

Rediscover the Healing Power Of Essential Oils

Plants are our oldest medicine.

Recently science has been rediscovering the numerous powerful benefits found in plants, especially in the volatile oils, or essential oils, contained in these plants. The benefits of essential oils can be experienced three different ways; topically in a massage, aromatically in a diffuser and internally by adding to water or food.

12 Health Benefits of Essential Oils

Ease Stress and Anxiety

Support Immune Function

Supply Potent Antimicrobials

Provide Powerful Pain Relief

Reduce Inflammation

Ease Insomnia

Improve Circulation

Soothe Digestive Disorders

Promote Endocrine Function

Improve Mental Clarity

Rejuvenate Skin

Soothe Burns, Scrapes and Minor Skin Irritations

Find out which aroma treatment is right for you inside this brochure.

Tips for a Healthier Lifestyle

- Make healthy and tasty energy water by adding a drop of lemon, peppermint or wild orange to your water bottle.*
- Invigorate your mind in the morning by adding a few drops of peppermint, eucalyptus, lemon, basil or wintergreen to your shower floor.
- Substitute toothpaste by mixing peppermint or melaleuca (tea tree) oil with baking soda for healthier teeth and gums.
- Place a drop or two of lavender on your pillow to calm your mind before going to sleep.
- Essential oils can replace spices in cooking. They are highly concentrated and are therefore cost effective and have a long shelf life, while delivering a lot of flavor and all the nutrients.*
- Make a disinfectant spray by mixing five to six drops of On Guard essential Oil blend in one ounce of water in a spray bottle. Spray on countertops for a clean and great smelling kitchen.

* Note essential oils can be ingested when they are Certified Pure Therapeutic Grade such as the oils.



Aroma Services

featuring

AROMATOUGH™ TECHNIQUE

A CLINICAL APPROACH TO ESSENTIAL OIL APPLICATION



The Spa at Harbor Bay

200 Packet Landing Rd.
Alameda, CA 94502

For appointments
Go to:
www.harborbayclub.com

Or call:
(510) 521-5509



HARBOR
BAY
CLUB

AROMATOUCH™ TECHNIQUE

A CLINICAL APPROACH TO ESSENTIAL OIL APPLICATION

Advanced Aromatherapy Massage

Purpose

Clinical approach to applying essential oils along energy meridians and visceral contact points to help balance sympathetic and parasympathetic nervous systems of the body. Developed by Dr. David Hill, a leading expert in Integrative medicine and therapeutic applications of essential oils. AromaTouch improves wellbeing by reducing physical and emotional stressors and by supporting healthy autonomic function.

The beautiful art of Aromatherapy massage combines the healing properties of advanced essential oils with massage to help you find tranquility, restore harmony, and enhance your sense of vitality. These plant oils are the highest quality, organic and CPTG Certified Pure Therapeutic Grade. Oils will be administered topically, aromatically via diffuser and even internally via an essential oil flavored water for internal benefits.

Benefits

Autonomic Balance (nervous system)
Inflammation Reduction
Pain Reduction
Immune Enhancement
Detoxification
Stress Reduction
Fatigue Improvement
Improve Digestion
Improve Circulation
Recovery from Medical Procedures

Relaxation
Stress Reduction
Mood Enhancement
Relief of Minor Discomforts
Immune Enhancement
Improve Circulation

Type of oil

ARoMATOUCH Protocol



Stress Management Immune Support Inflammatory Response Homeostasis



* Substitutions for allergies & contraindicated conditions

CPTG Certified Pure Therapeutic Grade Oils



Client chooses their preferred oils

Assessment

Yes

No

Things to know

Arrive early to fill out assessment form prior to appointment. **Not recommended for pregnant women.**
Alert therapist to allergies and medications.
Avoid sunlight and UV rays for 12 hours after treatment.

Arrive on time to choose your preferred scent(s).

Appt.

AromaTouch Treatment

Advanced Aromatherapy Massage

Price 1 Hr

\$85 member / \$96 non member

\$73.50 member / \$85 non member

Price 1.5 Hr

\$110 member / \$127 non member

\$100 member / \$118 non member

Targeted Aromatherapy Massage

Stress Release Aromatherapy Massage:

Stress creates a cascade hormone imbalance that also suppresses the immune system. This massage uses Lavender and Balance essential oils to calm the nervous system and balance hormones. The oils are applied over the spine so they can be quickly absorbed into the nervous system for maximum effect.

Immune Booster Aromatherapy Massage:

The immune system can be compromised by stress, toxic overload, frequent illnesses, post-surgery, and with immune disorders. This massage uses Melaleuca and On Guard essential oils to give an external boost to your immune system. The oils are applied topically which is a very powerful way to deliver the benefits without having to go through the digestive system.

Decrease Inflammation Aromatherapy Massage:

Most of us have an area that flares up either when we're stressed or after a workout. This massage uses Deep Blue and AromaTouch essential oil blends to quickly get into the muscles and clear out inflammation. The oils are applied to the problem area and over the spine to calm the nervous system for maximum effect.

Homeostasis Aromatherapy Massage:

This is a great massage if you've had a chronic illness or an emotional trauma to help the body return to homeostasis. We use Wild Orange and Peppermint oils to add nutrients to the body and cooling effect. The oils are applied over the spine and to the hands and feet for a root to branch effect on the nervous system.

Prices

HBC Members Non-Members

Targeted Aromatherapy Massages

1 hour	\$ 73.50	\$ 85
1.5 hrs	\$ 100	\$ 118

AromaTouch Treatment

1 hour	\$ 85	\$ 96
1.5 hrs	\$ 110	\$ 127