



## **Utama Spice Discusses Importance Of Aromatherapy In Relieving Anxiety**

*June 14, 2019*

June 14, 2019 - PRESSADVANTAGE -

Utama Spice in Bali, Indonesia, recently began sharing their expertise on the importance of using aromatherapy and essential oils to treat anxiety and other neuroses with their community. The company notes that many people are now using essential oils to fight anxiety, insomnia, and even depression in some cases.

The essential oils expert states that recent studies have shown positive results when treating anxiety with aromatherapy and essential oils. The studies reported almost immediate improvements in patients suffering these ailments, providing a completely natural relief alternative. Ria Templer, a representative of Utama Spice, said, "We have all been overcome by anxiety at some point in our lives. Everyone will agree that this is not something we find enjoyable, and it definitely is not something we want to experience on a daily basis, as is the case for those suffering from chronic anxiety. We seek to raise awareness about the use of essential oils as a natural alternative to the often-prescribed pharmaceutical medications used to treat anxiety?which frequently come with a long list of side effects."

New studies, published by specialists in the field, suggest that inhaling specific essential oil compounds can

affect the same parts of the brain as anti-anxiety drugs, only without impairing movement the way medicines similar to Valium can. These have been found to affect the brain by smell alone, without being absorbed into the bloodstream, which is yet another potential benefit for those worried about the side effects that essential oils can present.

Over the past few years, there has been an increase in the number of people that use and accept aromatherapy as a reliable alternative in treating certain ailments. More importantly, it an increasing segment of those who practice Aromatherapy have also found that they gain high levels of relief from their intransigent anxiety, worry, hopelessness, and similar neuroses. "People seek, in aromatherapy, the comfort and relaxation that they can't find in regular medicine anymore. Among those who decide to use this natural alternative, the common consensus is that they are tired of having to deal with the secondary effects that pharmaceuticals carries," says Templer. Utama Spice has made an effort to reach those in need, explaining how the latter can use an effective Essential Oil treatment to fight anxiety, worries, and hopelessness.

The specialists explain that the most effective oil to treat these neuroses, more specifically, anxiety, is the lavender plant. *Lavandula angustifolia* is a purple flowering plant with a fragrant scent. It is one of the most commonly used ingredients for essential oils, as it has been proven to have anti-inflammatory, muscle-relaxing, and anxiety-relieving properties. Several clinical trials suggest that aromatherapy with lavender oil can help reduce anxiety before surgery, and cosmetic procedures as well, during a stay in an intensive care unit.

Closely following the lavender as the second most effective and commonly used ingredient for essential oils is the lemon. An essential oil made from lemon rind or leaves has a rich citrus scent, and studies suggest that exposure to lemon oil may have an anxiety-relieving effect.

To ease the feelings of worry, Utama Spice refers to a study conducted in Taiwan which found the inhalation of bergamot *C. Aurantium* var. *bergamia* essential oil to be the most effective. It was determined that inhaling these compounds for as few as 10 minutes a day of weekly inhalation resulted in a significant reduction of blood pressure and heart rate, and drove autonomic nervous activity toward a balanced state. Utama Spice advises those who wish to learn more about this topic to read the article posted by Medical News Today.

This type of aromatherapy has helped countless patients who suffered from chronic anxiety, as well as other neuroses, sharing their expertise as guidance to help those in need towards a solution for their ailments. A customer of the aromatherapy experts shared his experience with the company, saying, "After using the essential oils that they recommended to me for a week, I began noticing some positive changes. It was nothing like using the medication I had been prescribed before, with which I feel like my anxiety is put on pause. I highly recommend their products, as they have helped me profoundly."

For more information regarding Utama Spice's products, one may contact Rita Templer. Interested parties may also visit the company's website, where a complete catalog of Utama Spice's products can be found.

###

For more information about Utama Spice, contact the company here: Utama Spice  
Rita Templer +62 0361 975051  
info@utamaspicebali.com  
Jl. Monkey Forest, Ubud, Kabupaten Gianyar, Bali 80571, Indonesia

## 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.*

Website: <https://utamaspicebali.com>

Email: [info@utamaspicebali.com](mailto:info@utamaspicebali.com)

Phone: +62 0361 975051

