



Tempo Therapeutic Massage, LLC
Tracy S. Kaufman, MSW, LMT, NCTMB, CPT
Licensed Massage Therapist

AROMATHERAPY BLENDS:

- **Stress Management (Lotus Touch)** – Orange (uplift and energize), Lavender (balance and calm), Sandalwood (relax and soothe) – for de-stressing
- **Relaxation (Lotus Touch)** – Sandalwood (grounding and calming to the nervous system), Petitgrain (sedating), Tangerine (calming) – calm and uplift the soul
- **Headache Relief (Lotus Touch)** – Eucalyptus (helps relieve congestion), Grapefruit (revitalizing and invigorating), Roman Chamomile (sedating and soothing), Rose (balancing and rejuvenating)
- **Clear Mind (Lotus Touch)** – Basil (energizing and uplifting), Lemon (revitalizing and refreshing), Peppermint (cooling, invigorating and clearing), Elemi (rejuvenating and healing), Benzoin (warming and uplifting) – clarify, stimulate, and reduce stress
- **Lotus Love (Lotus Touch)** – Patchouli (relaxing and meditative), Lavender (sedative and calming), Jasmine (calming and sensual), Frangipani (restoring peace and harmony) – relaxing and calming
- **Muscle Relief** – Lavender (relaxing and calming), Rosemary (stimulating and pain-relieving), Eucalyptus (relieves congestion), Peppermint (cooling and invigorating) – Excellent for muscle fatigue and for use in body wraps
- **Calming (Bon Vital Synergy)** – Lavender, Petitgrain, Grapefruit, Ylang Ylang
- **Hartland (Bon Vital Synergy)** – Dwarf Pine Oil, Eucalyptus Oil, Peppermint Oil, Rosemary Oil, Melissa Oil
- **Relaxation (Bon Vital Synergy)** – Ylang Ylang, Lavender, Myrrh, Rosewood, Tangerine, Bergamot
- **Serenity (Bon Vital Synergy)** – Lavender, Orange, Tangerine, Rosewood, Rose Geranium, Chamomile
- **Vitality (Bon Vital Synergy)** – Frankincense, Palmarosa, Lavender, Bergamot, Cypress, Geranium, Sage
- **Radiance (Bon Vital Synergy)** – Rosewood, Bergamot, Lemon, Orange, Tangerine, Palmarosa, Vetiver, Fir Needle



Tempo Therapeutic Massage, LLC
Tracy S. Kaufman, MSW, LMT, NCTMB, CPT
Licensed Massage Therapist

The information provided regarding essential oils is for informational and educational purposes and is intended to help you choose the product that you feel will best meet your needs. To the best of my knowledge, the information is accurate and up-to-date, based on current product descriptions and resources on aromatherapy. However, there is no way to guarantee the completeness and/or accuracy of this information and Tempo Therapeutic Massage, LLC does not assume any liability for this information. This information is not a substitute for professional medical advice. There are some contraindications to aromatherapy and to the use of specific essential oils when you have various medical conditions. You should always discuss any health concerns you may have with your physician.

You can obtain further specific product information from www.massagewarehouse.com and www.gotyourback.com. The books listed below were also used to obtain information on the therapeutic benefits of individual oils. These are just three of the many books that provide information about individual essential oils, their potential risks and benefits, and their uses in aromatherapy. Check your local library or online for a more comprehensive list of aromatherapy resources.

Lavery, S. (1997). *Aromatherapy: A Step-By-Step Guide*. Boston, MA: Element Books, Inc.

Sibley, V. (2004). *Aromatherapy Solutions: Essential Oils to Lift the Mind, Body, and Spirit*. London: Octopus Publishing Group.

Worwood, S. & Worwood, V. A. (2003). *Essential Aromatherapy*. Novato, CA: New World Library.