

### What are Essential Oils?

An essential oil is a liquid that is generally distilled (most frequently by steam or water) from the leaves, stems, flowers, bark, roots, or other elements of a plant. Essential oils, contrary to the use of the word "oil" are not really oily-feeling at all. Most essential oils are clear, but some oils such as patchouli, orange and lemongrass are amber or yellow in colour.

Essential oils contain the true essence of the plant it was derived from. Essential oils are highly concentrated and a little goes a long way.

### Essential oils are not the same as perfume or fragrance oils.

Where essential oils are derived from the true plants, perfume oils are artificially created fragrances or contain artificial substances and do not offer the therapeutic benefits that essential oils offer.

The chemical composition and aroma of essential oils can provide valuable psychological and physical therapeutic benefits.

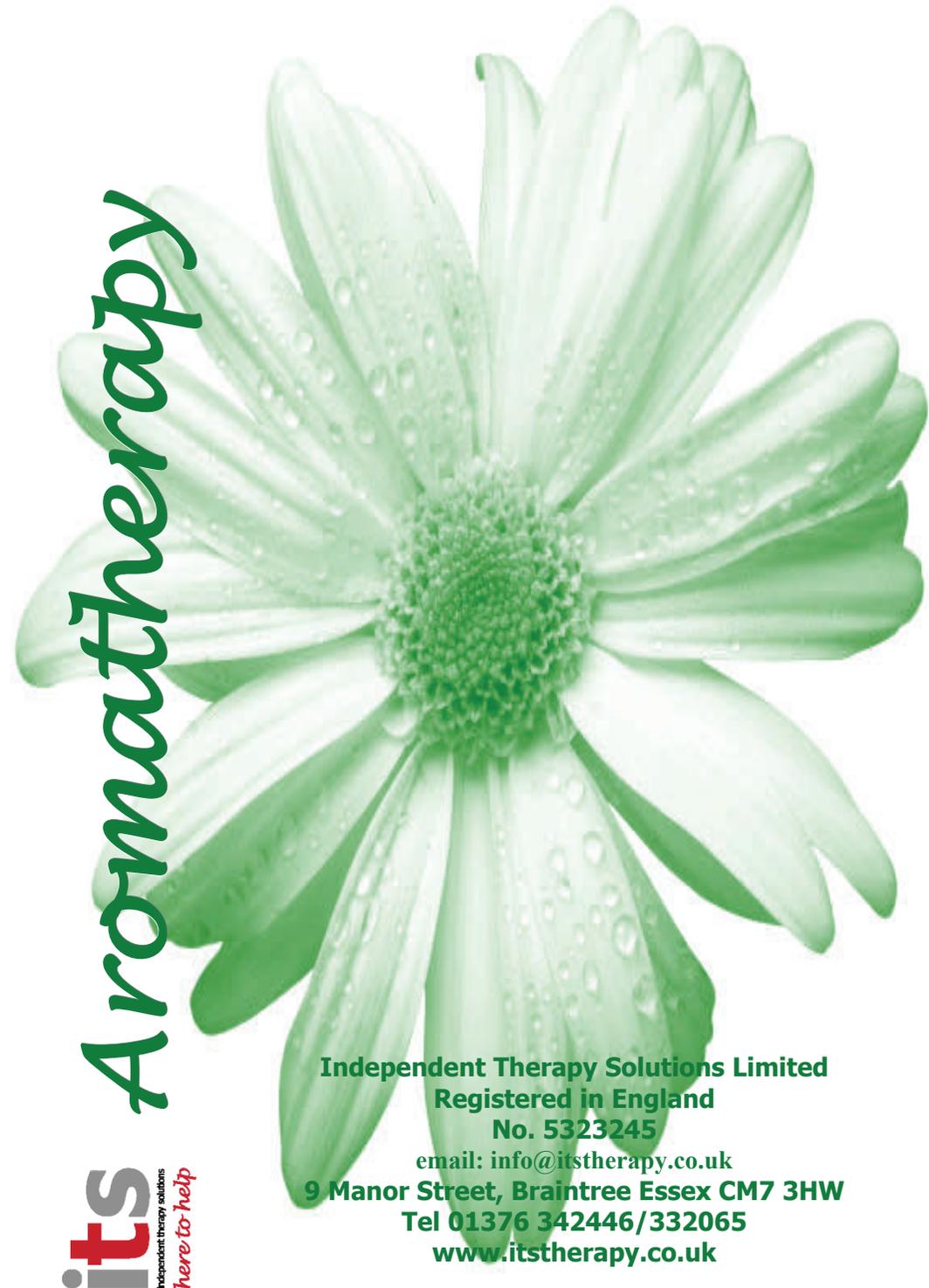
These benefits are usually achieved through methods including inhalation and application of the diluted oil to the skin through massage.

