



aromatherapy

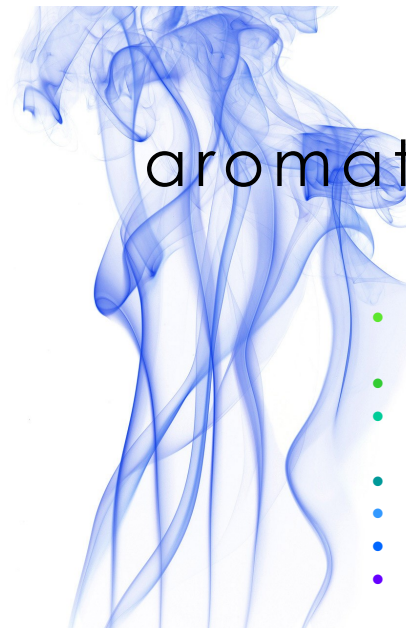
- **Peppermint:** headaches, nausea, anxiety
- **Lemon:** fatigue, nausea, uplifting
- **Lavender:** anxiety, depression, headaches
- **Rose:** anxiety, depression, prayer
- **Frankincense:** prayer, meditation
- **Myrrh:** prayer, meditation
- **Ginger:** nausea and vomiting

AROMATHERAPY HAS MANY BENEFITS to the person being treated and can:

- Enhance mood and general feeling of well-being through massage and the use of essential oils.
- Improve blood and lymphatic circulation through massage and the use of essential oils. Depending upon the essential oils used the blood vessels will either constrict or dilate thereby raising or lowering blood pressure.
- Balance the hormone production by the endocrine system.
- Strengthen the immune system by helping to kill viruses, bacteria and fungal infections.
- Reduce pain.
- Encourage restful sleep.

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