

Abby Yoga Studio Introduces Aromatherapy Lymphatic Massage for Holistic Wellness

Combining the power of essential oils and lymphatic massage to promote holistic health and wellness

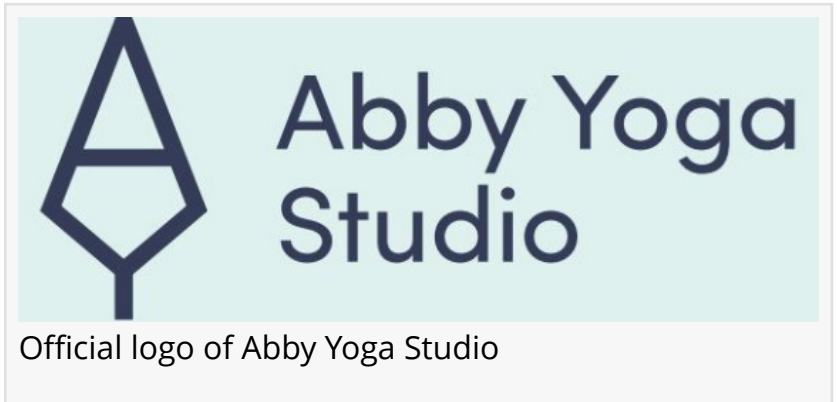
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[/EINPresswire.com/](https://EINPresswire.com/) -- Abby Yoga

Studio, renowned for its therapeutic yoga services, is expanding its offerings

to include [Aromatherapy Lymphatic](#)

[Massage](#). Eileen Millar, the owner and lead instructor of the studio, is also a certified aromatherapist and lymphatic massage therapist with over 18 years of experience. This new service aims to provide holistic health solutions for both students and the local community.



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Lymphatic massage effectively supports the body's detoxification process. Incorporating essential oils enhances these effects, promoting better health and well-being for our clients.”

Eileen Millar, Owner and Lead Instructor, Abby Yoga Studio.

Eileen Millar completed her aromatherapy and European lymphatic massage certification at the BC Institute of Holistic Studies in 2006. Since then, she has been dedicated to using natural and effective methods to improve overall wellness. The introduction of this service complements the existing yoga therapy provided at Abby Yoga Studio, creating a comprehensive wellness hub in Abbotsford.

The Benefits of Aromatherapy Lymphatic Massage
Lymphatic massage, known for its ability to improve lymph flow and eliminate excess fluids and toxins from the body, is further enhanced with the use of essential oils.

According to Eileen, the combination of specialized massage techniques and therapeutic oils can provide significant health benefits such as improved immune function, reduced inflammation, and detoxification.

“Lymphatic massage is one of the most effective ways to support the body's natural detoxification process,” says Eileen. “By incorporating essential oils, we can enhance these effects, promoting better health and well-being for our clients.”

This massage therapy can be especially helpful for those recovering from infections, injuries, or surgeries. The anti-inflammatory, antifungal, and antiseptic properties of essential oils make it a popular choice during flu season and times when the immune system needs extra support.

Aromatherapy and Essential Oils

Essential oils play a critical role in the body's production of hormones, vitamins, and energy. Unlike synthetic chemicals, which can accumulate in the body, essential oils are naturally eliminated through processes such as exhalation and perspiration. This natural interaction makes aromatherapy lymphatic massage a preferred option for those seeking a non-invasive, holistic approach to health.

"Many of our clients come in for regular lymphatic massage to maintain their overall wellness," Eileen adds. "It's not just a treatment for specific conditions but can be part of a healthy lifestyle."

A Holistic Approach to Health at Abby Yoga Studio

By offering Aromatherapy Lymphatic Massage, Abby Yoga Studio solidifies its position as a leader in [holistic wellness](#) in the Abbotsford area. The studio's focus on therapeutic services, including Iyengar yoga and lymphatic massage, provides clients with a wide range of health benefits, making it a one-stop center for wellness.

Located at 2545 McCallum Rd, Unit 103, Abbotsford, BC V2S 3R1, Abby Yoga Studio is committed to helping individuals achieve better health through natural and therapeutic practices.

For more information or to book a session, visit their website at Abby Yoga Studio or Aromatherapy Lymphatic Massage.

Contact: Eileen Millar

<https://abbotsford-yoga-studio.com/eileens-yoga-studio-contact-form>

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Abby Yoga Studio

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