



Aromatherapy Blend Menu

The Revitaliser:

This invigorating blend of essential oils will naturally stimulate and energise the body. Perfect for when you are feeling fatigued, lacking in energy and in need of a boost.

Ideal for a morning massage.

#1 Basil, Sweet Orange & Lemongrass

The Stress Buster:

This blend of oils is designed to calm and quiet a busy mind, reduce the perception of stress, increase contentment, and decrease levels of cortisol (the stress hormone)

Perfect for times of change and uncertainty.

#2 Sweet orange, Geranium & Frankincense

The Relaxer:

This popular blend uses the infamous lavender oil to relax, unwind and soothe the nerves.

Perfect after a busy day or in times of unrest. Also good if you suffer from headaches and migraines.

#3 Lavender & chamomile

The Cleanser:

This blend is designed to clear the mind of negative thoughts and enable it to re focus and become alert.

Also a great option if you suffer from headaches and or sinus problems.

#4 Eucalyptus & Peppermint

