

World Congress on Complementary and Alternative Medicine

December 02-03, 2019 | Dubai, UAE

Angles touch: The most anti stress massage ever

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Angels touch is characterized by softness, gentility, healing and, most importantly, it can be used in every delicate circumstance a client or patient finds himself in. It works great with those who are usually deprived of massage or touch, except for often harsh professional touch of a physician's hand or diagnostic instruments.

Angels touch is highly suggested in the event of different injuries, all types of carcinoma, terminal diseases, convalescence, pregnancy, as well as with small babies, newborns or elderly people, all the way to final moments of a person's life. In this way, people who are usually excluded from the system by formal masseur are provided with a significant tension release as well as a quality recovering or departure.

Learning *Angels touch* does not require knowledge like anatomy and physiology. It is based on a natural touch, like the mother's touch. Every mother knows how to soothe her baby, even without school or learning. It is an innate knowledge. The gentle touch in the technique *Angels touch* has as a result an increased emission of endorphin, serotonin, oxytocin and dopamine. The result is calming and soothing for the client, deep relaxation, pain reduction and emotions of peace and calm. The technique is performed with natural aroma oils in a relaxing environment.

After 10 years of teaching this technique to thousands of students on the Croatian Aroma Academy, now I teach it to therapists in luxury wellness centers in Croatia and Slovenia, as a part of tailor-made education.

Biography

Mara Doljak studied at the Faculty of Pharmacy and Biochemistry, University of Zagreb. The Faculty of Pharmacy was a combination of serious knowledge and skills within an intricate system of moral values. At that time, the need to offer proper medicine to patients was far stronger than marketing schemes we see today. Between the lines we thus received another dimension of upbringing, relationship towards values, the absence of elitism. I graduated in 1980. During the graduation ceremony I was supposed to read Hippocratic Oath in public, in front of hundred students, in Latin and Croatian. Later, it was the Hippocratic Oath, the moral backbone of healthcare professionals, that became my own basis in further professional life.

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