Immunological and psychological benefits of aromatherapy massage

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Abstract

This preliminary investigation compares peripheral blood cell counts including red blood cells (RBCs), white blood cells (WBCs), neutrophils, peripheral blood lymphocytes (PBLs), CD4+, CD8+ and CD16+ lymphocytes, CD4+/CD8+ ratio, hematocrit, humoral parameters including serum interferon-γ and interleukin-6, salivary secretory immunoglobulin A (IgA). Psychological measures including the State–Trait Anxiety Inventory (STAI) questionnaire and the Self-rating Depression Scale (SDS) between recipients (n = 11) of carrier oil massage and aromatherapy massage, which includes sweet almond oil, lavender oil, cypress oil and sweet marjoram oil. Though both STAI and SDS showed a significant reduction (P < 0.01) after treatment with aromatherapy and carrier massage, no difference between the aromatherapy and control massage was observed for STAI and SDS. Aromatherapy, in contrast to control massage, did not significantly reduce RBC count or hematocrit. However, aromatherapy massage showed a significant (P > 0.05) increase in PBLs, possibly due to an increase in CD8+ and CD16+ lymphocytes, which had significantly increased post-treatment (P < 0.01). Consequently, the CD4+/CD8+ ratio decreased significantly (P < 0.01). The paucity of such differences after carrier oil massage suggests that aromatherapy massage could be beneficial in disease states that require augmentation of CD8+ lymphocytes. While this study identifies the immunological benefits of aromatherapy massage, there is a need to validate the findings prospectively in a larger cohort of patients.
Benefits of Aromatherapy

When we speak of alternative medicine, aromatherapy is one of those which is widely used. Using scented oils and extracts is a widely used way of curing certain illnesses. A lot of people believe that it can ease their symptoms. But more than just being medicinal, it carries with it a lot of other benefits.

**Immunological and Psychological Benefits of Aromatherapy Massage**

Aromatherapy can also have immunological benefits. Essential oils can boost the immune system, making the body more resistant to illness. Furthermore, aromatherapy can have psychological benefits, improving mood and reducing stress.

**Massage**

Involving the sense of touch, massage can have a powerful effect on the body, both physically and emotionally. Essential oils can be added to the massage oil to enhance the benefits of the massage.

**Emotional Benefits of Aromatherapy**

Emotions and quality of life

Using essential oils for emotional benefit

The science behind aromatherapy and its emotional benefits

Natures Natural India Explains Benefits of Using Aromatherapy Essential Oils on Health

Healthcare.