

Tension in the Neck

Sleeping wrong, kinked neck, bumping your head, crawling under furniture or automobiles, painting the ceiling? Any of these activities and more, can give you a lot of tension in your neck and muscles of your upper back. Sometimes to the point that you can develop a pain in the neck and back muscles. Eventually this can 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?) .

A simple blend of Peppermint and Rosemary mixed with any carrier oil and massaged into the back of the neck and down on to the upper back and shoulders will be most welcome.

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 you have developed will feel good.

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.

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

Hope you feel better soon!