Studies Discover Link Between Massage Oil And Romance

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Studies have discovered that massage may be an underrated form of intimacy. Massage has been used since ancient times not only to soothe physical ailments, but also to create and nurture connections and intimacy among partners. Massage therapy has hard science on its side that shows that this form of touching is not only good for the muscles; it is also good for physical and mental health.

According to Dasher Keltner, Ph.D., "There have recently been a number of studies that have documented some amazing emotional and physical benefits that come from touching. The research suggests that touch is truly a fundamental aspect of human communication, bonding, and health."

A sensual massage is a connection of touch that may be intimate, yet not necessarily sexual. As can be seen from the studies, this can help a romantic relationship deepen and develop the bonds that keep people together and help overcome life's obstacles.

"This science of touch suggests that we're wired to connect with other people on a basic physical level," says Dasher Keltner.

"A massage can provide one of life's greatest joys and deepest comforts when shared with a loving partner," says Cheryl Ulrich of Pure Nature Botanicals in Santa Rosa, California. Pure Nature Botanicals is a health and beauty company providing a wide assortment of natural massage oils and other organic products.

"People don't always know how to massage each other, or the best ways to approach giving a romantic massage. One of the key factors in helping to give a good massage, and one that doesn't hurt their partner or irritate their skin, is to begin with a good massage oil. Massage oil provides a lubricant that allows hands to glide smoothly and easily over the skin," states Cheryl.

An additional effect of organic massage oil is that it provides good "glide" and absorbs well into the skin, leaving skin feeling soft and nourished.

Pure Nature Botanicals provides organic massage oils that are manufactured from all natural ingredients, which eliminate worries of possible skin irritation from certain chemicals. The company offers a wide selection of organic oils, designed to make giving and receiving massages more enjoyable for both parties.

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Pure Nature Botanicals

Pure Nature Botanical carries high quality natural skincare and massage products. They consult with professional bodywork therapists to formulate massage oils that perform well on the job while also nourishing the skin.

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