

HUMOS
NATURAL PERFUMER

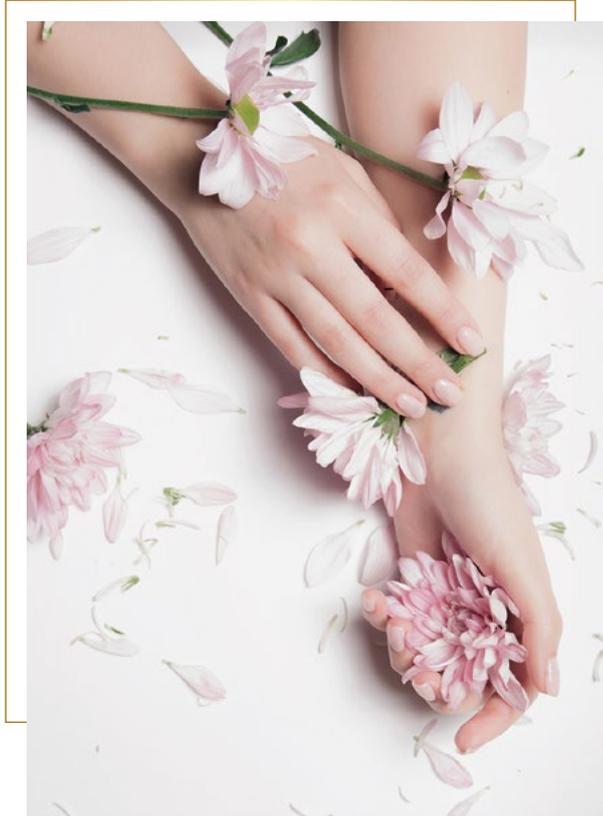
AROMATHERAPY TREATMENT GUIDE



*Bespoke
aromatherapy
treatments*



*Soothing
aromatherapy
treatments*



*to heal body,
mind and
soul*



WHAT IS AROMATHERAPY?

Aromatherapy uses natural essential oils from plants and flowers to promote holistic healing, relaxation and recovery.

The soothing properties of natural botanicals such as lavender, frankincense, tea tree, peppermint and lemon have long been used by humans to support our organic healing processes and aid our physical and emotional wellbeing.

Combining aromatic scents and smooth essential oils, aromatherapy can help you to feel more relaxed, energised or focused; it can also aid sleep, act as an anti-inflammatory, boost your immune system and more.

Using a carefully curated blend of powerful essential oils which are massaged into the skin, aromatherapy is a popular therapeutic treatment for stress, anxiety, ill health and wellbeing.

As the botanical scents are inhaled and the essential oils are absorbed into your skin, the connection between smell, emotions and behaviour in your brain and other parts of your body come together to transform how you feel and react.

Once the natural essential oils permeate your skin, they can help to relieve pain, promote healing, fight infection, reduce muscle tension, increase blood circulation and more.

Our bespoke aromatherapy treatments use a tailored selection of natural essential oils to soothe, rejuvenate and reawaken. Delivered to the body through uplifting massage, body scrubs, facials and more, our aromatherapy treatments are soothing, pampering experiences that will leave you feeling refreshed and renewed.

AROMATHERAPY TREATMENTS

Each treatment features a unique selection of natural essential oils to meet your specific needs.



Heal & Relax

Whether you want to improve your sleeping patterns, de-stress, heal, reduce anxiety, alleviate pain, relax or simply enjoy some time for self care, our aromatherapy treatments will soothe your mind, body and soul.



OUR TREATMENTS

- Custom Head-To-Toe Aromatherapy Massage
- Problem-Targeted Aromatherapy Massage
- Custom Body Polish Treatment
- Salt and Oil Aromatherapy Scrub
- Bespoke Aromatherapy Facial with custom facial massage



CUSTOM-HEAD-TO-TOE AROMATHERAPY MASSAGE

Relax and rejuvenate with our head-to-toe aromatherapy massage, tailored to meet your specific needs. This therapeutic, healing massage combines a bespoke blend of luxurious aromatherapy oils, soothing facial massage and calming head massage (where necessary).

Your massage treatment will begin with an in-depth consultation to understand your needs. Each tailored treatment can be used to address a number of ailments which can change from visit-to-visit as fresh oils and products will be used for each treatment.

Investment: £175 per treatment

Length: 90 minutes, inclusive of consultation and prep.



Oils



PROBLEM-TARGETED AROMATHERAPY MASSAGE

Heal & Renew



Heal and renew with our targeted, aromatherapy body massage, tailored to meet your needs in a specific problem area. This fixed-routine, healing massage combines one of our carefully chosen unique, in-house, pre-blended aromatherapy oils with therapeutic body massage in your chosen area.

Your massage treatment will begin with an in-depth consultation to understand your needs.

Investment: £95 per treatment

Length: 60 minutes, inclusive of consultation and prep.

Choose from one of our in-house, pre-blended aromatherapy oils:

- Deeply Relaxing blend
- Sleep enhancing blend
- Anxiety easing blend
- Muscle tension blend
- Energising blend
- Detox blend



BESPOKE AROMATHERAPY FACIAL TREATMENT

Refresh and renew with our custom aromatherapy facial treatment, tailored to meet your specific needs. This pampering, bespoke facial massage draws on a range of techniques including: manual drainage, lifting and holistic massage to target fine lines and wrinkles and boost circulation.

This restorative treatment is performed with a bespoke range of aromatherapy skin care products, specially blended to match the needs of your skin. Your treatment will begin with an in-depth consultation to understand your needs.

Investment: £165 per treatment

Length: 90 minutes, inclusive of consultation and prep.



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*A natural skin
treatment
to renew,
revitalize and
refresh*



CUSTOM BODY POLISH PACKAGE

This indulgent skin treatment begins with an invigorating body brushing session to help boost circulation and prepare your skin for your bespoke aromatherapy scrub.

Next you'll enjoy a custom aromatherapy body mask or wrap (depending on your targeted skin concerns), specially blended to match your needs.

Finally, your treatment will be topped with a custom aromatherapy body moisturiser to replenish your skin and lock in the nourishing benefits of your treatment.

Before your treatment begins, you will receive an in-depth consultation to understand your needs.

Investment: £125 per treatment

Length: 80 minutes, inclusive of consultation and prep.



Skin





SALT AND AROMATHERAPY TREATMENT



Our exceptional, skin-softening body exfoliation treatment combines a unique blend of healing sea salts with luxurious, pure essential oils that leave your skin feeling nourished, smooth and supple.

Investment: £60 per treatment

Length: 30 minutes, inclusive of consultation and prep.

Before your treatment begins, you will receive an in-depth consultation to understand your needs.

Sea salt

WHO WE ARE

We are a natural perfumery and aromatherapy chandler situated in the heart of the Royal County of Berkshire. We handmade and sell beautiful aromatherapy treatment candles, room mists and blended essential oils 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.

Discover more about us at:
www.humos.co.uk

HUMOS

NATURAL PERFUMER

5 Church Road
Caversham, Reading
Berkshire, RG4 7AA
United Kingdom

support@humos.co.uk
0118 948 1209