



Aromatherapy massage is a proven effective drug-free treatment for the mind and body.

Aromatherapy is evidence based, therapeutic use of essential oils to treat influence or modify the mind to promote health and wellbeing.

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* Required

1. When was the last time you used essential oils to relax? *

Please input date in format of M/d/yyyy



2. Do you use aromatherapy to relax? *

- Yes
- No
- Maybe

3. When was the last time you had a massage? *

Enter your answer

4. Do you allow adequate relaxation time during your busy schedule? *