

Did you know?

Although the term **Massage** is used liberally today, the Art of Massaging dates back over 4000 years. The Egyptians and the Chinese have been regarded as the originators of the massage. Indians, Greeks and Romans are all reported to have used massaging as a healing and medicinal practice. Hippocrates, regarded as "The father of medicine" is reported to have changed the methodology behind massaging. Before Hippocrates, it was common to use massage as means to expel evil spirits and disease by using swiping motions away from the core of the body. Conversely, Hippocrates, around 350 B.C., stressed that massaging towards the core of the body, or heart was, indeed, practical to eliminate waste products from the rest of the body. In fact, Hippocrates wrote "For rubbing can bind a joint that is too loose, and loosen a joint that is too rigid. It is, thus, due to Hippocrates that many forms of modern massaging techniques exist. A number of traditional massaging techniques are still practiced to this day.



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Uttati

Massage
Blends

RELAXATION.HEALTH.RELIEF



Massage Blends

Our exotic massage blends have been created for professional massage therapists, but made to be affordable for any user interested in quality oils. Stated simply, our massage blends give the results that you expect.

Massage Blends Medical research has proven that massage therapy can alleviate not only anxiety and pain, but can strengthen the immune system, can reduce high blood pressure, and can quicken rehabilitation from injuries – just to name a few. With plenty of proven studies, massage therapy has exponentially grown in popularity recently. For instance, it is said that 39 million adults get massages in America every year, according to the American Massage Therapy Association (AMTA). So what are you waiting for? Join them and see the results for yourself.

Our massage blends have been purposely created with the intent to be mixed with Uttati's corresponding base oils. These light oils are designed to be fused with our variety of base oils to ensure the user's specific and desired needs. Our wide assortment of massage blends have all been created for different purposes, such as, deep relaxation, energy enhancing, and stress and anxiety relief, to name a few.

Again, as massage has been around for thousands of years for all types of healing purposes, Uttati offers a wide variety of tested oils to meet your specific needs. We take the time to ensure that this age-tested practice is continued with precision today. You don't need to continue to lead a stressful and anxious life. Treat yourself, your lover or your clients today to a massage using with only the best exotic massage blends available.



Balancing

This massage oil has been designed to re-connect the harmonic balance between the physical and the emotional. Balancing aids in relaxing the individual physically, which in turn loosens any emotional stress in the user. This brings a harmonic balance to the energy centers of the body and balances the right and left sides of the brain. This oil helps the user feel like their usual self by bringing the emotional and physical elements of the body back into accord with each other and, thus, promotes wellbeing.

DEEP RELAXATION

This massage oil deeply penetrates the tissues for powerful response. Deep Relaxation is ideal for deep tissue massages as it aids in increasing blood flow throughout the body. It also re-oxidizes the body and releases toxins created by physical exertion from exhaustion and pent-up stress. It will bring you back to your normal relaxed self while promoting deep sleep and gentle dreaming. Lavender, Orange, Frankincense and Sandalwood oils add their soothing and calming effects to this complex synergy of 13 oils.

EMOTIONAL RELEASE

Using subtle energies and gentle oil, this blend has been created to assist in the release of emotional distress and tension. Emotional Release is perfect for any emotional challenge you have endured as it relaxes the user's body and mind. You might have more emotional stress than you are aware of, and, consequently, your body is holding tension, which needs to be released. If you lead a stressfilled life or have a lot on your mind, Emotional Release will help you relax and will bring you back to your usual self. The mystical energy of Lotus Oil provides the cornerstone of this remarkable blend.

ENERGY BOOSTER

This titillating massage oil helps to rejuvenate tired and stressed users by rousing sore muscles. Its subtle energies stimulates the body physically while in turn enhances mental alertness. This massage oil helps you to be productive once again by releasing physical tension. If stress has you exhausted and feeling lethargic, then try Energy Booster to help get that hop back in your step. Excellent for an energizing massage. Peppermint in combination with citrus oils provide stimulating effects.

QUIET MIND

Stills mental chatter. Creates a sense of calmness and clarity. When you have a lot on your mind, this is just what you need. Quiet Mind is a massage oil that brings the user back to a level of calmness and serenity that has been clouded by overworking and sleepless nights. Sometimes our minds are overworked and we forget that we need to not only relax our bodies, but our minds. Find that level of relaxation that you miss, try Quiet Mind massage oils.

RELAXATION

This gentle massage oil has a lighter effect than Deep Relaxation as it offers a soothing and gentle detoxifying experience. During periods of stressful times, our bodies continue to strain, which directly affect our moods and productivity. If you are suffering from fatigue and have had trouble trying to concentrate or sleep, then try Relaxation to gently calm your mind and body simultaneously. Orange, lavender, frankincense, and sandalwood promote relaxation and detoxifying effects for the release of fatigue.

STRESS RELEASE

Calm, Relaxed, Stress-free. This massage oil promotes all three as its subtle vibrations quickly release nervous tension and stress. Stress Relief is just right for you if your mind has become clouded with anxiety. Clear the clouds and feel like you should: calm, relaxed, and stress free.



