

Spice up your Valentine's Day with Aromatherapy

Escents Aromatherapy delivers 3 simple tips sure to make your sweetie swoon

Vancouver, BC February 5, 2010 – Escents Aromatherapy, the Canadian owned-and-operated manufacturer of aroma-based bath and body products, introduces three simple ways that aromatherapy can be used to make this Valentine's Day sizzle. The post-holiday blues can hit hard and spring seems miles away. The annual blast of warm fuzzy feelings in mid-February might be just what the doctor ordered!

"Aromatherapy is becoming so mainstream now," says Jacqui MacNeill, CEO of Escents Aromatherapy. "Even Dr. Oz recently featured aromatherapy on his show as an established natural healing alternative. It's being used by both naturopathic and traditional medical doctor's alike for many physical and physiological indications."

It's no wonder that aromatherapy can also be used very effectively to initiate a mood for intimacy and romance. Essential oils like ylang ylang and patchouli are known to help the libido, while rose and jasmine are commonly worn to warm the heart and release tension and stress. Sometimes, all it takes to set the mood is to light a few candles and dim the lights. Choose wisely as the alluring aromas from the candles are absorbed into the body through our olfactory system and can help to relax the mind and melt tension away effortlessly. Use heady aromas like cedarwood and geranium and avoid energy-inducing citrusy essential oils.

Nothing relaxes the body and releases inhibitions like a steaming hot bubble bath. Try adding a few drops of pure rose essential oil to the mix, or use your favorite blend in an unscented bubble bath base. Even better, what could be more romantic than creating a custom aroma for your partner? Your signature scent could be used in the bath, in a massage oil base or enjoyed in an aromatherapy diffuser for many months to come. The Escents Aromatherapy Blending Bar is the perfect venue to test different oils and concoct your own special romance blend this Valentine's Day.

And finally, the ultimate aphrodisiac, a sensual aromatherapy massage. Warm the oils gently in the palm of your hands before massaging your partner. The warmth from your touch, paired with the oils helping to increase blood flow and circulation will certainly be the cherry on this romance sundae!

Even though Valentine's Day elicits a little cynicism from most, myself included, in the end, do we really want to rebel against a great opportunity to show our loved ones a little extra appreciation?

About Escents Aromatherapy:

Escents sources pure essential oils from around the globe and pairs them expertly to create innovative blends that harness the energy and vitality found in nature. Their formula is exceptional ingredients, inspired aromas and outstanding quality. Escents is the leading Canadian aromatherapy lifestyle company, with a focus on natural essential oils, aromatherapy, and bath and body products. Escents operates several corporate retail locations in Canada and Taiwan, as well as wholesale and corporate amenities programs. For more information, visit www.escentsaromatherapy.com.

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For further information including photos, products samples, or to schedule an interview, please contact:

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