

# In Essence

Journal of the International Federation of Professional Aromatherapists

**Aromatherapy and the  
medicine of the soul**

**Essential oil myths**

**Aroma care and  
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# Editor's letter

## Summer 2015



**O**n a hazy summer's day in a scented garden you can almost see the fragrance. That's a thought expressed more lyrically by the poet Robert Bridges who wrote: "I know that if odour were visible as colour is, I'd see the summer garden aureoled in rainbow clouds." Whatever you're doing this holiday season we wish you rest, relaxation and restoration for both body and spirit.

Our opening article in this edition (page 9) focuses on harnessing the power of essential oils to bring wholeness to people stressed beyond endurance. It's a report by Gill Hawkins on what she learnt at an inspiring study day *Aromatherapy and the Medicine of the Soul* led by the American healer-psychiatrist Dr Florian Birkmayer who uses aromatherapy to treat individuals with post-traumatic stress disorder.

Healing souls is also relevant to Takiko Ando's article on page 15. In her latest report from the Cocoro charity she explains why, five years on from the Japanese tsunami and earthquake, aromatherapy care for the disaster victims is still important. She also highlights a new Cocoro project in which local people are being taught aromatherapy massage within a new mental health care model "local people heal local people."

On page 19 the theme of well-being is taken up by Hannah Boot as she reports on a study she carried out to discover whether aromatherapy can have a positive effect on people with rheumatoid arthritis. In our last edition Hannah described a literature search she had carried out with the same aims and in the small-scale study described in her article she set out to find her own evidence.

The new IFPA Council, elected at the 2015 Annual General Meeting, is now hard at work planning immediate and long-term priorities for the Federation. If you could not attend the AGM you can find a report on the day and all the Chairs' reports on page 24.

On page 22 Sue Jenkins provides practical advice on how to distinguish between the benefits and the potential hazards of various essential oils. She explores some traditional myths and highlights the importance of knowing your oils and having a comprehensive understanding of their chemical components.

If you like to make and sell your own aromatherapy products make sure you read Ray Gransby's advice (page 30) about regulations you need to comply with. In this third article in his 'regulations' series Ray focuses on the General Product Safety Regulation.

Pat Herbert

Pat Herbert Editor



Aromatherapist Gill Hawkins has been involved with elderly care and supporting carers and has

also worked as a volunteer therapist both at St Christopher's Hospice and for Marie Curie Cancer carers. In this issue she shares what she learnt at an inspiring seminar focusing on the use of aromatherapy for post-traumatic stress disorder.



Takiko Ando is the founder of the Cocoro charity, set up in 2011 after the tsunami and

earthquake in Japan. The charity offers mental healthcare and support to disaster victims by providing aromatherapy and massage treatments. In this issue Takiko reports on the continuing need for aromacare and support.



Ray Gransby is a regular contributor to *In Essence*, advising on legislative developments

affecting the essential oil trade and the aromatherapy profession. In this edition he focuses on the implications of the General Safety Product Regulation for aromatherapy practitioners who make and market their own products.



Cover photograph: Lime blossom in June. Miriam Guterland. [http://commons.wikimedia.org/wiki/File:Duftende\\_Linden\\_Berlin\\_Mitte.JPG](http://commons.wikimedia.org/wiki/File:Duftende_Linden_Berlin_Mitte.JPG)

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The IFPA's 2015 Annual General Meeting on 9 May – see page 24



## LETTER FROM THE CHAIR



It was a great pleasure to meet members, some of whom had travelled long distances, at the IFPA's 2015 Annual General Meeting (AGM)

held on 9 May. It was a relaxed, enjoyable event with members raising lively questions and demonstrating a real affection for the IFPA.

Members' contributions also highlighted interesting points for discussion and imaginative ideas on how we might take the Federation forward, especially with regard to raising the IFPA's profile and increasing membership. (For AGM reports see page 24.)

Those attending the AGM were very understanding of the difficulties the Council has experienced over the past few months and very supportive of its plans for the future. One plan that, unfortunately, encountered a number of unforeseen problems, is our new website which, by the time you read this edition, we hope to have successfully launched.

At the AGM we had a sneak preview of the new-look website and were impressed with its attractive design and enhanced features. We are very grateful to Council member Judith Howie who has worked hard with the designers to create exactly the kind of site the IFPA now needs to raise its profile, both with potential members and the general public.

As you will note from the Conference Chair's report (page 26), the Council reluctantly took the decision to cancel the conference planned for

Newcastle in June. We are very sorry to have disappointed members who planned to attend, especially those who had already booked accommodation and travel, and would like to assure you that this decision was not made lightly. However, the event did not attract sufficient bookings to make it a viable proposition this year.

The new Council plans to review the kind of events that members would support in future and would be grateful for your feedback for future planning. If you usually go to conference but did not book this year, we would be pleased to hear why that was (see list opposite for Council members' contact details).

As you may know, we have had some recent changes in the IFPA office. Our new Customer Care Officer Debbie Moore is a qualified aromatherapist who, before joining us, was Vice Principal of the Penny Price Academy for many years. Debbie and her part-time team of two Customer Care assistants, Kerry Trundle and Sophie Bonnin Ward, have settled in to the office very well.

I would also like to take this opportunity to express my thanks to the new Council for all their help and support. I am very pleased to report that we now have a strong, dedicated team to take the IFPA forward. We have also been pleased to welcome back Sandra Quinn Smith on a one-day per week basis to manage the IFPA's accounts.

All the Council members wish you a very enjoyable summer.

**Sue Charles**  
**Chair, IFPA Council**

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The Council members listed were elected at the IFPA Annual General Meeting held on 9 May 2015. You can contact the IFPA Council via the office (details on page 3).

## Can you help promote the IFPA?

At the IFPA's 2015 Annual General Meeting members discussed ways to promote the Federation and increase membership. One suggestion was that IFPA members (individuals or regional groups) might contact their local Colleges of Further Education offering to talk to aromatherapy students about their own work and that of the IFPA.

It was also suggested that established IFPA members might be willing to mentor new, less-experienced members. If you would like to help raise the IFPA's profile in either of these ways please let Debbie Moore in the IFPA office know (contact details on p3).

## Visit the Chelsea Physic Garden this summer

If you're planning summer days out why not visit the Chelsea Physic Garden in SW London?

Established as the Apothecaries' Garden in 1673, it is London's oldest botanical garden, featuring among its collections a Garden of Medicinal Plants, a Pharmaceutical Garden and a

Garden of World Medicine.

