

Never underestimate the power of touch. Combined with the power of essential oils you have one great healing combination. I am a massage therapist and I use these powers on a daily basis. This article is a little bit about how I got started and continue to use Young Living Essential Oils.

Several years ago I was introduced to YL essential oils by Star Moree. She was a physical therapist at my chiropractors office at the time. After having been involved in an auto accident I was referred to her for treatment. It was a moment in time that changed my life for the better. I became a distributor and learned more and more about the oils attending classes through Young Living and Star.

In my body work practice I use many techniques to assist my clients in their healing process. Some of the techniques I employ are: raindrop therapy, auricular therapy, emotional release, reiki, integrated energy therapy, acupressure, acutonics (tuning forks), cranio sacral therapy, vita-flex reflexology, color therapy, therapeutic massage, healing stone massage, and various chair massage techniques. I also teach classes in yoga, breath work, and essential oils.

I have found that essential oils enhance the power of all the therapies that I use with my clients. I rarely have found a person who refuses them and more often than not they go home with a new tool to work with. Many have become distributors themselves and continued to grow and learn more about these special healing oils.

When I am working with someone who has had a trauma such as an auto accident, I may be using only oils and craniosacral work combined with some gentle effleurage. I trust my intuition to choose the combination of therapies that my client needs at that time. Sometimes it may be the higher frequency emotional oils that call to me for someone, especially in times of turmoil and change in a persons life. At other times I have seen accidents that trigger deep emotional issues that must be cleared before the physical healing can proceed. Some of the emotional oils I like to use are: Valor, Release, Joy, Acceptance, Frankincense, Lavender, Peace&Calming, Clarity, Dragon Time, Believe, Awaken, Harmony, Gratitude, Hope, Forgiveness, Trauma Life, Inner Child, Transformation, and Surrender. The names pretty much tell the story as to what you might use them for. There are times that I have had an oil “jump” out at me and I couldn’t tell you why. It is then that my Desk Reference for Essential Oils comes into play and it becomes quite clear why that oil was needed. Always trust your intuition when choosing oils, that’s the best advice I can give you. If you don’t think you have intuition – keep using the oils!!

Everyday can be a challenge. That is why I also take care of myself with oils using White Angelica to protect myself from negative energies that are often released in the process of a bodywork session. Any time you are working so closely within a persons energy field you can be zapped. It is an occupational hazard and grounding yourself is as essential as your oils. I also like Sacred Mountain and the oil Grounding if I feel a bit out of sorts after working on a tough case. The conifer oils like Spruce, ID Balsam Fir, White Fir, Pine, Sacred Mtn, Cedarwood and others that come from trees always seem to have a grounding effect. I like to think it’s because of those deep grounding roots!!

For my clients and my own sore muscles I have found that lavender and peppermint top my list. The combination of frankincense and ID balsam fir has got to be one of the best in my book. Marjoram, basil, black pepper, lemon, lemongrass, Aroma Siez, cypress, Relieve It, Pan Away, nutmeg, clove, pine, Roman Chamomile, spruce, M-grain, and Clarity are all good for muscle aches and pains. Experiment with different combinations. One of my instructors said that if it doesn’t work within 10 minutes try a different oil. I have to agree with this. The addition of a hot or cold compress can also do wonders. Castor oil compresses used along with essential oils is also something worth trying. (For more information on this contact me). Epson salts, baking soda, sea salts are all wonderful when combined with essential oils in a hot bath. Star has a great pamphlet with recipes for body care ideas. Use caution with peppermint and some of the “hot “ oils in your tub, some shouldn’t be used in that application. For best results always consult the users guide or EODR for safety and cautions. Most importantly USE the oils and experiment with them, get to know them, they are friends to be cherished along with all the great company of oils users out there. Here’s to happiness and health through Young Living!!!

If you are interested in more information about me and my therapies visit my website at www.janereckow.com. My Young Living site at www.janereckow.younglivingworld.com

I see clients in my home (St Cloud), at Stillpointe Natural Health in Sartell, HairCut Co. in St Cloud, and Lee and Friends in Clearwater. I also teach weekly yoga classes at Mind Body Spirit Yoga Studio in St Cloud. I will travel to teach oil classes and do home massage and spa parties. I can be reached by email : jane@janereckow.com or phone me 320-493-8494.