At independent Therapy solutions enjoy a Swedish massage whilst receiving the benefits of aromatherapy.



**48 hours notice of cancellation is required,  
or the full fee is payable.**

*Independent Therapy Solutions exists  
to provide a range of  
high quality interventions  
to people experiencing physical,  
emotional, psychological or behavioural difficulties  
to facilitate change and well being.  
Releasing the unique potential of the  
individual through  
non-judgemental, self-empowering support.*



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## WHAT IS AROMATHERAPY?

Aromatherapy is a modern name for the ancient knowledge of healing and improving health using fragrant, natural ingredients.

Massage is the most common way of using essential oils since it combines the two senses of touch and smell it has instant physical and mental benefits.

Aromatherapy is derived from the ancient practice of using natural plant essences to promote health and wellbeing. It consists of the use of pure essential oils obtained from a wide assortment of plants, which have been steam distilled or cold-pressed from flowers, fruit, bark and roots.

Aromatherapy can help ease a wide assortment of ailments; easing aches, pains, and injuries, while relieving the discomforts of many health problems.

Aromatherapy also acts on the central nervous system, relieving depression and anxiety, reducing stress, relaxing, uplifting, sedating or stimulating, restoring both physical and emotional well-being.

The appropriate oils can have powerful results, both on the body and the spirit. "Fragrance Oils", "Perfumes" and other artificially made substitutes for Pure Essential Oils can not produce these amazing results.

<b>Aggression</b>	<b>Bergamot, Chamomile, Juniper, Lemon, Marjoram, Rosemary, Ylang-ylang</b>
<b>Anger</b>	<b>Chamomile, Jasmine, Marjoram, Palma Rosa, Rose, Rosemary, Ylang-Ylang,</b>
<b>Anxiety</b>	<b>Neroli, Bergamot, Chamomile, Frankincense, Geranium (for balance), Lavender, Orange, Patchouli, Rose (for confidence), Sandalwood. Sweet Marjoram, Vetiver (for grounding)</b>
<b>Disappointment</b>	<b>Bergamot, Cypress, Frankincense, Jasmine, Orange, Rose</b>
<b>Fear</b>	<b>Cedarwood, Fennel, Ginger, Patchouli, Sandalwood, Thyme</b>
<b>Grief</b>	<b>Bergamot, Chamomile, Jasmine, Marjoram, Neroli, Rose</b>
<b>Impatience</b>	<b>Chamomile, Clary, Frankincense, Lavender</b>
<b>Indecision</b>	<b>Basil, Clary, Cypress, Jasmine, Patchouli, Peppermint</b>
<b>Jealousy</b>	<b>Jasmine, Rose</b>
<b>Loneliness</b>	<b>Benzoin, Marjoram</b>
<b>Fatigue (emotional and mental)</b>	<b>basil, clary, cardamon, cinnamon leaf or bark, Clove bud, coriander, Eucalyptus citriodora, ginger, grapefruit, helichrysum, jasmine, juniper, orange, palmarosa, peppermint, rosemary, thyme, vetiver, ylangylang</b>
<b>Fatigue (physical)</b>	<b>Basil, elemi, ginger, lemon, lavender, orange, peppermint, rosemary</b>
<b>Nervousness</b>	<b>Chamomile, Clary, Coriander, Frankincense, Neroli, Orange, Vetiver</b>
<b>Panic</b>	<b>Chamomile, Clary, Geranium, Jasmine, Juniper, Lavender, Neroli, Ylang Ylang</b>
<b>Sadness</b>	<b>Benzoin, Jasmine, Rose, Rosewood</b>
<b>Shock</b>	<b>Lavender, Neroli, Rose, Teatree</b>
<b>Shyness</b>	<b>Black Pepper, Ginger, Jasmine, Patchouli, Peppermint, Rose, Neroli, Ylang Ylang</b>
<b>Stress</b>	<b>Bergamot, Atlas Cedarwood, Roman Chamomile, all Citrus oils, Clary Sage, Frankincense, Geranium, Lavender, Sweet Marjoram, Melissa, Neroli, Patchouli, Petitgrain, Rose (absolute and otto), Rosemary, Sandalwood, Vetiver, Ylangylang.</b>
<b>Tension</b>	<b>Chamomile, Clary, Cypress, Frankincense, Geranium, Jasmine, Lavender, Lemon, Marjoram, Neroli, Orange, Rose, Rosewood, Sandalwood, Ylang Ylang</b>