This summer's learning programme at Chelsea Physic includes *Plant Remedies for Summer* on 24 June, with practical demonstrations and the chance to make some remedies, and *Perfumes from Plants* on 16 July. Full details at [www.chelseaphysicgarden.co.uk](http://www.chelseaphysicgarden.co.uk)

## Beneficial effects of bergamot

Forty-one women participated in a study carried out at the Kyoto Prefectural University of Medicine, Japan to find evidence for the benefits of bergamot essential oil inhalation (endocrinological, physiological and psychological). Volunteers were exposed to three experimental setups - rest (R), rest + water vapour (RW), rest + water vapour + bergamot essential oil (RWB) - for 15 minutes each. After each setup, saliva samples were collected and the volunteers rested for 10 minutes.

Subsequently, the women completed the Profile of Mood States, State-Trait Anxiety Inventory, and Fatigue Self-Check List. High-frequency (HF) heart rate values, an indicator for parasympathetic nervous system activity, were calculated from heart rate variability values measured during both the experiment and rest periods.

Analysis of salivary cortisol (CS)



levels showed those of R, RW, and RWB to be significantly distinct. In the subsequent multiple comparison test, the CS value of RWB was significantly lower

when compared to the R setup. When comparing the HF values of the RWB setup during the rest period to those of RW, this parameter was significantly increased in the RWB setup for which scores for negative emotions and fatigue were also improved.

The results, say the researchers, showed that bergamot essential oil inhaled with water vapour exerts psychological and physiological effects in a relatively short time. Free access to full report at [www.ncbi.nlm.nih.gov/pmc/articles/PMC2582440](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2582440)

## Aromasticks for stress relief

In a study carried out by RECON - Research and Consulting in Freiburg, Germany, aromasticks were shown to outperform other stress management techniques such as progressive muscle relaxation, Bach flowers or passive resting periods.

The researchers used a series of five experiments to investigate "a new mode of aromatherapeutic application (inhaler) ... specifically designed to directly stimulate the olfactory system and to reduce the activity of the sympathetic nervous system." They found that use of the inhaler showed consistent and significant psychological and physiological effects. These occurred shortly after very few inhalations, drastically reduced stress-related biomarkers (blood pressure, heart rate and cortisol) and considerably enhanced well-being. See [www.ncbi.nlm.nih.gov/pubmed/25787105](http://www.ncbi.nlm.nih.gov/pubmed/25787105).

## Australian back pain review

An international literature review (from 2000 to 2014 in MEDLINE, CINHAL, AMED, DARE, EMBASE, ExcerptaMedica, psycINFO and SCOPUS databases) by the Australian Research Centre in Complementary and Integrative Medicine at the University of Technology Sydney focused on the use of complementary and alternative medicine (CAM) for back pain. It looked at prevalence of use, commonly-used CAM, characteristics of users, factors influencing decision-making, self-perceived effectiveness and communication with healthcare providers.

Considerable variations were found in prevalences of CAM use

for back pain internationally, with acupuncture, chiropractic, osteopathy and massage therapy the most commonly-used treatments. There was also evidence of self-prescribed CAM. The review showed that people who use CAM for back pain tend to report it as beneficial but do not talk to their health care providers about it. The researchers suggest that further research is needed on the use of CAM treatments for back pain, particularly self-prescribed, and that doctors and CAM practitioners should communicate with their patients on safe, effective CAM treatments. See [www.ncbi.nlm.nih.gov/pubmed/25962340](http://www.ncbi.nlm.nih.gov/pubmed/25962340)

## CNHC joins call for new health model

The Complementary & Natural Healthcare Council (CNHC) welcomes the Accredited Registers Report to Ministers published recently by the Professional Standards Authority for Health and Social Care and featuring the work of CNHC registrants. It announced that the CNHC joins with the Professional Standards Authority Chief Executive Harry Cayton in calling for a new model of health and care for the 21<sup>st</sup> century.

He said: "We all know we need to deliver new, innovative ways to improve people's health. The NHS is re-examining the way it delivers services and is exploring new models of integrated care better-suited to today. That means looking beyond the traditional confines of our health and care system and the traditional health professions. The 63,000 practitioners on 17 Accredited Registers covering 25 occupations must be part of that, offering different approaches to care which commissioners can choose with the confidence that they are competent and safe."

## Volunteering opportunities

Paul's Cancer Support Centre in SW London ([www.paulscancersupport-centre.org.uk](http://www.paulscancersupport-centre.org.uk)) is seeking volunteer CNHC-registered massage therapists and reflexologists for the Centre and the Home Visiting Service.

Initial training and monthly group supervision is provided for

volunteers. Find out more at Information Evenings (6.00-7.30pm) on 24 June and 3 September. To apply to join the HVS volunteer team, contact Jessica Mitchell/Clare Unwin at [hvisits@paulscancersupport.org.uk](mailto:hvisits@paulscancersupport.org.uk) or phone 0207 924 3924. The closing date for applications is 21 September.

## Antibacterial properties of essential oils

A recent research study at the Medical University of Lodz in Poland aimed to determine the antibacterial properties of cinnamon, lavender and geranium essential oils against bacteria of the genus *Acinetobacter* isolated from several clinical materials and from the hospital environment.

Researchers carried out an evaluation of the susceptibility of *Acinetobacter* sp. clinical strains to recommended antibiotics. The constituents of cinnamon, lavender and geranium essential oils were identified by GC-FID-MS analysis and their Minimal Inhibitory Concentrations (MICs) against tested clinical strains were determined by the micro-dilution broth method. In addition, the effects of essential oils on the viability of human microvascular endothelial cells (HMEC-1) and glioblastoma cell line (T98G) were evaluated.

Cinnamon bark oil was found to be the most active against clinical and environmental strains of *Acinetobacter baumannii* with MIC values ranging from 0.5 to 2.5 µL/mL. The MIC values for geranium oil were between 7.5 and 9.5 µL/mL, and between 10.5 and 13.0 µL/mL for lavender oil. The study concludes that these essential oils can be best employed in the fight against infections caused by bacteria from *Acinetobacter* genus as components of formulations for hygiene and disinfection of hospital environment. Free access to the full paper at [www.mdpi.com/1420-3049/19/12/20929/htm](http://www.mdpi.com/1420-3049/19/12/20929/htm)



## Sad loss to the world of aromatherapy



At the time of going to press with this issue we heard with great sadness of the death of Veronica Sibley, known

to many of you through her work on Council and as a wonderful teacher who inspired students with her passion for aromatherapy.

Anita James remembers Veronica with great affection: "I have lost a wonderful friend, colleague and mentor. Veronica was one of my tutors at Shirley Price Aromatherapy in 2000 when I first began my aromatic journey. She was an inspiring teacher with an infectious love of aromatherapy. We stayed in touch and became good friends. She soon became the Principal Tutor at Fleur Aromatherapy, opening schools in Hong Kong, Taiwan and South Korea. She encouraged me

to start teaching and it was through Veronica that I visited the Far East as a teacher and examiner.

"Veronica was diagnosed with Mesothelioma in 2008 and given six months to live. But, in true Veronica style, she decided that she was going to live far longer than that! She retired with her husband to France to concentrate on enjoying life.

