

The Aroma Coterie



The Aroma Coterie is a total mind, body and soul experience. Using bespoke aromatherapy products and services designed to achieve your optimal health goals and incorporating the power of mindfulness, massage and meditation, you will be rewarded with a renewed sense of wellbeing.

Aromatherapy uses the sense of smell to create positive psychological, physical and emotional benefits with the diffusion or application of essential oils. Julie uses essential oils during massage and meditations to create a relaxing, uplifting and rejuvenating experience.

Holistic Aromatherapy consultations are designed to provide you with treatments that include: immune defence, general health and wellbeing support.

Aroma-Massage – this ‘signature’ practice is aimed at gently guiding you to stay in the present moment, away from the busyness of everyday life and distractions. The gentle pressure allows your muscles to ease into relaxation. The calming and uplifting aromas, selected specially for your unique situation, will restore feelings of wellbeing allowing your mind, body and soul to rejuvenate at a cellular level.

Meditation: Julie’s guided meditations will empower you to gain inner peace and include practical strategies to incorporate into everyday life.

- Reduced stress and anxiety
- Increase positive self awareness
- Improved focus and concentration
- Amplify compassion toward yourself and others

A coterie - is a circle of friends with like-minded interests.