TONING

This massage oil is ideal for strengthening the body back to its normal and healthy state. Perfect for any injuries, this oil is ideal for therapeutic massages as it rejuvenates the body's hard-worked muscles. Toning is also useful for detoxifying the body of toxins as it is worked into tense and sore areas of the body. Toning can also be used to sooth the process of pregnancy in order to ease and relax the strained mother. Provides overall strengthening to the body and specifically to muscle systems. Oxygenates and detoxifies

Tranquil

A formula for modern times. It helps coping with stress and the negative effects of high pressures of life on our internal systems. High intake of caffeine and sugar squeeze more energy out of our adrenal glands. This formula of 32 essential oils provides an arsenal of defenses that our bodies can use to stay strong, balanced, in harmony and tranquility. As our lives never slow down, Tranquil helps deliver the user back to a state of relaxation and utter tranquility. With pressure and high expectations as a constant in our busy lives, stress and anxiety quickly build up leaving us sleepless and exhausted. Tranquil helps to release tension and bring the user back to a clear and peaceful state.

(Oils include: Basil, Bergamot, Birch, Chamomile Roman, Clary Sage, Clove Buds, Cypress, Frankincense, Geranium, and Grapefruit. Jasmine, Lavender, Lemon, Lemongrass, Marjoram, Melissa, Neroli Nutmeg, Patchouli, peppermint, Pine, Rose Damascena, Rosewood, Sandalwood, Spruce, Tangerine, Vetiver, Ylang-Ylang,)





MASSAGE THERAPY as a THERAPEUTIC DISCIPLINE

As an Art of Healing, massage therapy in its various forms (At least 28 different massage therapy systems and methods are recognized Globally) Although massage can be loosely defined as the process of manipulation of muscles and connective tissue to enhance the function of these tissues and promote relaxation and well being. More specifically massage therapy is defined by the American Heritage Medical Dictionary as "The systematic application of massage to treat muscle pain or dysfunction". As an art of healing, massage therapy in its various forms has been tested through the ages to treat various illnesses and sicknesses. Overall, massage therapy has been lauded for its ability to alleviate mainly physical tension and stiffness, but also to quell mental and emotional ailments. A key advantage of massage therapy is its ability to relax the subject, releasing tension and strain in our bodies. Due to tension, the body creates toxins which can directly affect one's mood, fatigue, aches, pains and stiffness. But through massaging, an increase in blood flow and circulation eliminates harmful toxins, stiffness and stress in the subject.

Single Oils for Massage Therapy

- Angelica Root
- Arnica
- Benzoin
- Bergamot
- Birch
- Calamus
- Carrot seed
- Cedarwood Atlas
- Cedarwood Himalaya
- Chamomile Roman
- Cistus
- Clary Sage
- Coriander Herb
- Coriander Seed
- Cypress
- Cypress Sempervirens
- Elemi
- Eucalyptus Camaldule
- Eucalyptus Citriado
- Eucalyptus Crypton
- Eucalyptus Dives
- Eucalyptus Globulus
- Egy
- Eucalyptus Globulus
- Aust Eucalyptus Olica
- Eucalyptus Pilulari
- Eucalyptus Polybracte
- Eucalyptus Radiata
- Eucalyptus Smithii
- Eucalyptus Stagerian
- Frankincense
- Frankincense Ancie nt
- Frankincense Freriana
- Geranium
- Grapefruit Pink
- Grapefruit White
- Helichrysum Gymnoc
- Helichrysum (Italicum)
- Jasmine
- Jasmine Grandiflorum
- Jasmine Sambac
- Juniper Alpine
- Juniper Berry
- Lavender (Egypt)
- Lavender (Angustifolia)
- Lavender Dentata
- Lavender French
- Lavender Luisieri
- Lavender Maillette
- Lavender Marie (S.AF)
- Lavender Spike
- Lavender Stoecha
- Lemon
- Lime
- Mimosa
- Mint
- Myrtle
- Neroli
- Nutmeg
- Orange
- Patchouli
- Petit Grain
- Petit Grain Lemon
- Petit Grain Mandarin
- Rose
- Rose D
- Rose De Mai
- Rose Radouga
- Rosewood
- Sandalwood
- Sandalwood Aust
- Tangerine
- Tarragon
- Tonka Beans
- Tuberose
- Verbena Lemon
- Yarrow
- Ylang Ylang
- Zdravetz

Why should someone get a Massage Therapy?

There are many sound reasons to get a therapeutic massage, namely for its proven health benefits such as better blood and lymph circulation, but also to relax tense muscles and relieve stress. But for professional proof of the benefits of therapeutic massage, Tiffany Field Ph.D. Founder of the Touch Research Institute at the University of Miami's School of Medicine, said "These Benefits" put massage in the same category with proper diet and exercise as something that helps maintain overall health. Massage therapy has come a long way in its professional reputation and has been backed by physicians as a method to ease pain in cancer patients, an effective aid in quitting smoking, and bringing a sense of well-being and happiness to its users.

Why should we use Uttati's Essential oils for our Massage Therapy?

In short , it is Uttati's mandate to ensure only the highest grade of quality to satisfy our users highly held expectations .Uttati goes the extra step past competitors to ensure that our products do what they have been designed for. We take time to source out the most effective and beneficial oils and ingredients.

So why Use Uttati's Oils? Because Uttati keeps the users in mind - Guaranteed

Thank you!