"Veronica's roles on the IFPA Council included work as the Public Relations Chair, and as the International Chair, a post that she loved. She wrote the excellent book *Aromatherapy Solutions* which I still recommend to anyone starting their journey into the wonderful world of aromatherapy."

In our autumn edition we will be featuring memories of Veronica from her colleagues and friends in the aromatherapy profession. If you would like to contribute to this special article please email Debbie Moore in the IFPA office (contact details on page 3).

## Olfactory stimulation can affect the balance ability of stroke patients

Can olfactory stimulation affect the balance ability of stroke patients? That's what researchers at Namseoul University, Republic of Korea aimed to discover in a study with 33 male stroke patients.

The patients were divided into a black pepper oil (BPO) group (n=11); a lavender oil (LVO) group (n=11); and a distilled water (DW) group (n=11). Two sessions (control trial/stimulus trial) of Romberg's

test (eyes openw 1 min/eyes closed 1 min) were conducted on a force platform to measure the data for the centre of pressure. Olfactory stimulation was provided as a stimulus.

The findings indicate that the interaction of brain areas activated by the olfactory stimulation exerts an influence on the balance ability of stroke patients. Free access to the full paper at [www.ncbi.nlm.nih.gov/pubmed/25642050](http://www.ncbi.nlm.nih.gov/pubmed/25642050)

## Debating the value of integrative medicine

What are the benefits of integrating complementary approaches into conventional western medicine? That's the question to be debated at the Research Council for Complementary Medicine's conference on 10 September 2015 at London's Middlesex University.

Keynote speakers include

Dr Peter Mackereth (The Christie NHS Foundation Trust), Dr Amai Lokugamage (Whittington Hospital, London) and Professor Fan Qu (Kings College London). Visit [www.eventbrite.co.uk/e/rccm-conference-demonstrating-the-value-of-integrative-medicine-tickets-16856777074](http://www.eventbrite.co.uk/e/rccm-conference-demonstrating-the-value-of-integrative-medicine-tickets-16856777074)

# Around the regions

Regional Groups Chair **Karen Sherwood** highlights plans to encourage more groups and hears about group activities

**A**s you will read in my report to the IFPA Annual General Meeting (AGM - page 27), I have recently received a number of enquiries about setting up new regional groups so we hope to see an increase in groups over the coming months.

The IFPA Council is keen to see the establishment of more groups around the country and to support and encourage existing groups. Its future plans include the development of a regional groups' handbook to include all the information you would need to set up a new group and get it established successfully.

This publication would also include suggestions for keeping groups challenging and stimulating, ideas for a programme of activities, talks and visits, and items such as pro formas for reporting activity and attendance certificate templates. We would be pleased to hear from you if there is any other information that you would find helpful in such a handbook.

At this year's AGM in May a major focus of discussion, and key to the IFPA's successful development, was how to increase membership. It was proposed that IFPA members might try to establish links with local Colleges of Further Education and perhaps offer to talk to aromatherapy students about professional aromatherapy practice and the work of the IFPA.

One member suggested that this might be a promotional activity that regional groups could get involved in. For more information on this proposal and how to register your interest please turn to page 5.

## Group activities

I have recently received news from the very active Central Region group about their 2015 programme. So far this year they have enjoyed two stimulating talks. The first, by group member Trudy Birkmyre, focused on her recent visits to the Cayman Islands and Mexico. She led a discussion on ylang ylang and senna, sharing photographs

from her Cayman Islands trip, and also shared information about aloe vera that she had learned in Mexico.

She showed several interesting items related to the aloe vera plant including a thin sheet of aloe vera plant material that can be used as paper, and an aloe spike which can be used as a needle and thread. She also shared a range of further information on the versatility of the aloe plant, including its use as a hair wash and as medicine.

Group members also learnt about Emotional Freedom Technique (EFT) in a talk from Wendy Steer of Wendy-Alchemy. EFT is often referred to as 'psychological acupuncture' or 'tapping' technique, and is increasingly used to improve emotional well-being and mental health problems.

This busy group also has visits lined up to the Crystal Barn in Kettering, Northamptonshire for a talk on crystal therapy and energy healing, and a summer trip to explore the University of Leicester Botanic Gardens.

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# Aromatherapy and the medicine of the soul

**Gill Hawkins** reports on an inspiring study day led by a healer-psychiatrist who uses aromatherapy to treat individuals with post-traumatic stress disorder



**A**ttracted by the topic, I recently attended a stimulating one-day seminar on the theme *Aromatherapy and the Medicine of the Soul* held at the University of Westminster, London.

The event, which was organised by Gabriel Mojay of the Institute of Traditional and Herbal Medicine (ITHMA), featured Dr Florian Birkmayer, a qualified and experienced American psychiatrist who also holds a qualification in aromatherapy.

In his introduction to the day Gabriel said of Dr Birkmayer that “He can speak the language of psychiatrists, he shares his soul and brings to bear great healing and wisdom in using essential oils in psychological healing”. This was certainly borne out during the seminar and in this article I have tried to distil some of the essence of that inspiring day.

Dr Birkmayer has lived for many years in Albuquerque, New Mexico, USA and founded the Birkmayer Institute there in 2009 (<http://thebirkmayerinstitute.com>). In his work he combines psychiatry, psychotherapy, aromatherapy and equine therapy to treat clients with post-traumatic stress disorder (PTSD) and he has built bridges between allopathic, complementary and native traditions.

Some of his inspiration has come from the New Mexico desert which, he said “strips everything back to a stark beauty”. Florian showed an image of the *ariocarpus fissuratus* cactus which has a tough cactus skin body, in a circular design like a ‘mandala’ (a symbol of wholeness). It survives the desert in the south west USA and produces a beautiful blossom which he sees as an expression of the soul in a harsh environment. It reminded him of his clients, he said - their harsh experience, mental and emotional issues and their healing process to wholeness.

Florian began by setting the theme of our **Inter-Connectedness** explaining that: “We are One; we are inter-connected to everything in the microcosm and macrocosm”. We all evolved together: insects (bees), plants (flowers), animals, humans and ecosystems. Every inter-related realm has its own intelligence eg Spirit - ecosystem – species - organism - neural network - synapse - molecule - vibration – Spirit. ►



Top: Florian Birkmayer shares his knowledge and experience; bottom: *ariocarpus fissuratus* cactus – for Dr Birkmayer, an expression of the soul in a harsh environment

Photograph: *Ariocarpus fissuratus* subsp. *hintonii*; Michael Wolf; [http://commons.wikimedia.org/wiki/File:Ariocarpus\\_fissuratus\\_subsp\\_hintonii.jpg](http://commons.wikimedia.org/wiki/File:Ariocarpus_fissuratus_subsp_hintonii.jpg)

Spirit exists at either end of inter-relatedness, he explained, and even plants use the quantum-energy-field to photosynthesise more efficiently. I reflected that instead of 'Spirit' some preferred the term 'Energy' and spiritual energy as pure energy.

