



We've Moved

Vscentials is now located in the historic Exchange Hall, 8 School Street, Acton, MA 01720



Vscentials is settling in beautifully at Exchange Hall in South Acton. The energy is positively inspiring to my very satisfied clients who are thrilled with the elegance and convenience of our new home. I can almost hear the echoes of Thoreau throughout the bright elevated ceilings as I create soulful aromatic formulas in this historic building.

My Essence Organ has finally found a deserving home nestled in a beautiful wooden structure that, with a little redesigning, looks as though it were specially built for the grand purpose of alchemy. It anchors the treatment room as an altar dedicated to healing service. We are open and ready for olfactory tours, and I am anxious to share it with all of you.

The Essence Organ will also prove to be an extremely valuable resource in our "Come to Your Senses" seminar that will kick off the coming New Year. We will be indulging and deeply exploring all of the senses as a pathway to joy, vibrant health, and wholeness. We will be sharing juicy details about the seminar soon, so be on the look out! Meanwhile, we are busy getting ready for our Fall Open House series where we will be offering complimentary gifts, exotic teas, luxurious demos, and more. See you there!!!

Shiatsu Seminar Sold Out

The nine week Shiatsu seminar, taught by Master Practitioner, Robert Canty, immediately sold out, and has begun with tremendous success in our Victorian Room, where we are finding it to be as comforting as a warm cocoon. We are so very grateful for Bobby and his true wisdom and compassion. His spiritual enrichment and heart centered insights are a rare treasure.

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**Vscentials Complementary
Health Care & Massage Therapy**
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Striving to Nourish, Heal &
Indulge the Whole Person

Vscentials Learning Corner

This month's topic:

Aromatherapy

Aromatherapy is the systematic use of essential oils derived from what are known in the chemical world as "volatile" plant materials. In the aromatherapy world, volatile does not mean unstable or dangerous, it simply means that these materials have a high vapor pressure at room temperature allowing the beneficial properties to be extracted. These carefully-crafted essential oils are used to balance the Body, Mind and Spirit as well as for the treatment and prevention of disease.

Aromatherapy is a type of complementary therapy intended to address the whole person and not just the symptom or disease by aiding the body's natural ability to balance, normalize, heal and maintain itself.

Essential oils are made up of tiny aromatic molecules that are easily absorbed through the skin, or easily breathed in through the lungs. These therapeutic elements next enter the bloodstream by which they are carried around the body where they can distribute their valuable healing powers. Because of their high concentration, only a small measure of essential oil is necessary to bring about results.

When using high quality essential oils properly, the gentle combination of beautiful aromas, massage, aromatic baths and other treatments all work to regulate, equilibrate, heal and maintain your entire being by working with nature, and not against it.



OPEN HOUSE!
October 20 – November 17
Thursday Evenings
5 pm – 8:30 pm

Open to the Public
Come and breathe in the
relaxation and rejuvenation.
Enjoy a free gift, sip some
herbal tea, and discover
what we are all about.
FREE sample Reflexology
and Chair Massage
Demos on a 1st come,
1st served basis

Meet Our Expanded Team

Tom Bender, Massage Therapist

Tom is a dedicated family man, entrepreneur and bio-energetic massage therapist specializing in deep tissue and Swedish massage.

Julie Amriti Duffy, Massage Therapist

Julie Amriti Duffy is a masters level expressive arts therapist and a licensed massage therapist. She worked for many years for RAW ART WORKS Inc a non profit arts organization serving youth at risk, elders and women in recovery of addiction.

Now accepting appointments. Please visit our website. www.Vscentials.com, or call us at 978 621-4820 for more information or to book an appointment.

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