



SPA THERAPY MASSAGE TECHNIQUES FOR PAIN

New Therapy at Spa Therapy: Clinical Aromatherapy Massage

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It follows that our sense of smell is in many ways more sensitive than any of our other senses. It is more immediate, at least anatomically speaking: Other senses such as touch and taste must traverse the body via nerve networks and the spinal cord before reaching the brain for final processing. But it is almost as if the brain does not want to give us too much, that it wants to keep the amorphousness of smell-as if the odiousness, of this sense would just be too much for us otherwise.

We are left with describing odors with allusions powered by things as inexact as sentimentality and anger. How many of us have suddenly experienced the rush of emotion with unexpectedly coming into contact with the scent of the perfume? And how many of us have become violently ill when we are confronted with the odor of a food that was around us during a particularly nauseous stage of a pregnancy? What if we were able to channel those powerful cerebral responses into supporting the body, or at least the spirit-and thus provide healing on at least a metaphysical level? This is the goal of aromatherapy.

Aromatherapy in the modern era began in the early 20th century, when the effects of a variety of so-called essential oils (distilled from a variety of plants) began to be studied in the setting of a variety of clinical conditions. There are a variety of theories as to the mechanism of action of aromatherapy; one theory is that the limbic system of the brain is positively stimulated by these soothing smells, easing anxiety and chronic pain.

Examples of how aromatherapy is administered:

- Indirect inhalation via a room diffuser, or the placement of drops of oil nearby.
- Direct inhalation via an inhaler.
- Massaging of essential oils into the skin.
- Simple application of essential oils to the skin.

A large body of literature has been published on the effects of aromatherapy on mood, alertness, and stress, while other studies have focused on the effects of various odors on task performance, reaction time, heart rate, and blood pressure. Indeed, odors can influence mood, perceived health, and arousal, implicating therapeutic benefit of aromatherapy in the context of stressful and adverse psychological conditions.

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Archaeologists tell us aromatherapy was used for pain management by the ancient Egyptians. Some of the oils considered beneficial in the treatment of chronic pain:

- Lavender oil.
- Chamomile oil.
- African marigold oil.
- Peppermint oil.

Unfortunately, robust clinical trials are lacking. Still, some studies have been undertaken in an attempt to build the foundation for further evidence-based investigation of aromatherapy in pain management.

Studies on aromatherapy have examined pain in patients in labor, chronic pain, and pain in combination with other symptoms. An article published over a decade ago theorized that aromatherapy enhanced the parasympathetic response through the effects of touch and smell, promote relaxation, decrease pain, and encourage healing. Of course, relaxation can alter the perception of pain. Relaxation works as a stress and anxiety cure, because it induces the opposite of the fight-or-flight response, and as a result causes the *opposite* symptoms. The evidence suggests that aromatherapy might be beneficial as complementary therapy in the quest to lessen chronic pain. As a form of primary alternative medicine, aromatherapy is gaining momentum. Aromatherapy is used in a wide range of settings -- from health spas to hospitals -- to treat a variety of conditions. In general, it seems to relieve pain, improve mood, and promote a sense of relaxation. In fact, several essential oils -- including lavender, rose, orange, bergamot, lemon, sandalwood, and others -- have been shown to relieve anxiety, stress, and depression.

Our new therapy for pain management and the emotional stress that comes with chronic pain is our **Aroma Therapeutic Massage**. The foundation of Clinical Aromatherapy Massage is based on the understanding that if your physical and emotional state is poor; your overall health is poor, your ability to fight disease poor, your ability to heal is poor, and the benefits of evasive procedures or surgeries could be diminished.

We take our Aromatherapy Massage to the highest clinical level by using Eve Taylor Aromatherapy blends in our treatment room. In order to get the most benefit from using essential oils it is vital that the best quality oils are used. Eve Taylor is regarded by many of her peers across the world as the pioneer of modern day aromatherapy, with much of today's modern thinking within the profession coming from her original techniques and methods of teaching. Their mission is to ensure that only the best natural products are used, we refuse to accept any ingredient substitutions. They are committed to continually developing the best aromatherapy products in the world – our on-going product development program is both innovative and imaginative.

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