This sense of interconnectedness, Florian observed, contrasts sharply with the severe sense of disconnection or extreme isolation which many people with PTSD suffer. He reported that his clients have been stigmatised, labelled as 'a difficult patient'; or misdiagnosed (eg with bipolar disorder, borderline personality disorder, or schizophrenia).

Or they have been treated with drugs that suppress symptoms and have adverse side effects. All this increases their disease burden, resulting in a loss of enjoyment, feeling disempowered or suffering double-abuse. They have become "a prisoner of their own diagnosis, disease or life history".

In his work Florian has found that clients rarely reveal everything straightaway. Over time, he assesses the trauma in a safe way, with a strategy to strengthen the person before doing any deeper work. He asked "What is the locus of the suffering?" A person may need symptom relief, guidance and support, or a self-based, spiritual approach. In Florian's view, the limited evidence that current medications work, and a lack of research, means that new approaches are needed.

He feels that aromatherapy has a role to play here: "Essential oils are molecules of connectedness. Using essential oils helps people with PTSD to re-connect to themselves. The essential oils remind us of our connectedness - that we are all part of this world", he said.

## What is post-traumatic stress disorder?

In the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5) (APA 2013), used by clinicians and researchers to diagnose mental disorders, PTSD is defined under a range of criteria:

A: **Stressor** – The person was exposed to:

- Death, or threat of it; actual or serious injury or sexual violence; by direct exposure, witnessing or indirectly learning that someone close was exposed
- Repeated or extreme indirect exposure eg during professional duties or by electronic media
- Abuse or witnessing violence/trauma (child <6)

B: **Intrusion symptoms:** Re-experiencing events by intrusive memories; nightmares or dissociative reactions eg flash-backs; intense distress after reminders; physiological reaction to related stimuli.

C: **Avoidance** – Persistent effortful avoidance of distressing trauma-related stimuli eg reminders.

D: **Negative alteration in cognition or mood:**

- Inability to recall key features of the trauma
- Negative beliefs; distorted blaming or emotions eg fear, horror, anger, guilt, shame
- Having less interest in previous activities; feeling detached, estranged; or lacking positive emotions

E: **Alteration in arousal and reactivity** – beginning or worsening after the trauma eg aggressiveness or irritability; self-destructive or reckless behaviour; hyper-vigilance,

exaggerated startle response; or poor concentration or sleep problems.

F: **Duration** – Symptoms persisted one month/more.

G: **Functional significance** Symptom-related stress or functional impairment (social or occupational).

H: **Exclusion** – Disturbance that is not due to medication, substance abuse or other illness.

**Dissociative Symptoms** may be specified, such as:

- **De-personalisation** – feeling like an outside observer, detached from oneself or dreamlike
- **De-realisation** – a sense of unreality, distance or distortion eg 'things are not real'
- **Delayed expression** – diagnosis six months after trauma but immediate symptom onset

Florian explained that diagnostic and scientific knowledge about PTSD is still evolving. An individual could have:

- **Simple PTSD** - due to a single situation trauma

Or

- **Complex PTSD** - due to prolonged repeated trauma eg survivors of child abuse/hostages, or involving totalitarian control, physical violence or exploitative abuse. Alterations (Herman 1997) could occur in:
  - Affect regulation* - inappropriately expressed feelings; self-injury, suicidal; or alternating inhibited or explosive or compulsive behaviour
  - *Consciousness* - ruminating, amnesia, re-living events, depersonalisation, or derealisation
  - *Self-perception* - feel helpless, stigmatised, alone, blamed, different, special, or 'no one understands'
  - *Perception of the perpetrator* - pre-occupation with their relationship, or paradoxical gratitude
  - *Relations with others* - withdrawal, isolation, distrust, self-protection, or 'search for a rescuer'.

## Why use aromatherapy?

Florian outlined a range of reasons why aromatherapy may have a role to play in the treatment of PTSD:

1. Research has been limited, with only a few randomised double-blind drug trials for PTSD (APA 2004).
2. Allopathic treatments have aimed to correct the levels of neuro-transmitters in the brain eg serotonin or dopamine. However, a few studies have stated that serotonin levels are not involved in depression and that people suffer side-effects. (Specific neurotransmitter receptors exist throughout the body eg the gut - so follow your gut feeling!)
3. Research results on Transient Receptor Potential Channels (TRPVs) have shown that:
  - Drugs used for addiction, anxiety, and depression induce changes associated with TRPVs eg TRP Vanilloid type 1 in the central nervous system (CNS) and elsewhere in the body (Ho, Ward & Calkins 2012)
  - Essential oils have been shown to act on TRPV's eg Frankincense: incensole acetate activated TRP Vanilloid type 3: anxiolytic, anti depressant effect (Moussaieff & Rimmerman 2008 & Moussaieff *et al* 2012)
4. Essential oils have been shown to act on the nervous system effectively:
  - Smell goes directly to the brain and not via the thalamus as other senses. Minute smell particles are detected, the shape of the molecules excites receptors, and a vibra-



tional effect is decoded as a 'signal-to-noise' in a time sequence like melody

- Olfactory receptors exist in the brain and body: in the olfactory bulb, limbic area, hippocampus, hypothalamus, in the CNS; and in cilia, synapses, the airway, skin, kidneys, liver, heart and colon
- Essential oils are safe, if used appropriately (Tisserand & Young 2013): The human genome has over 900 genes for olfactory receptors; olfaction has a long evolution. Plants produce essential oils for many purposes eg pollination and protection and they inter-relate with insects, animals and humans. We have evolved to metabolise essential oils safely
- Aromatherapy has been used effectively to treat combat-stress eg soldiers in Afghanistan or in disasters eg World Trade Centre 2001 relief work

Florian explained that: "The human olfactory system is

deeply linked to the limbic system which has been shown to be dis-regulated in PTSD. Essential oils have profound rapid effects on the limbic system. Essential oils are extremely safe and have shown great promise as a holistic approach to relieving symptoms and restoring balance in and empowering clients with PTSD."

However he added a note of caution, highlighting the fact that aromatherapists should always check the aroma with the client before using a particular oil. This is extremely important since:

- Any smell either in itself or by association can trigger or be involved in PTSD and its symptoms
- In PTSD the nervous system is fragile, easily overloaded by stimuli; triggered or startled
- People may be hyper-vigilant/hyper-ventilate

I would add that, as aromatherapists, we should know our limits and refer to a doctor/ counsellor when necessary.

