

# Bod-E-Healer

## MASSAGE THERAPY

**Aromatherapy is complimentary at Bod-E-Healer Massage Therapy.**

An aromatherapy massage is a great way to reap the benefits of topical application of essential oils along with the soothing therapeutic benefits of massage. Choose an aromatherapy oils based on your particular ailment or the outcome that you're trying to achieve.



### *Cedarwood*

Cedar wood essential oil may be useful for anxiety, arthritis, congestion, coughs, sinusitis, fluid retention, cystitis, dandruff, psoriasis, and other skin conditions such as acne, and other diseases. It is also a good sleep aid, especially when sleeplessness comes from stress and worry.

**Anti-Anxiety**  
**Respiratory Benefits**  
**Skin Benefits**  
**Sleep Benefits**



### *Cinnamon Leaf*

Cinnamon leaf oil contains eugenol, which may reduce symptoms of gastrointestinal distress such as upset stomach, nausea, and diarrhea. Cinnamon leaf oil also contains high concentrations of a chemical compound called cinnamaldehyde, which is a natural pain reliever that also has anti-inflammatory properties which can reduce the painful effects of arthritis, or swelling in your body's joints.

**Anti-Inflammatory**  
**Gastrointestinal Benefits**  
**Pain Relief**



### *Eucalyptus*

The health benefits of eucalyptus oil can be attributed to its anti-inflammatory, antispasmodic, decongestant, deodorant, antiseptic, antibacterial, stimulating, and other medicinal properties. Eucalyptus essential oil is effective for treating a number of respiratory problems including cold, cough, running nose, sore throat, asthma, nasal congestion, bronchitis, and sinusitis. Massaging eucalyptus oil on the skin surface helps to relieve muscle and joint pain.

**Anti-Inflammatory**  
**Anti-Septic**  
**Pain Relief**  
**Respiratory Benefits**

[www.bodehealer.com](http://www.bodehealer.com)

930 N Switzer Canyon Dr, Suite 102D • Flagstaff, AZ 86001 • (602) 348 - 3142 • [lisa@bodehealer.com](mailto:lisa@bodehealer.com)



## *Grapefruit*

Grapefruit essential oil has a sharp, refreshing citric aroma that clears and focuses the mind. As an anti-depressant, grapefruit essential oil is at once calming and energizing. Because of its ability to improve mood, it can be used for depression, stress, and hangover relief. Grapefruit essential oil is rich in vitamin C, a recognized and respected anti-oxidant.

**Anti-Depressant**  
**Energizing**



## *Lavender*

Lavender aromatherapy encourages relaxation and improves quality of sleep in people who have sleep disorders. Lavender aromatherapy can help soothe anxiety for some people. Lavender aromatherapy may help prevent mood swings, improve concentration and generally promote your overall sense of well-being. Additionally, lavender aromatherapy combined with massage may help relieve pain caused by rheumatoid arthritis.

**Anti-Anxiety**  
**Pain Relief**  
**Relaxation**  
**Sleep Benefits**



## *Peppermint*

Peppermint oil has cooling properties and can be used to treat sunburn and inflammation of the skin. Peppermint oil is a natural stimulant that can increase your ability to concentrate during times of mental fatigue or stress. Inhaling the aroma of peppermint oil can help alleviate jet lag and boost your energy levels.

**Energizing**  
**Stress Benefits**  
**Skin Benefits**



## *Sage*

A powerful stress and tension reliever, sage oil can benefit anyone with high stress or anxiety. If you find yourself with stomach cramping or digestive distress, sage oil can provide some relief. Sage essential oil also provides benefits to your respiratory system. With antiseptic and antibacterial properties, sage oil helps to fight infection-causing bacteria. As an antispasmodic, sage oil reduces muscle spasms.

**Anti-Septic**  
**Anti-Spasmodic**  
**Gastrointestinal Benefits**  
**Respiratory Benefits**  
**Stress Benefits**



## Sweet Orange

**Anti-Inflammatory:** Sweet Orange oil provides quick and effective relief from internal or external inflammation.

**Anti-Depressant:** This gives a happy, relaxed feeling and works as a mood lifter.

**Anti-Spasmodic:** Spasm can give rise to a lot of problems such as continuous coughs, convulsions, and cramps in muscles.

**Anti-Septic:** Essential Oil of Orange might help us avoid both septic and tetanus as it inhibits microbial growth and disinfects the wound.

**Aphrodisiac:** It has mild aphrodisiac properties, if not strong. Systematic and regular use can cure problems such as frigidity, erectile problems, impotence, loss of interest in sex, etc.



## Tea Tree

Tea Tree oil is best known for its impressive disinfectant and antiseptic properties - it kills germs and bacteria. It is ideal for skin conditions such as athlete's foot, burns, cold sores, mouth ulcers, thrush and warts. It is also effective for respiratory ailments such as bronchitis and laryngitis. Boost to the immune system - studies have shown that Tea Tree oil boosts production of the immune system's interleukin. It is also known to reduce tumors, and inflammation.

**Anti-Inflammatory**

**Anti-Septic**

**Immune System Benefits**

**Respiratory Benefits**

**Skin Benefits**



## Ylang Ylang

This fragrance is traditionally used in aromatherapy to sharpen the senses and to temper depression, fear, anger, and jealousy. Ylang-ylang also has antidepressant properties, stimulates circulation, relieves muscle spasms, lowers blood pressure, relaxes nerves, and also acts as an aphrodisiac.

**Anti-Depressant**

**Anti-Spasmodic**

**Aphrodisiac**

**Improves Circulation**

**Improves Focus**

**Relaxation**

**Stimulates Circulation**