

Knotted Upper Back and Neck – Simple Relief is on its way!

Sleeping wrong, kinked neck, bumping your head, crawling under furniture or automobiles, painting the ceiling? Maybe you have been spending hours at your desk or computer doing taxes or other bookkeeping duties. Or if you are a student you might be working on research, studying for exams or reading.

All of these activities and others can give you a lot of tension in your neck and muscles of your upper back. The more tense you are the worse it can become. The tension can get to the point that you develop actual pains in the neck and back muscles. Eventually this could even give you a headache.

So what can you do to help give you a little relief from all that neck and muscle tension?

Well, a great massage would help, but many of us don't have the time to run to our massage therapist (oh, wouldn't that be great if we could though?).

[Peppermint and Rosemary](#) to the rescue! A simple blend of [Peppermint and Rosemary](#) mixed with any carrier oil ([Sweet Almond](#) is great as is [Sunflower](#)). Simply put 2-3 drops of each into 1 tablespoon of carrier oil. Blend then use for massage. Massaging into the back of the neck and down on to the upper back and shoulders will be most welcome. For self massage, don't forget to massage your forehead and temple area too.

Both of these essential oils have great penetrating and heating (or cooling) properties and even with a slight back rub by your own two hands will help to relieve the tension. After a few minutes the tension you have developed will begin to ease and you will feel better.

If you can rest for a few minutes after you have applied this simple blend and give it a little while to work, you'll feel the tension release. Even the smell of these two essential oils smell good and can make you feel more at ease. [Peppermint](#) is energizing and [Rosemary](#) can help your memory and concentration. Wow! More pluses to help you as you continue your studies or work.

This blend can be applied as often as desired. Normally, you won't need to apply it more often than every 3-4 hours. Before you know it, the tension will be gone.

Hope you feel better soon! Oh yeah – now it's back to doing the bookkeeping for tax preparation for me!

PS. We have [Peppermint and Rosemary](#) made up in an easy to use [Roll-on applicator](#). We have many other [massage blends](#) that we will make "Fresh for You" when you place an order. They all work great on tight, sore and painful muscles. If Peppermint and Rosemary don't work for you please, try one of our [massage blends](#), some of those are available as [Roll-ons](#) too.

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Aromatherapy Tip of the Week

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