**Essential oils used for post-traumatic stress disorder Source: Dr F Birkmayer**

Essential Oil	Nervous system/Emotions	Personality of the oil
Lavender <b>Lavandula angustifolia</b>	Calms sympathetic and parasympathetic nervous system. Harmonises. Comforts. Balances moods eg fear, depression and revives spirits. Aids coping ability.	Compassionate, multi-tasking mother able to care for many psychological and physical problems. Balances male and female. Aids meditation and spirituality 2 <sup>nd</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> chakras.
Rosemary <b>Rosmarinus officinalis</b>	Stimulant. Improves concentration. Aids alertness and arithmetic. Increases long-term memory. Can relieve headaches. Fortifying. Clears thoughts. Gives clarity.	Young at heart. The elixir of youth. Imaginative, sensitive, determined, stable, secure, strong. Psychic protector: Use first thing in the day. 'Rose of the alchemical sea'. 3 <sup>rd</sup> eye - 5 <sup>th</sup> chakra.
Orange <b>Citrus sinensis</b>	Mild sedative. Anti-depressant. Good for anxiety, insomnia, nervousness. Relieves long-term emotional tension and exhaustion; hopeless situations. Promotes clarity, enhances lightness.	Refreshing, cheerful, optimistic, sensual, warm, and joyful. Ideal when we take life too seriously, forget how to laugh. Reduces self-doubt, fear of unknown. Energising. Allows individual to take on new challenges. 2 <sup>nd</sup> , 3 <sup>rd</sup> , 6 <sup>th</sup> chakras.
Neroli <b>Citrus aurantium var.amara</b>	Anti-depressant. Use for shock, trauma, anxiety, insomnia, tension, exhaustion; if restless, hopeless, alarmed, agitated, intense. Aids clarity, sensitivity, lightness. It reaches to the soul to regenerate.	Calms and stabilises heart and mind. Spiritual. Ageless. Forever young. Purity - connects us to our higher selves. Facilitates spiritual work and enhances creativity. 2 <sup>nd</sup> , 4 <sup>th</sup> , 6 <sup>th</sup> chakras.
Rose <b>Rosa damascena</b>	Anti-depressant, gentle and potent. Sedative. Use for insomnia, irritability. Aids release of anger, despair, frustration. Comforts sorrow, dissolves psychological pain. Opens the door to love and empathy. Refreshes the soul, brings joy to the heart.	Gentleness, perfection, love, compassion. Heals emotional wounds. Restores capacity for self-love and nurturing. Brings sweet, gentle comfort. Restores trust. Spiritualises sex. Opens the heart if it has closed by grief etc. 2 <sup>nd</sup> chakra and supreme oil for 4 <sup>th</sup> heart chakra.
Melissa <b>Melissa officinalis</b>	Sedative. Anxiolytic. Relieves stress, anxiety, over-stimulation, over-alertness. Use for insomnia, depression, loss of inner direction, trauma, or anger. Eases a 'heavy heart'.	Promotes sensitivity, intuition. Dispels fear and regret. Helps bereavement, acceptance and understanding. Expands from individual love to accept unconditional love. 2 <sup>nd</sup> , 4 <sup>th</sup> , 6 <sup>th</sup> chakras, especially the heart chakra.
Sandalwood <b>Santalum album</b>	Relaxing. Useful for agitation, nervous tension, depression, fear, stress, hectic-tempo, aggression, and irritability. Soothes physical & mental irritation.	Serene - in charge of one's emotions. Fully aware of one's direction in life. Aids human contact to overcome isolation. Quiets mental chatter. Meditation, spiritual, 1 <sup>st</sup> & 7 <sup>th</sup> chakras.
Frankincense <b>Boswellia carterii spp</b>	Anti-depressant. Sedative. Calms. Centres. Use for anxiety, nervous tension, stress, shock, grief, deep emotional wounds. Aids mental focus. Vertical integration roots ground, branches out, spirit opens.	Mysterious secretive. Mature, confident. Grounding yet expansive. Aphrodisiac. Profound love of God. Good communicator. Helps cut ties with past. Clears energy field. Aids intuition, meditation, and prayer. 1 <sup>st</sup> & 7 <sup>th</sup> chakras.
Palo Santo <b>Bursera graveolens</b>	Grounds. Calms. Relieves headaches. Releases negative emotions; Calms panic attacks, stress, anxiety, depression, emotional pain, enhances mood. Use with same restraint/respect as Frankincense (same plant family; fermented wood; C/S America).	Cleanses bad thoughts. Protects. Aids focus. Seals intentions. Enhances creativity. Brings good fortune. Raises vibrations. Strengthens connection to source/spirit. Use to ask for spiritual support. 'It sews heaven and earth together'. 3 <sup>rd</sup> , 6 <sup>th</sup> & 7 <sup>th</sup> chakras. (Used by the Incas and native peoples.)

## Holistic approach

Since Florian has found that trauma affects every level of the person he uses a Bio-Psycho-Social Environmental-and Spiritual practice-based approach, meeting the client 'where they are' and matching the treatment to his/her coping ability.

He combines the appropriate use of medication, psychotherapy and aromatherapy but does no body work. He pre-selects essential oils, introduces them individually and gradually to a person, since their response is crucial. Essential oils are used for aroma, signature scent, in hydrosol sprays with an emulsifier, or for bathing, ritual use or meditation.

Florian includes no more than four essential oils in a blend to limit what the brain needs to encode. These include a blend of Melissa and Palo Santo to relieve PTSD; Ylang Ylang for sexual problems; Jasmine hydrosol 'to bring people into the present'; and a Sleep Oil blend with Spikenard (for more valerone and a more pleasant aroma than valerian). He helps people to set an intention or ritual use to support new behaviours, for symptom relief or psychological benefit. This avoids ingestion associated with drink and drugs.

He finds that people enjoy the aroma, use the oils themselves and gain self-empowerment. He outlined some case studies as examples:

- One woman denied interest but *had* to try neroli
- Another woman with complex relationships and exploitation issues used a blend of Melissa and Palo Santo. She progressed to live by herself and to grow herbs and said "The oils are my guardians"

