



Utama Spice Publishes a Guide and Says to Wave Farewell To Work-Induced Stress

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Ubud, Bali based Utama Spice is excited to share that their range of essential oil products are perfect for those seeking therapeutic massage to reduce levels of work-induced stress. "We are delighted that our all natural products are being used by so many therapists and individuals looking to incorporate aromatherapy into their daily wellness regimes," said Ria Templer of Utama Spice.

Across many developed countries, complementary and alternative medicine is used by 70% to 80% of the population. One of the most popular treatments sought by cancer patients, according to one study, is aromatherapy massage. Those trying to relieve stress often find that an effective massage coupled with essential oils can help them cope with the demands at work and juggling responsibilities.

Work-induced stress can lead to anxiety for many people. While exercise is often recommended as a way to relieve any stress or anxiety, many find they are unable to maintain a workout regime. However, relaxation, combined with meditation or self massage to relieve stress, as a regular routine, can help many who suffer from work and other stress induced situations. Utama Spice has published a guide, which is available through their website, to help members of the public understand the applications and properties of each of their

essential oils so that they can select the ones which best suit their specific situation.

Some people find that using some essential oils with a diffuser can help them get more air while they sleep, allowing them to wake up more refreshed and more able to cope with the following day. A study found that lavender, chamomile, and neroli caused a marked improvement in the sleep quality of intensive care unit patients. Anyone can put this type of regime in place as part of their daily routines and benefit accordingly.

The company's recent feature on popular essential oils has helped to educate health enthusiasts who have been turning to essential oils as part of their wellness regime which also includes aromatherapy massage. Many have adjusted their routines to ensure that they take time to exercise, and use a combination of essential oils with a suitable carrier for a daily self-massage.

For those running aromatherapy businesses, there are several popular therapy options, including scalp massages, revitalizing massages, calming massages, detoxification massages, and digestive system boosting massages. Their customers often find their immediate needs may change over time, which is why therapists need to find products like those from Utama Spice which will be around for the long term and which produce 100% all natural, high quality products.

The company got its start in 1989 and since then has focused on applying ancient Balinese herbal knowledge to create products that are all natural and are of the highest quality and purest products available. Our priority is to preserve Bali's traditional herbal knowledge in the face of modern products containing potentially dangerous chemicals taking over the market, continued Templer.

Utama Spice invites supporters in Bali to visit their Brawa location, which is very close to Canggu Plaza. The Brawa shop recently received two 5-star reviews on Google and was praised for its great selection and informative staff. Customers have the option to bring in their own glass containers to top up on essential oils, which helps keep their recyclable packaging to a minimum.

All are also welcome to visit the company's many other Indonesia locations, which can be found through the Find a Store feature on their website. Most carry a full range of wellness products, including bath & body, face care, and a comprehensive aromatherapy range. Customers can also order directly from the website, and explore many skin products, gift baskets, and perfect combinations of essential oils to suit their needs. The company ships worldwide, and for those signing up for their newsletter, a 15% discount is offered for their first order.

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. They may also 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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