilute essential oils which remain on the hair. Several applications over a period of 1 -2 weeks will be required to ensure all the head lice are gone. An added bonus will be shiny sweet smelling hair!

Each pack contains

50mL essential oil blend for treatment

and 5mL essential oils for rinsing. £10.50



Clinical Aromatherapy Treatments