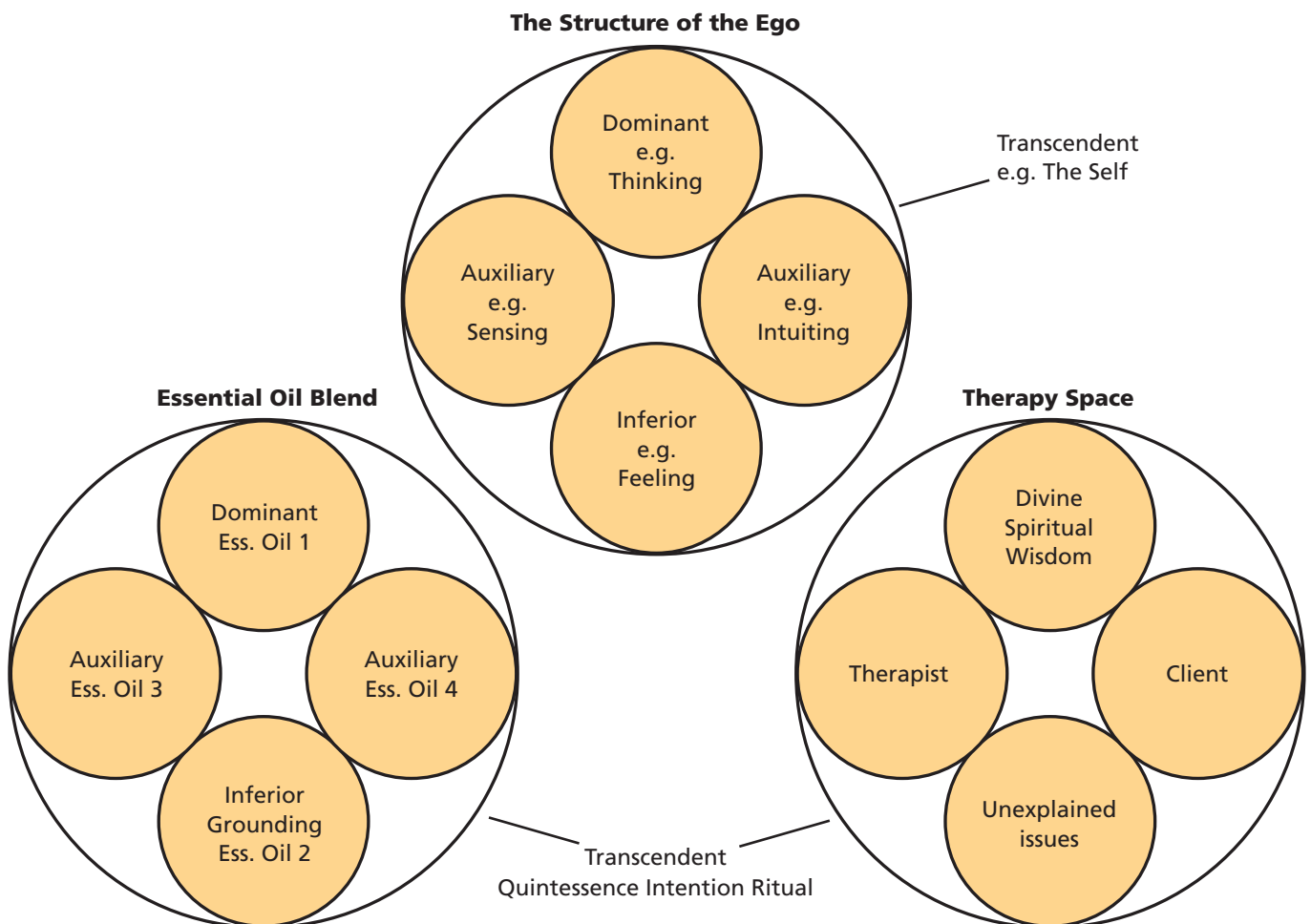
- A man with severe PTSD, multiple traumas since childhood and multiple personality disorder used Frankincense. On one occasion he was very distressed, the personalities changed rapidly and it was a scary situation, but Florian 'stayed with him'; the horses surrounded him and his personality re-integrated. Since that episode, the man has a relationship and avoids 'drink and fights'. It was a profound healing.

Florian told us to address our wounds 'as wounded healers'. If we say we are 'fine' and are not, we project onto the client who remains stuck. He explained that a person may need to tell their story to get over the trauma, to try to make sense of it, to heal. Storytelling and myths are an old way of making sense of the world. Folk wisdom is evolutionarily precious, with common themes in many cultures.

## Aromatherapy and Jung

Florian Birkmeyer has been influenced by the work of the pioneer psychiatrist Carl Gustav Jung (1875-1961) who studied his patients' symptoms and stories, his own creative psychosis, varied cultures and texts, and interpreted dreams (Jung 1968 & Snowden 2010). He saw the conscious mind as arising out of, and falling back into, the Unconscious and found common patterns. These patterns, or Archetypes, have their own organisation eg a mandala which to Jung (and others) was a symbol of wholeness.

Archetypes contain many paradoxes and polarities of irreconcilable opposites eg yin/yang, male/female, pulling in different directions around a hidden centre of the truth





eg The Shadow, the unacknowledged aspect of our personality; the Animus/Anima as our male/female aspects.

Jung's **Structure of the Ego** showed different functions (see diagram opposite p12) and he identified the process of **Individuation** as the journey of 'the Ego to the Higher Self' as we live our lives; an individual process that requires our whole being. Florian proposed that we work with essential oils, in all their aspects, as 'beings' of quintessence, with intention, in a ritual relationship and he likened this process to individuation.

### Connect with your oils

During the seminar we smell tested oils. Florian advised that we do not rely on book knowledge alone and that we really get to know an essential oil - spend time with it, carry it and connect with it. In the past, wise men and wise women had gnosis (Greek: knowledge) of the plant. The oils have a polarity, character and personality. Our interactions fluctuate.

Florian asked us to consider What is your intention? How do you use the oils? and we should see how a blend works and have confidence in the plant and what it does. As there is an evolutionary basis for the nose, he counselled "Trust 'the Nose Knows'".

### Discovering an essential oil

We smell tested an unnamed essential oil and shared the results. Florian cautioned us to avoid guessing what it was. Instead, he said, we should open up, meditate and join with it.

We should ask ourselves: What comes to you? What do you feel? Feel it in the body - where? Can you 'see' the colour of the oil? What could it be used for? You have to trust your intuition, let go of ego. You cannot apprehend or appreciate it all.

As he explained: "There is no right or wrong; it is more of a resonance than an exact correspondence; something transcendent emerges; the archetype of the essential oil emerges out of all the different things". We needed to discover for ourselves what this essential oil was - see diagram opposite. Florian advised that we could use the oils to facilitate what may help clients through their particular stage or process. Therapeutic work involved two people exchanging with 'wisdom on another level of awareness from a third space'.

Collaborating with the essential oils could help to create a 'sacred space for healing'. "It is important to honour the soul and go beyond the intellect in the way we work with essential oils using intuition and not just intellect, often our hands may solve a mystery", he said.

### Alchemy and aromatherapy

Florian highlighted the fact that Jung studied alchemy, an esoteric practice that came from Ancient Egypt to Europe in the Middle Ages.

It combined mysticism, natural philosophy, science and religion and its goal was to find the philosopher's stone, the elixir of life or universal medicine which was numinous. It was not, as is often thought, to turn base metals into gold.



Can you work out what this essential oil is? You can find the answer in the Note on page 14.

