

Aromatherapy Massage for Treating Back Pain

Backache and back pain can be debilitating, as well as life-affecting. There are many different varieties of back pain, from upper and lower back pain, to chronic back pain. The term chronic back pain is used to describe pain that continues every day and endures for more than two weeks.

Back pain can be the result of sleeping in the wrong position or on a mattress that is not adequately supporting your weight. It may also result from being overweight. As a person becomes overweight they tend to accumulate abdominal fat. When this occurs, it can misalign the posture and balance, requiring the back to compensate for the difference. This can result in severe back pain. Other contributing factors in the development of back pain include wearing improper shoes or very high heels, poor posture, not standing up straight, or straining your back as a result of picking up or carrying an object that was too heavy to lift. Additionally, some jobs require an undue amount of strain to be placed upon the back. For people in these types of jobs, it is important to wear a back brace or safety belt to protect their backs from suffering damage.

Pregnancy is another factor that can cause severe back pain. A pregnant woman's growing and expanding uterus can result in back pain and discomfort. She may even find it nearly impossible to get an uninterrupted night's rest without tossing and turning. A good remedy for this is the use of a body pillow. The pregnant woman should sleep on her side holding the pillow. By keeping one leg on top of and across the pillow, she will alleviate pressure from her back, eliminating back pain and tension.

Aromatherapy massage can be a wonderful tool for the treatment of chronic back pain. There are many natural essential plant oils containing wonderful healing properties that, when massaged into the skin, will relieve pressure and pain at the cellular level. Heating the massage oil is also exceptionally effective and feels wonderful. It is important that if you feel any strong pain, you should cease the massage at once. Also, if you are pregnant, it is vital that you read all safety precautions on the label to make sure that you do not use any essential oils that can subject the baby to harm or danger.

A great massage oil for back pain and ailments may be created by combining two drops of Eucalyptus oil and two drops of Lavender oil with 1 drop of Lemon oil. Take this blend and combine it with 1 ounce carrier oil, such as jojoba oil. You can derive even greater benefit by heating your massage oil prior to using it. It can be heated by putting the oil in an amber-colored jar and placing it in a bowl of hot water. Do not microwave it, this can cause the oil to become too hot and result in burning the person receiving the massage. By treating back pain with massage and aromatherapy, you may be able to successfully manage and treat back pain at its source.