

Health & Beauty

Aromatherapy Massage Soothes And Banishes Stress

(NAPSA)—One pleasant way to deal with daily stress and fatigue is to massage it away. For thousands of years, holistic therapies such as aromatherapy massage have been used as a way to refresh and recharge the senses.

A daily massage with scented oil can help dissolve accumulated stress and toxins. The benefits to be expected from this calming daily ritual include:

- Increased circulation, especially to nerve endings
- Toning of the muscles and the whole physiology
- Calming for the nerves
- Lubrication of the joints
- Increased mental alertness
- Improved elimination of impurities from the body
- Softer, smoother skin
- Increased levels of stamina throughout the day
- Better, deeper sleep at night.

A favorite scented oil used for aromatherapy massage combines olive oil and orange blossom. Olive oil is well known for its healing properties, both when taken internally and used to lubricate the outer body, while orange blossom oil is a scent that has been used as a stress reliever for years.

Together, olive oil and orange blossom offer luxurious skin conditioning with the added benefit of soothing stress-reduction.

Described as a delicacy for the skin, combinations of these oils such as those found in the Olive



The only thing more soothing than an olive oil massage is one scented with orange blossom.

Oil and Orange Blossom Collection by Caswell-Massey offer benefits to the mind, body and soul.

The collection includes a body oil in this scent that can be used as a massage oil but can also be used to maintain healthy skin tone on a daily basis.

You can extend the benefits of the aromatherapy by using other products that contain the scents. These products might include a bath and shower gel, a moisturizing bath oil, a cleansing bar, body butter, moisturizing oil that can also be used as a leave-in conditioner, and scented candles. Even applying a scented lip balm can offer a way to de-stress.

That way the scent stays with you throughout the day, reminding you to relax. For more information on aromatherapy, visit www.caswellmassey.com or call (800) 326-0500.