



Integrative Medicine Uses Aromatherapy To Bring Alternatives To Conventional Medical Care

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Ubud, Bali based Utama Spice is delighted to announce that their products support the growing number of people looking for natural or organic alternatives to clinical medical care. A recent report has identified that many doctors are transitioning from conventional medical care into roles as integrative physicians, a fast growing practice arena. ?To support those who are seeking the best products to support patients looking to take charge of their health, we provide a full range of high quality products, available 24 hours a day for global shipping from our online shop, and our real world stores,? said Ria Templer, a representative for Utama Spice.

The recent landmark study was highlighted in Business Insider confirming why doctors are increasingly abandoning conventional practices for integrative medicine. It highlighted the top five factors for integrative medicine which includes treating root causes versus symptoms, treating the patient as a whole being, focusing on optimal health versus disease management, providing a personalized approach emphasizing the physician-patient relationship, and accounting for patient lifestyle and environment.

Those looking beyond conventional healthcare will find that integrative medicine also includes the use of

homeopathy and the use of essential oils. The rate at which people around the globe are looking to take charge of their family medical care is growing. These people are taking responsibility for their overall health and wellness across all areas of their life. Integrative medicine opens their minds to aromatherapy in general, as well as taking charge of finding satisfactory moments in day to day experiences. These individuals have been put off by the rising costs of clinical medical care, the perception of decreasing level of service quality, the difficulty in getting timely appointments, in addition to other factors.

For many, one facet of this individualized healthcare takes the form of using a diffuser with aromatherapy essential oils. This is far beyond the masking of odors with a room freshener or timed release of nice smells which change on a timed basis. Those looking for guidance on advice on how to use a diffuser can read a recent press release from Utama Spice in which Templer explains how essential oil diffusers provide a number of health benefits aside from being used for aesthetic and therapeutic purposes.

Essential oils from Utama Spice, a traditional skincare company based in Ubud, Bali, focus on applying ancient Balinese herbal knowledge to create 100% pure natural products which help people looking for the highest quality and purest products. Their team are highly experienced and follow the strict procedures which ensure the products and raw materials are checked at every stage, which guarantees the highest standard of quality control designed to prevent any cross contamination.

Through their web store, visitors can order Utama Spice's Aromatherapy booklet, which provides a practical guide to aromatherapy and essential oils. This valuable guide to the characteristics and uses for each of the essential oils is a handy reference for anyone looking to develop their knowledge of essential oils. It is no surprise that people are looking for alternatives to masking symptoms by popping more pills, many of which can have unacceptable side effects.

For example, the use of Bergamot oil has many benefits, including improving blood circulation and helping to maintain proper metabolic rates. It can also stimulate the secretion of hormones which lessen the feelings of pain without taking over-the-counter medications. It is credited with reducing stress, soothing nerves, and promoting relaxation. Bergamot has compounds which help reduce dark spots, acne scars, and blemishes. This is just one of the many essential oils offered by Utama Spice.

Those interested in learning more about essential oils are encouraged to look at the latest articles posted on the company's website. The website includes a section on the dangers of parabens, a class of chemicals used as preservatives in personal care products like facial cleansers, shampoos, moisturizers, lotions, and so on. Utama Spice invites anyone in Bali to visit their Sanur store, as well as their other Indonesia locations. They carry a full range of wellness products, including bath & body, face care, and a comprehensive aromatherapy range.

Customers looking for natural skin care products, including high quality essential oils and diffusers, offered by Utama Spice Bali may contact Ria Templer, or visit the company's website. Customers may also ask Utama Spice Bali questions through their Facebook page and find out more about their special offers by following the company on their social media platforms.

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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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