



HUMOS
NATURAL PERFUMER

AROMACHOLOGY TREATMENT GUIDE

Aromachology therapies for relaxation and wellbeing



*Bespoke aromachology treatments to
soothe body, mind and soul*

WHAT IS AROMACHOLOGY?

Scents have the power to influence our happiness and wellbeing.

Smell is a powerful sense connected to many important parts of the body, including the limbic system. The limbic system is a busy network in your brain where many of your universal behaviours and emotions are controlled.

Our unique programme of bespoke aromachology treatments use a tailored collection of aromatic scents to soothe your body, mind and environment, leaving you feeling relaxed, restored and renewed.



Aromachology explores how scents affect our mental and physical wellbeing.

Scents and odours trigger unique psychological and physiological responses that are deeply personal and related to our memories and emotions.

Aromachology treatments utilise our emotional responses to scents to enhance our wellbeing.

Your Aromachologist



AROMACHOLOGY TREATMENTS

We offer five different types of bespoke aromachology treatments.

Each personalised treatment programme is uniquely developed to meet your specific needs following a one-to-one aromachology consultation with our expert aromachologist.

Our treatments:

- Therapeutic Fragrance Treatment
- Home Enhancements Treatment
- Massage Treatment
- Skin Treatment
- Body Treatment



- Your consultation will explore how scents affect your wellbeing. During your consultation, your aromachologist will examine which scents have a strong impact on your behaviour and emotions. The consultation will uncover the therapeutic benefits your responses can have on your emotions and determine how these advantages can be utilised to enhance your wellbeing.
- Your specially developed treatment programme may include the creation of bespoke, therapeutic aromachology fragrance, bath oils, body lotion, massage, facial treatments, candles and more.



- Unlike aromatherapy, aromachology is not limited to essential oils. Instead, aromachology is a dynamic and flexible therapeutic treatment that can be fully shaped to meet your individual needs for impressive results.
- From improved sleep patterns to a calmer home environment, reduced anxiety, better focus at work, support with grief and stronger feelings of joy, aromachology is a restorative therapeutic treatment that will transform your mind, body and environment.

THE AROMACHOLOGY CONSULTATION

Lasting between 90 and 120 minutes, your consultation will explore your relationship with scents and odours. You will discover how these relationships can be leveraged to benefit you both physically and mentally through the creation of bespoke therapeutic products and treatments to soothe, heal and restore.

Following your consultation, you will receive a custom selection of three bespoke aromachology samples to take home and use in your own environment to experience the healing effects of aromachology treatments for yourself.

During your follow-up consultation, together with your aromachologist, you will identify which of the sample blends had the most impact on your wellbeing. Your aromachologist will also discuss the bespoke products and treatments that will be used to shape your unique treatment programme utilising your chosen blends.

Initial consultation & Follow-up consultation

(including custom samples): £165.00

Further consultations: On quote

Any modifications to sample blends: £50.00





THERAPEUTIC FRAGRANCE

Unlock the power of scent with our transformative aromachology fragrance therapy.

Following your consultation, we will create bespoke therapeutic fragrances for you that relax, restore and renew. Using the information gained during your consultation, your olfactory compositions will be uniquely designed to meet your needs.

Available as:

- 30ml Spray Fragrance
- 30ml Oil Based Fragrance
- 25g Solid Fragrance
- 10ml Pulse Roller

*A full aromachology consultation must be completed to access these products. For more about pricing, please visit our website, www.humos.co.uk or speak to a member of staff on: 0118 948 1209.



HOME TREATMENTS

Discover the functional advantages of aromachology with our unique aromachology oils, candles, reed diffusers, room sprays, bath salts, pillow mists and body lotions.

Following your consultation, we will create bespoke therapeutic products for you that transform your environment or self care routine. Using the information gained during your consultation, your rejuvenating, custom self care products will be uniquely created to match your needs.



**A full aromachology consultation must be completed to access these products. For more about pricing and timescales for product production, please visit our website, www.humos.co.uk or speak to a member of staff on: 0118 948 1209.*



Available as:

- 10ml Essential Oil
- 20ml Essential Oil
- 220g Candle
- 100ml Bath Oil
- 100ml Bath/Shower Oil
- 100ml Reed Diffuser
- 100ml Room Spray
- 30ml Pillow Mist
- 100g Body Scrub
- 100g Bath Salt
- 200g Bath Salt
- 30ml Body Oil
- 100ml Body Lotion



MASSAGE TREATMENTS

Relax, rejuvenate and heal with our multi-sensory aromachology massage experiences.

Blending a carefully tailored programme of custom massage techniques and a bespoke selection of personalised aromachology products, your massage treatments will leave you feeling revived and refreshed.

Following your consultation, we will develop a comprehensive, bespoke treatment plan for you that includes custom products for use at home as well as personalised treatments, such as regular massage treatments, to help you to continue to be restored and renewed long-term.

Treatments include:

- Traditional Aromachology Massage with Aromatherapy
- Aromachology Candle Massage
- Aromachology Hot and/or Cold Stone Massage
- Aromachology Heated Oil Massage
- Aromachology Heated Body Butter Massage



Your recommended massage treatments will be discussed with you following your consultation. Aromachology Massage Treatments last approximately 60 minutes and cost £110.00 per treatment.

**A full aromachology consultation must be completed to access these treatments. For more, please visit our website, www.humos.co.uk or speak to a member of staff on: 0118 948 1209.*



Following your consultations, we will create bespoke skin care products for you that relax, restore and refresh. Using the information gained during your consultations, your skin care products will be uniquely designed to meet your needs.

Each treatment lasts approximately 60 – 75 minutes and costs £125 per treatment.

**A full aromachology consultation must be completed to access this therapeutic treatment. For more about pricing, please visit our website, www.humos.co.uk or speak to a member of staff on: 0118 948 1209.*

SKIN

Refine, smooth and restore your skin with our healing aromachology skin treatment.

Nourishing, cleansing, hydrating and anti-ageing, our bespoke aromachology facial therapy treatment will leave you feeling revived both inside and out. Using personalised aromachology skin care products alongside soothing aromatherapy, your bespoke facial therapy will refine your skin and restore a youthful glow for long-lasting beauty





BODY

Deep cleansing and detoxifying, our aromachology body treatment will leave you feeling revived and restored both inside and out.

Imparting nourishing moisture, whilst smoothing, sculpting and refining your skin, our luxurious aromachology full body scrub uses bespoke aromachology body care products to rejuvenate and renew.

Following your consultation, we will create bespoke body care products for you based on the outcomes of your consultation and key principles of aromatherapy. Using the information gained during your consultation, your body care products will be uniquely designed to meet your needs.

Each treatment lasts approximately 60 to 75 minutes and costs £120 per treatment.

**A full aromachology consultation must be completed to access this therapeutic treatment. For more about pricing, please visit our website, www.humos.co.uk or speak to a member of staff on: 0118 948 1209.*



Rejuvenate & Renew

WHO WE ARE

HUMOS is a natural perfumery and aromatherapy chandler situated in the heart of the Royal County of Berkshire. We handmade and sell beautiful aromatherapy treatment candles, blended essential oils, room mists and sprays from our atelier and showroom in Caversham.

We also provide exciting fragrance and candle-making experiences for groups and individuals as well as restorative aromachology and aromatherapy spa treatments.

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