Alchemy was organised into stages and processes, to separate the subtle from the gross, in order to progressively purify and transform. Alchemists invented distillation for perfumes and expressed parallels to the psychic processes, as Jung saw individuation. Many have felt that scent molecules were 'the soul of the plant' and Florian believes that scent links to the unconscious, going straight to the old-brain evoking responses. Incense, of course, has ritual use in many cultures across the world.

He described the 'alchemical' stages with psychological insight, showing illustrations (see table overleaf). By looking at emotional states - not covering up or getting rid of the symptoms or fixing them - we can ask: 'What can I do to help that person through this process more? I can partner with the client, where they are, and help them along as part of the healing process'. The person may move to and fro or between stages. The intention plays an important role.

**Conjunctio** is a **Total-Inter-Connectedness** that is fleeting, not an end, as the cycle repeated, progressively, like individuation. We are all part of a much bigger pattern. We suggested oils for each stage - see fourth column in table overleaf. You might like to draw up a list of your own.

This was an enlightening and inspirational event and I am sure we all took away something special from it. Our thanks go to Dr Florian Birkmayer for sharing his knowledge and experience with us and to Gabriel Mojay for organising such a rewarding day.

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Alchemy, Psychology and Aromatherapy		Source - Dr Florian Birkmayer	
Stage	Alchemical Stages and Action	Psychological State and Process	Essential Oils*
1	<b>Calcinatio:</b> Fire. Nigredo-Black. Sun Intense heat that drives off volatile constituents. Creating ash product 'white ash of things that endure'.	Intense emotional states. Psychic energy builds up. When things don't go your way. Stay with the unpleasant feeling and allow it. If your vessel is not strong - it blows: so - do yoga, martial arts, meditate.	Ginger Black Pepper Jasmine Geranium Melissa
2	<b>Solutio:</b> Water. Albido-White. Moon Turn the solid to liquid. Returns or reduces to primateria material – first matter Dissolution Dark night of the mind Dissolve. Water. Flood.	Floods of tears – emotional release. Drugs or addictions dissolve. Dissolution. All that is left is ego – dissolve the ego – so that emotions are stripped away - see what is there - What is the pin of the emotion?	Roman Chamomile Jasmine Neroli Rose Helichrysum
3	<b>Coagulatio:</b> Earth Rubido Red Return to Solid and Form. Churn, congeal into solid. Bound in form. Transition to End. Death. Change. Re-creation. Incarnation. Cycle.	Settle into the present reality. Reality check - a hard recognising. You want to fly away but are held to the ground tethered, you're not going anywhere, you have issues to work on to get rid of impurity.	Spikenard Vetiver
4	<b>Sublimatio:</b> Transition. Air - The winds of change. From Solid to Gas. Distillate. Re-solidify. Purify. Release of the white of soul purification. Stone.	See the big perspective. 'I have the whole world perspective'. A peak experience. Dreams of flying. Like being on top of the mountain.	Melissa Citrus oils Rosewood
5	<b>Mortificatio - Putrefactio</b> Rotting. Death, Nigredo-Black. Darkness. Defeat. Torture. Mutilation. Rotting. Decay. Alteration. Loss of Innocence	A requirement for change to occur. Feel worthless, 'nothing makes sense'. Ego-death, uneasy dreams, fear of death. Dark chasm, eclipse terror; or I. T. - don't erase me! Numinous. The spiritual value of death	Myrrh, Cypress Juniper Sandalwood Cedarwood Palo Santo
6	<b>Separatio:</b> Separation. Albido-White. Separating chaos into distinctions, discriminations of component parts. Cut away the dross. Emergence of consciousness – 'I and All That Is'	Stand alone – complete and initiate. Discernment: see what is important and what is not. Gain perspective - it all makes sense. Deep acceptance of the totality of your life and what made you including all of the bad things.	Frankincense Rosemary Angelica Galbanum Geranium
7	<b>Conjunctio:</b> Embody. Rubido-Red. Alchemical Marriage. Union of spirit/male and matter/female. The Philosopher's Stone.	Integrating everything. All of reality. Totality. One whole work. Mandala. 'I'm really getting it' - fleeting experience. Cosmic Consciousness. Spiritual Re-birth.	Lavender Geranium Laurel Yarrow

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*Note: We found out after the session that the unnamed oil we had tested and discussed was neroli.*

Florian Birkmayer BA MD founded the Birkmayer Institute in New Mexico, USA in 2009. Focusing on holistic, person-centered psychiatry and addiction medicine, it also offers seminars and workshops on holistic topics.

Dr Birkmayer has served as director of both the Dual Diagnosis Clinic at University of New Mexico Psychiatric Center and the Substance Use Disorders program at the Veterans Affairs Medical Center, Albuquerque. He was invited to be a full member of the Group for the Advancement of Psychiatry. He has a long-standing commitment to working with the underserved eg working with a Navajo-tradition based detox and rehab center in New Mexico.

Aromatherapist Gill Hawkins, who qualified at The Tisserand Institute, has treated clients in a range of settings. She has been involved with elderly care, supporting carers and has worked in hospices. She is a full healer member of the National Federation of Spiritual Healers.



# Aroma care and support in Japan

Through aromatherapy and massage the Cocoro charity offers mental healthcare and support to victims of the 2011 earthquake and tsunami. The charity's founder **Takiko Ando** reports on progress

**On 11 March 2011 a devastating earthquake and subsequent tsunami hit the north east coast of Japan and more than 15,000 people were killed. Two months after the disaster Takiko Ando, a Japanese citizen and a qualified aromatherapist, set up the Cocoro charity to offer mental healthcare and support to the disaster victims by providing aromatherapy and massage treatments.**

**Conditioned by their culture not to burden others with their suffering, children and adults experienced recurring nightmares, depression and high anxiety levels. Below Takiko Ando updates us on Cocoro's ongoing work.**



**F**our years have passed since the disaster, now known as the Great East Japan Earthquake, hit the country in March 2011, killing more than 15,000 people. Since May 2011, the Cocoro charity has been working at Rikuzentakata and Ofunato, cities devastated by the tsunami, to offer aromatherapy services as part of mental health care for the victims.

Over the past four years, we have provided aromatherapy support for more than 1,096 people.

## Main projects

Cocoro's major activities have included:

- A programme of 15-minute aromatherapy massage for victims of the tsunami
- 'Aroma and Touch' classes: To teach children in kindergartens and nurseries about relaxation through positive touch activities such as story massage
- Aroma care worker (ACW) courses to train local people in new skills to enable them to provide aromatherapy hand, head and shoulder massage and foot reflexology within their community. These ACWs have formed their own local team called Cocoro Ria

- The Heartfelt Project – a simple way of enabling people from all around the world to remember the victims of the tsunami

We also hold charity events and give talks to raise awareness and funds. All donations are put towards necessary materials, car rental, accommodation and expenses for the local Cocoro Ria team. All our therapists are volunteers. ➤



*Top: A lively 'aroma and touch' class; bottom: An aroma care worker (centre) takes a client history*

During the first three years, we visited the area a few times a year. However, we began to recognise that local people would gain more benefit from regular and accessible therapy sessions.

