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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

What Is Aromatherapy Massage?

By Karina Jacobsen

Thinking about getting a massage? Whether you've got sore, tense muscles or just need to relax, an aromatherapy massage is definitely worth a try. Different from conventional massages, this technique utilizes many types of essential oils, wherein they are massaged into the skin.

While it's possible to massage many areas of your own body like your head/temples or your feet, it's still better to let someone else do it for you to get the most out of your massage. Massages are for relaxation and how much can you relax if you doing all the work? Significant others are always great at spur of the moment massages, however, for the best massage, consider finding a professional.

A good professional or masseuse knows that the atmosphere where you get a massage is as important as the massage itself. Sounds of nature and low lighting are essential in helping you focus and relaxing throughout your massage. While it's not realistic to expect a massage in the middle of a rushing stream or waterfall, sounds of nature CDs can be substituted for the real thing and work just as well.

A proper massage, one that is most beneficial to the body as well as the mind, would include a firm, comfortable surface to lie on. Your body temperature should be consistent, not hot or cold but warm. To achieve this, there should be climate control and you should be provided a large, soft towel to cover yourself. Using the towel is totally at your discretion, many people prefer to be completely uncovered.

You may be wondering; what exactly are essential oils? They are highly concentrate oils extracted from plants then mixed for dilution with carrier oils or hydrosols. They are too strong to be applied directly to the skin without first diluting them, for most people. And too, essential oils are costly, making it more cost-effective to dilute them.

There are essential oils for every need; you choose which oil depending on what your need is. If it is your goal to relax, lavender is a wonderful choice. If however, you have sore, aching muscles, you might choose peppermint to soothe them. Apricot Kernel, grapeseed and sweet almond are all popular carrier oils for mixing.

What Is Aromatherapy Massage?

When mixing carrier oils and essential oils, use 1–2 ounces of the carrier oil for the entire body. Mineral oil is also considered carrier oil; however, it is not generally used for mixing and never recommended. Here are some guidelines to follow when mixing: Lavender oil should be mixed at a ratio of four drops to one tablespoon of carrier oil, while Petigrain and Frankincense oils should be mixed at a ratio of one drop to one tablespoon of carrier oil.

If you plan to be the one on the other side of the table, giving the massage, there are a few things you should know before you begin. For maximum effectiveness, use a small amount of oil, pouring it directly into the palm of your hand. Rub your hands together, causing friction to warm the oil before you apply it to the body. When rubbing the oil into the skin, use a combination of large and small circular motions and long strokes, varying your motion and speed. Don't be afraid to add more oil if your hands begin to skip or drag.

Sirius Satellite Radio vs. AM/FM Analog Radio

The way in which we listen to music is evolving, no longer are we limited to a radio where we can choose from a few stations that specialize in specific genres. Today, among the two main digital radio broadcast providers, is Sirius Satellite Radio. Sirius Satellite Radio offers over 120 channels including a plethora of broadcasts and other entertainment forums like, music, news, talk shows and sports. Sirius encompasses the whole of the United States by using a high quality signal made by the most cutting-edge digital encoding technology. This technology makes the Sirius transmission crystal clear and accurate, as digital sound is much better than analog radio.

Sound quality is a major factor with analog radio. FM and AM broadcasts are often cluttered with noise. Digital Radio has completely limited that annoying distraction. At a rate of 128kb per second, which is very close to cd quality, making what you hear static free and very close to the original recording! Sirius Satellite Radio is FCC approved for digital radio transmission in the US.

Sirius is headquartered in the heart of New York City and to date has three available, commercial satellites that transmit over 120 different channels. A subscription to Sirius will cost you \$12.95 a month, with discount given for each additional radio on your account. Sirius's library is magnificent in size, including over 2 million music tracks at its recording studio in Rockefeller Center.

Sirius's commercial satellites, the Loral ss/L-1300, orbit above the earth at 22,300 miles, delivering constant broadcast to the US, and covering more area than the XM satellites. Having a clearer line of sight, Sirius Satellite's have a distinct advantage over other digital radio broadcasters. Though all three satellites are in orbit constantly, only two are functioning simultaneously. Sirius has only two available transmission frequencies, ergo the two functioning satellite, while the third is used as a back-up if one of the others can't operate.

Sirius rotates broadcasting with its two functional satellites, delivering transmission to Canada and Mexico by way of leaving its tracks on the US, another satellite can pick up the signal. This is possible because of its more inclined orbit. It's convenient, being able to listen to the same station from one end of the country to the other and while crossing the border into a couple more! Soon, Sirius will collaborate with Canadian Broadcasting Corporation and Standard Radio Inc, making it possible for

What Is Aromatherapy Massage?

Canadians to use Sirius' services what listening to any of the French or Canadian English channels.

By using an omni-directional antenna, you can pick up a satellite radio signal with a small receiver. This is only possible because of the strength of the signal made by a satellite. One nice thing about the omni-directional antenna is the convenience of being able to use it at home, in your vehicle or anywhere you go. Being very closely related, technology wise, to GPS devices, the receivers do not require positioning.

A satellite radio, unlike its analog counterpart, allows for extended broadcast information, giving you the ability to view music title, genre or artist information. Eventually, Sirius hopes to offer streaming video broadcasting as well. But first, broadcasting methods must be made more secure.

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Relax With Aromatherapy Massage Oils

By Bryan Josling

After a hectic day at work, your husband complains of every part of his body aching with pain. Will a good night's sleep refresh him for the next hectic day? Not necessarily. With a similar schedule each day, he is adding to his pain, which within time will transform into a fatal disease. You being a caring wife, will you want this chain of events to continue? If no, then aromatherapy massage oils are for you.

Aromatherapy massage oils will go a long way in giving the much-needed relief to a person after a long day at work. Massage is both physically and emotionally stimulating for the body. When the massage is supplemented with essential oils, the person gains from the synergistic influences of a calm mind and a radiant skin.

Aromatherapy massage oils may be used in two ways. Inhale the massage oil vapours, which refresh your mind too. Alternatively, apply it to the skin. This method ensures that the massage oils are directly absorbed by the body from where they reach the blood stream. This has impact on one's health and skin.

After a massage with aromatherapy massage oils, one actually feels splendid. These oils have been known to have special therapeutic qualities. This finds them large-scale use in healing common

What Is Aromatherapy Massage?

diseases like cold, flu, pain in the muscles, headache etc.

For the purpose of massage, people often mix more than one essential oil to give the desired effect. The most common of these is the lavender, clary sage and lemon blend. It is known as the stress blend. The essential oils in concentrated form can be dangerous for use. Therefore, aromatherapy massage oils are mixed with carrier oils before applying it on the body. Similarly, one can prepare an aphrodisiac blend with essential oils of sandalwood and jasmine. Just have an idea of what purpose the aromatherapy massage oils will be used for and go on with the blending.

Aromatherapy massage oils are used largely in spas and physical and mental healing centres. Trained masseurs will help you in relieving stress and give you an ecstatic feeling.

If you want, you can also get massaged in your home. Massaging your loved one with fragrant aromatherapy massage oils is the best way to convey the concern for him or her. Aromatherapy massage is also recommended for the infants to give them a glossy skin and strong bones.

Aromatherapy massage oils work wonders with your skin and provide mental calmness. It is also used as a cure from several diseases.

Bryan Josling is working with the Horticultural Research Station in Adelaide. He has also been involved with research on Plants. To find Aromatherapy essential oils, Aromatherapy Massage Oils, essential oils wholesale visit

<http://www.ndaroma.com>

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