

Essential Oil Blends

These blends are available for your selection on the day of your massage.

Stress Blend

To help you relax, center and cope with today's stressful lifestyle. Also eases the pain of migraine headaches

Nurturing Blend

This oil blend comes from the Ancients and was used to provide a feeling of well being, love and success.

Relaxation Blend

Helps you to unwind and eases you into a restful sleep.

Winner's Sports Blend

Designed to relax tight muscles. Good for the professional athlete as well as the weekend golfer.

Spa Blend

A unique mixture of essential oils used in Europe's finest spas.

Floral Blend

A light floral scent that makes a wonderful gift for someone special.

Clearing Blend

Soothing, cooling and refreshing to the respiratory system.

About Carol...

Initially trained with Susan Foster (Rev. Billy Graham's massage therapist) in Virginia Beach, VA, she continued her education in massage and graduated from the Whole You School of Massage in Rutherfordton, NC in 1999.

Carol has a degree in elementary and early childhood education from Brooklyn College in New York and an M.Ed. degree in Special Education from the University of Virginia in Charlottesville, VA.

Carol's love for the art of massage combines with her desire to help people lead healthier lifestyles by joining various massage techniques with essential oils to balance and tone the body.

For your information...

The following essential oil blends may be ordered and mixed for next day delivery with a 24 hour notice.

NOTE: You may also call a day ahead of your massage appointment and have one of these special blends used during your service.

\$20 1/2 bottle

\$30 full bottle

Choices of Special Blends:

Anti-aging

Cellulite/Firming

Stress

Neck, back, hip or leg pain

Insomnia

Headache/Migraine

Carpal Tunnel

Tennis Elbow

Relaxation

Arthritis

Sports Injury

TMJ