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The Encyclopedia of Aromatherapy, Massage and Yoga. A comprehensive, practical guide to achieving mental and physical well-being, relieving stress and discovering new vitality using natural....

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\* The Encyclopedia of Aromatherapy offers the most elegantly comprehensive package on the whole art and science of aromatherapy written to date. It deservedly takes its place among the small handful of indispensable reference books on this fascinating therapy.". Seza Eccles, editor of Aromatherapy Quarterly

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Aromatherapy is based on the usage of aromatic materials, including essential oils, and other aroma compounds, with claims for improving psychological or physical well-being. It is offered as a complementary therapy or as a form of alternative medicine, the first meaning alongside standard treatments, the second instead of conventional, evidence-based treatments.

### Aromatherapy - Wikipedia

topically through bathing, compresses, and massage.15 Aromatherapy massage is the most widely used complemen-tary therapy in nursing practice.16,17 A number of essential oils, including lavender, geranium, jasmine, rosemary, rose, evening primrose oil, and chamomile are used for treat-ing psychological symptoms such as depression.18 There are some

### The effect of aromatherapy massage on the psychological ...

Aromatherapy massage decreased the psychological score more than massage therapy MD: –2.29 (95% Confidence Interval of Difference: –3.01 to –0.47). Conclusion. Both aromatherapy massage and massage were effective in reducing psychological symptoms, but, the effect of aromatherapy massage was higher than massage.

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Aromatherapy is the therapeutic use of plant-derived, aromatic essential oils to promote physical and psychological well-being. It is sometimes used in combination with massage and other therapeutic techniques as part of a holistic treatment approach.

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The Encyclopedia of Aromatherapy, Massage and Yoga by Carole McGilvery This authoritative guide to natural health-promoting techniques brings together the very best of traditional therapies for well-being, vitality and relaxation, with detailed step-by-step instructions from leading experts.

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Both the placebo and aromatherapy massage groups received 30-minute treatment sessions twice a week for four weeks, or eight sessions in total. The massage for both groups was performed with the patient supine and a pillow under the knees using light pressure on the abdomen, upper legs and arms. The aromatherapy essential oil blend was composed ...

### Research: Massage and Menopause

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