

## Aroma Therapy Blends:

Try Essential Oil Blends

To enhance your life.

Active, Peaceful and Healthy blends.

**Active Blends:** to increase your activity levels.

1. Vitalizing: full off life, vigor.
2. Stimulating: to excite, increase activity or growth.
3. Lover's blend: to feel affection and increase desire.
4. Clearing/refreshing: to revive, stimulate, freshen up.

**Peaceful Blends:** to enhance peaceful equilibrium.

1. Relaxing: relieves nervous tension.
2. Calming: to free from agitation and turmoil.
3. Sleep Well: helps restore natural powers of the body.
4. Balance: brings into harmony.

**Healthy Blends:** to improve health.

1. Tonic: enhances healthy muscular conditions.
2. Astringent: tighten tissue, reduces fluid loss.
3. Antidepressant: helps relive depression.
4. Warming: supports mental function.
5. Immune Support: boosts immune system.

**Muscle Relief Oil:** Cost

**Stress Relief Oil:** Cost

**Rose Sea Salt Scrubs:** Enjoy the gentle and reviving effects of this exfoliating scrub, and reap the benefits of the Dead Sea minerals

**Bath Salt Blends:** Lover's Blend, Footbath, Reviver's Blend, Tune-Up,

Child's Blend, Serenity Blend and Refuel

**Arthritis Lotion:** Cost

**Cold Rub:** Cost

## Cost of Treatment / Massage

30 mins.		\$30.00
60 mins.		\$60.00
90 mins.		\$90.00

## Gift Certificates Available

\$90.00		(1 1/2 Hr.)
\$60.00		(1 Hr.)
\$30.00		(1/2 Hr.)

Birthdays, Anniversary's,  
Christmas, Mother's Day  
Special Occasions

## Information and Appointments

Contact: Phyllis Peterson

913-638-8105

[www.giftoftouchkc.com](http://www.giftoftouchkc.com)

## Located At

Chiropractic Injury  
& Wellness Clinic

11946 W. 95th St.

Lenexa, Kansas 66215

Office: 913-888-0338



Therapeutic Massage

Somatoemotional Release

Craniosacral Therapy

Aromatherapy

Phyllis Peterson

Licensed Massage Therapist

Cranio-Sacral Therapist

Personal Trainer



## Massage Therapy

Massage Therapy is touch applied with pressure that helps reduce the body's level of stress hormones.

- Relieves Stress
- Improves Circulation
- Relieves Tension and Muscle Pain
- Reduces Mental and Physical Fatigue
- Allieviates and Prevents Sports-Related Injuries
- Low-Back Pain due to Pregnancy
- Carpal Tunnel Syndrome

## Somatoemotional Release

Somatoemotional Release is the expression of emotion that has been retained, suppressed and isolated within the soma. Independent retention of the energy or memory of both physical and emotional trauma is frequently accomplished by specific body parts, regions and viscera.



## Craniosacral Therapy

Craniosacral Therapy strengthens your body's ability to take better care of you. It helps alleviate a range of illness, pain and dysfunction, including:

- Migraines and Headaches
- Chronic Neck and Back Pain
- Motor-coordination Impairments
- Stress and Tension Related Problems
- Infantile Disorders
- Traumatic Brain and Spinal Cord Injuries
- Chronic Fatigue
- Scoliosis
- Central Nervous System Disorders
- Emotional Difficulties
- TMJ Disorder
- Learning Disabilities
- Post-Traumatic Stress Disorder
- Orthopedic Problems
- And Many Other Conditions



### Custom Blends:

Choose 2 or 3 essential oils  
To mix your own blend of massage  
oil or bath salts



**Vitalizing:** Bergamot, Grapefruit, Orange, Frankincense

**Relaxing:** Geranium, Clary Sage, Lemon, Bergamot, Rose Absolute, Chamomile

**Calming:** Neroli, Lavender, Geranium, Lemon, Cedarwood

**Lover's Blend:** Rose, Ylang Ylang, Lemon,

**Stimulating:** Rosemary, Basil, Peppermint, Lemon, Spearmint, Lemongrass, Clove Bud,

**Immune Support:** Lavender, Bergamot, Tea Tree, Eucalyptus

**Sleep Well:** Sandalwood, Juniper Berry, Ylang Ylang

**Warming, Supports Mental Function:** Ginger, Spearmint, Peppermint

**Clearing, Refreshing:** Pine Needle, Tea Tree

**Balancing, Grounding:** Patchouli, Cedarwood, Sandalwood

**Tonic:** (strengthens the body): Basil, Black Pepper, Frankincense, Geranium, Juniper, Lavender, Marjoram, Neroli, Rose, Tea Tree, Cherry, Mandarin

**Astringent:** (tightens tissue, reduces fluid loss): Cedarwood, Cypress, Frankincense, Juniper, Rose, Sandalwood

**Antidepressant:** Bergamot, Clary Sage, Geranium, Grapefruit, Lavender, Mandarin, Neroli, Orange, Rose, Sandalwood, Ylang Ylang, Dali Sage

### \* Do not use if pregnant:

Basil, Birch, Cedarwood, Sage, Cypress, Geranium, Hyssop, Jasmine, Marjoram, Myrth, Nutmeg, Peppermint, Rosemary