

AROMATOUCH TECHNIQUE

What is the Aromatouch Technique?

The Aromatouch Technique is a clinical approach to applying selected essential oils along the spine, ears and feet to stimulate meridian points and energy zones in the body. The technique uses soothing rhythmical hand movements and activation of reflexology points to relax the body and mind.

Simultaneously, the aroma of the oils (selected for their cleansing, calming and energising effects) has an effect on emotional state. Smell receptors are directly linked to the limbic system - the area of the brain that deals with three key functions: emotions, memories and arousal (or stimulation).

Benefits of the Aromatouch Technique

The combination of selected oils, gentle touch and activation of smell receptors:

- ✓ supports the body to restore homeostasis (balance),
- ✓ deeply relaxes the body and mind reducing anxiety and stress,
- ✓ strengthens the immune system,
- ✓ detoxifies the body,
- ✓ reduces inflammation and
- ✓ supports healthy autonomic (nervous system) function.

How does it work?

Selected oils and activation of energy zones in the body address four factors that play a pivotal role in the development of pain and illness: stress, toxic insult (environmental and dietary factors), inflammation and imbalances in the nervous system.

The Aromatouch Technique differs from traditional massage in that it acts directly on the nervous system creating a deeper sense of balance and relaxation. The nervous system is the conductor of the body - it sets the tone and tension in the muscles. If the nervous system is hyper alert or stressed, it sends tension messages to the muscles and tissues to prepare the body for fight or flight. Constant sustained tension in the body creates adrenal overload, contraction in the muscles and joints and pain.

If you have any queries or would like to book an Aromatouch Technique please contact us by phone or email.