



## **Utama Spice Discusses Natural Solution For Unmanageable Stress**

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Bali, Indonesia based Utama Spice recently presented a natural solution to help reduce work-related stress among the population: aromatherapy. Recent studies have shown that a growing percentage of the population is suffering from this ailment on a day-to-day basis.

This has prompted Utama Spice to increase their efforts to raise awareness of the fact that aromatherapy can be a natural solution to work-induced stress. The company's specialists said that aromatherapy has shown positive results when treating patients for stress. In most cases, after being exposed to essential oils and aromatherapy, the patient experienced an almost immediate improvement in their condition.

Ria Templer, a spokesperson of Utama Spice, elaborated that, "Living a stressful life can lead to physical diseases such as heart disease, stomach ulcers, and hypertension, among many other ailments. This means that work-induced stress will not only affect one's performance on the job, but it can also result in life-changing diseases. Our mission is to raise awareness about the use of essential oils as a natural alternative to regular pharmaceutical medicaments. A combination of essential oils can solve many ailments, including stress, without the secondary effects that regular medicaments carry."

Aromatherapy can achieve these results via the stimulation of the olfactory system. More specifically, a combination of essential oils can stimulate the smell receptors which transmit signals to the brain and are able to act on the hypothalamus, a part of the brain that influences the hormonal system.

"When you think of how your grandmother's house smelled when food was cooking, it lifts your mood," said the specialists. "Aromatherapy works in a similar way, using different scents to stimulate diverse responses in a person's body." Utama Spice said that an individual's response to the scent released by essential oils varies from one person to another, but a scent can affect their mood, metabolism, and stress levels, induce a sense of relaxation, and put a patient's body at ease. Recent studies have also suggested that aromatherapy may reduce pain and improve psychological health.

This means that what had once been used for recreation can now be more than just a passing pleasant experience. During the past few years, aromatherapy has been a relief for those feeling stressed out, or tired, as the scents can help lift a person's mood, and help them feel more calm and energized.

The Utama Spice specialists have encouraged the community to try this new alternative. In reference to the fact that one does not need a doctor's note to receive these treatments, the experts stated that aromatherapy can also be a more affordable alternative to regular medical treatments. Templer noted that, "Each year, more people search for natural alternatives, with aromatherapy leading the growing industry."

To help develop the acceptance of aromatherapy as a form of medication even further, Utama Spice has also recommended some of the scents that are commonly used to improve one's health or mood. The company affirmed, for instance, that many studies have proven that lavender-based essential oils are the most effective when treating stress, as it can improve mood and lessen anxiety.

The *Lavandula Angustifolia*, most commonly known as lavender, 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. "We recommend our customers to start by using lavender based essential oils. This is due to the fact that lavender is one of the few bases whose effect doesn't vary too much from one person to another," stated Utama Spice.

The company also recommends those suffering from work-related stress to complement their aromatherapy treatment with a form of meditation, acknowledging that this has been one of the most common stress-relief practices they have seen over the years. Many have found that, if consistently practiced each day, meditation eases the impact that stress can have on one's body. Utama Spice asserts that the combination of these two can deliver wonderful ease to a sufferer's body, soul, and spirit, gently ridding them of their stress.

For more information regarding aromatherapy, or any of the company's essential oil-based products, one may contact Ria Templer of Utama Spice. One may also visit the company's website, where a complete catalog of genuine Utama Spice products can be found.

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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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