



# AROMATHERAPY

A MOONEE PONDS OFFERING



Also known as Essential Oil Therapy. At Moonee Ponds Wellness Centre our Infrared Saunas are equipped with Aromatherapy functionalities to heighten your relaxation experience.

Aromatherapy is traditionally used through inhalation or massage. Botanical oils are extracted through a careful steam distillation or but also through cold pressing process. The purest organic essential oils are far more powerful than the botanicals from which they were extracted.

Natural botanicals are used to treat illness through the olfactory system treating the nervous system for overall wellness.



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Additionally we offer an essential roll on oil range that promotes various health benefits.

## **BENEFITS OF AROMATHERAPY**

- Both emotional and psychological benefits
- Manage pain.
- Improve sleep quality.
- Reduce stress, agitation, and anxiety.
- Soothe sore joints.
- Treat headaches and migraines.
- Fight bacteria, virus, or fungus.



THANK YOU

To book a session or have any enquiries please call the centre on  
(03) 9375 7767.