



LISA RAMIREZ

BOD-E-HEALER MASSAGE THERAPY

Aromatherapy is complimentary at Bod-E-Healer Massage Therapy. A massage with aromatherapy is a great way to reap the benefits of topical application of essential oils along with the soothing therapeutic benefits of massage. Choose aromatherapy oils or a dōTerra Blend 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



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](#)

Essential Oil Blends

dōTERRA essential oil blends are proprietary formulas for targeted wellness applications. They represent the converging wisdom of many years of therapeutic essential oil experience and validation of a growing body of research and scientific study. Harnessing the inherent living energies of plants, each formula is synergistically balanced to enhance product potency and benefits.



Console Blend

This comforting blend combines floral and tree essential oils. The combination of Rose Absolute, Ylang Ylang, Frankincense, Sandalwood, and several other highly valued tree and flower essential oils creates a blend that is highly grounding and renewing. A drop or two of dōTERRA Console in your next massage can be that little extra you need to help counteract feelings of grief and sadness.

Promotes feelings of comfort and hope

Counteracts negative emotions of grief, sadness, and hopelessness



Forgive Blend

A renewing blend that mixes familiar tree and herb essential oils to create a soothing, grounding blend. The combination is used largely for balancing emotions in stressful situations. No meditation session is complete without diffusing dōTERRA Forgive to help encourage patience and contentment.

Promotes feelings of contentment, relief, and patience

Counteracts negative emotions of anger and guilt

Feel grounded



Passion Blend

This inspiring blend balances spice and herbal essential oils. Included in the blend is Damiana, a very rare essential oil rich in 1,8-cineole and alpha pinene, which is renowned for its renewing properties. Combining Cinnamon Bark, Ginger, Cardamom, Clove, and Damiana creates a chemical profile with high concentrations of phenols and ethers to provide warming and renewing benefits. Use dōTERRA Passion in your next session to help spark creativity.

Promotes energy and enthusiasm

Ignite feelings of excitement, passion, and joy

Helps spark creativity, clarity, and wonder



Peace Blend

This reassuring blend is a fusion of floral and mint essential oils. The union of popular essential oils such as Lavender and Spearmint, along with the essence of some lesser-known plants such as Labdanum, creates a chemical profile rich in monoterpene esters and alcohols for a renewing & toning experience. The resulting aromatic profile is calming and promotes feelings of peace and reassurance. dōTERRA Peace can help promote the calming environment that you need to embrace the day.

Promotes feeling of peace, reassurance, and contentment

Counteracts anxiety and fear

Promotes a calming environment and restful sleep