

Roses, Roses, Roses

Before I became a massage therapist in 1996, I was a floral designer for 17 years. One of my favorite holidays was Valentines Day and I never tired of arranging roses. This became the inspiration for my Valentines treatment. For several years I have offered the Roses, Roses, Roses special in February. This special has become a customer favorite. The treatment includes a rose water foot bath with foot reflexology, a ten step rose cream facial, and a delightfully soothing rose and shea butter body massage.

According to Wanda Sellar in The Directory of Essential Oils, rose oil has a very soothing effect on the emotions, particularly depression, grief, and resentment. It lifts the heart and eases nervous tension by releasing the “happy” hormone dopamine. It also has a tonic action on the heart by activating sluggish blood circulation, releasing cardiac congestion, and toning the capillaries.

Rose essential oil is useful for all skin types, especially mature, dry, or sensitive skin. It's tonic and calming quality is beneficial for inflammation and a constricting action on the capillaries is a valuable treatment for broken thread veins. I enjoy blending rose with lavender, chamomile, and myrrh in a base of carrot seed oil for a delightful face tightening and moisturizing treatment.

Did you know organic roses are edible? They sure are! I buy mine at Life Grocery in Marietta. You can also find them at Whole Foods as well. They are wonderful crumbled in salads with arugula, matchstick carrots, slivered almonds, and mandarin oranges. Place a pretty blossom in the center on a bed of almond slivers surrounded by mandarin orange slices for the perfect finishing touch. Enjoy this salad with a raspberry vinaigrette dressing.

Remember, if you do not have a partner to buy this for you, you can gift yourself with this delightfully loving treatment. Call our office today at 678-779-9102 to order a gift certificate for your loved one or schedule your very own Roses, Roses, Roses experience. You can also go to our web site at www.wrighttouchweb.com for more information about our products and services.

Blessings to you,

Rebekah Wright