



Utama Spice Presents Natural Solution To Fight Insomnia Through Essential Oils

May 30, 2019

May 30, 2019 - PRESSADVANTAGE -

Bali, Indonesia based Utama Spice is pleased to present their essential oils as a new and healthy alternative to generic pharmaceutical sleep aids.

Utama Spice asserts that their essential oils notably do not carry the same side effects that are often associated with more conventional sleep aids. The company continues to raise awareness regarding the benefits of essential oil products, especially when used to reduce the incidence of insomnia.

Ria Templer, a representative of Utama Spice, pointed out that generic insomnia medication is a rising concern among sufferers. She elaborated, "People treated with pharmaceutical medication to fight insomnia often suffer from a long list of terrible side effects. Their pursuit of a good night's sleep leaves them far from the normal life they wanted, due to their medication's side effects. Insomnia patients tend to endure the medication, because their healthcare professionals led them there were no other choices. We are offering natural alternatives and solutions to this condition that affects many thousands of people every night. These solutions have been studied by the National Institutes of Health so one need not worry about side effects, because there are none. and will not negatively affect the lives of those who suffer from this terrible

condition." The company's essential oil products function via the stimulation of smell receptors located in the nose, which transmit signals to the brain through the olfactory bulb (where information relevant to smells is processed). These signals are able to induce a feeling of relaxation throughout the brain, which puts the body at ease and allows the patient to rest.

Research has shown that essential oils can provide relief for disrupted sleep and improve sleep quality in adults. A study carried out in 2017 analysed the effects of aromatherapy on sleep quality and overall quality of life in women. Through the study, researchers found that a blend of sleep-promoting essential oils worked more effectively to improve both sleep quality and quality of life than most of the other options commonly used to treat these conditions. It was also proved that, even though some essential oils such as lavender, citrus, vanilla, and jasmine were effective in treating this condition, a blended oil was more effective than any other by itself.

Over the years, Utama Spice has done everything within their power to bring this solution to those suffering from insomnia. The company is always ready to guide customers through the process of adopting essential oils into their daily lives. For instance, in a recent press release titled "Utama Spice Reveals Five Ways That People Use Diffusers," the company elaborates on the use of essential oil diffusers and how they are integrated into existing user's homes. Utama Spice makes it a point to share their extensive knowledge to help reassure their customers of the safety of using this natural alternative.

The company has received a vast amount of support and appreciation from the community, who have expressed their gratitude across various review platforms. A satisfied customer shared his experience using Utama Spice's essential oils, saying, "At first, I didn't think essential oils would work, and I was really skeptical. A specialist from Utama Spice thoroughly explained to me how they work and, even though I remained skeptical, he managed to talk me into trying one. I found out that very same night that it definitely improved my sleep, just like the specialist said it would. I don't even have to deal with the side effects that my previous medication had, and I am feeling better than ever. I would recommend Utama Spice's essential oils to anyone who suffers from insomnia. Everything, from the staff that attends you at the Brawa store to the product that they sell, is pure excellence."

Those looking for more information regarding the company's products may contact Ria Templer of Utama Spice. Furthermore, customers may browse the full catalog of essential oil products online at the company's website, and follow Utama Spice on their social media platforms to stay in touch with the company's upcoming news and announcements.

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For more information about Utama Spice, contact the company here: Utama Spice Ria Templer +62 0361

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Utama Spice

Utama Spice is a traditional skincare company based in Ubud, Bali. We focus on applying ancient Balinese herbal knowledge to create products that not only enhance your skin's natural beauty but also provokes your mind to consider the raw power of nature.

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