There are many different stages of mental recovery from such a traumatic experience. For instance, some people who were able to express their sadness, fear, and feeling of despair benefited from aromatherapy in the early stages.

By contrast, people responsible for others, such as teachers or managers, needed our support a few years later. These people had 'burned out' when everyone started to get back to normal life. Mental health care needs depend on individual experience and personality.

### Aroma Care workers

In 2013, we began a unique initiative called the Aroma Care Worker Project, which has been a great success on many levels. The idea is to teach aromatherapy massage to local people within a new mental health care model "local people heal local people."

The training course was led by Mrs Kazue Gill, the principal of the IFPA-accredited school Japan Ecole de Aromatherapie, who came to Rikuzentakata from Kyoto four times over one year. She said she found it one of the most difficult courses she had taught in her decades of training experience because many of the students had not heard about aromatherapy and had never even seen an essential oil.

Cocoro trained 20 Aroma Care Workers (ACWs) from Rikuzentakata and Ofunato. Surprisingly, after only a few months, ACWs took the initiative to set up their own local team called Cocoro Ria to provide a regular aromatherapy service in the community.

The ACWs work every fortnight at the temporary houses in the town and visit victims in their own homes. One elderly lady told them that she really looked forward to having a massage every month. She had been depressed after the disaster and lost the will to live, but the tender touch of the therapist healed her heart and she started to get back her energy.

It is often the elderly people who ask for massage from Cocoro Ria. They find that the sense of community that has been built up in the temporary homes through their visits has become very special to them.

Ms Tsuda was a nurse in the kindergarten and had benefited from the comfort of Cocoro's massage during our early visits to the area. Like so many victims, she was totally exhausted and in despair about the future. A few years later, she retired and became an ACW. Now, she is part of a team and working with others to provide therapy. Three years ago, we could never have imagined such a possibility.

The special thing about the Cocoro Ria team is that the team members all speak the local dialect. They are also all victims so have empathy and understanding of varying emotions and experience.

Also through the work of Cocoro Ria, we were able to discover that there were many people living in their own homes who did not have access to the mental health care



Top: Newly qualified Aroma care workers (ACWs); middle: 'Local people caring for local people' with a relaxing hand massage; bottom: Tsunami victim Ms Tsuda (left), now a trained aroma care worker

services offered in the temporary houses. The people living in temporary houses have built up a community and have more opportunities for charity provision. Those living in their own houses can feel isolated from the community. They may have lost families and jobs and need as much help as the others.

Through the work of Cocoro Ria we have been able to reach these people and this has become an important and meaningful part of the project – local people caring for local people.

### Caring for our workers too

About six months after the Cocoro Ria team began its work we found that the ACWs seemed exhausted. For the





Left: After massage each client receives a red felt heart scented with a drop of essential oil. Right: Temporary housing for disaster victims will be replaced by permanent homes but progress is slow

first few months, they were very motivated and full of energy, but we realised that they were feeling burdened by such constant exposure to the tsunami stories shared by their clients.

So, last year, we started to focus on caring for the ACWs. In July 2014, we invited one of our sponsor companies, Asahi One Beer Club, to Rikuzentakata and Ofunato and made this an opportunity to talk personally to the ACWs so they could share how they were feeling.

During this visit, the ACWs also worked alongside trained therapists from other cities and learned new skills. In addition, they were able to have a half-body massage from a qualified therapist themselves. This was their first experience of aromatherapy as there is no salon or clinic in the area. The ACWs really enjoyed the visit and it helped them to gain more confidence.

The ACWs told us that that many elderly people were asking about foot massage, so we invited Ms Reiko Tomino, the principal of the IFPA-accredited school International Medical-Spa Institute, to teach simple foot reflexology to the ACWs. These opportunities to brush up their skills help boost morale and encourage the work to continue.

### Fear of being forgotten

The model “local people heal local people” is important, but ACWs told us that their work is enhanced by the chance to personally deliver messages of support from around the world. Many people are afraid of being forgotten by the international community.

The Heartfelt Project was created as a way of showing people that they are remembered. After their massage, people are given a red felt heart with a drop of essential oil on it. These red felt hearts have become a symbol of connection around the world. The Heartfelt Project involves sending a photograph of yourself with a red felt heart to Cocoro to show your ‘heartfelt’ message of support. These photographs are then shared with the local people and are very much appreciated.

### Current situation

In December 2014, there were 1,802 temporary houses (4,479 people) in Rikuzentakata and 1,691 houses (3,838

people) in Ofunato. There are plans to build 1,000 houses in Rikuzentakata and 801 houses in Ofunato but only seven per cent have been constructed. The delay is caused by the need to level the land damaged by the tsunami. Soil is transferred from the mountains via a large pipeline. This is designed to be more time-efficient than using dumper trucks which could take over 10 years to complete the job.

There are still high demands for help with mental health care in the area but, as time goes by, the local people are finding it more difficult to obtain outside support from charities.

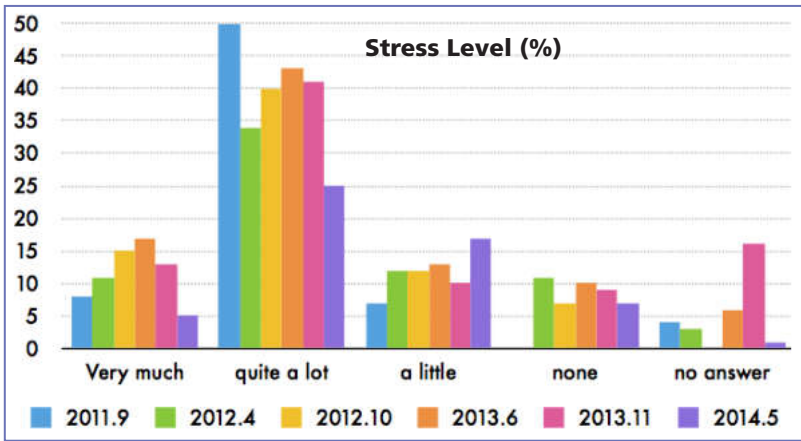
In 2011, 30,000 support workers from charities and other organisations came to Rikuzentakata, but in 2013 only 300 visited the area. In the light of these figures, the continuing work of Cocoro Ria becomes even more important and so does the need to care for the ACWs.

As you can see from the table below, in May 2011 Cocoro treated 114 local people. Of this number only two per cent had any previous experience of aromatherapy or essential oils. This number had increased to 74 per cent by May 2014 which shows that many people found aromatherapy very helpful and therapeutic, enjoyed the relaxing massage, and returned for more sessions.

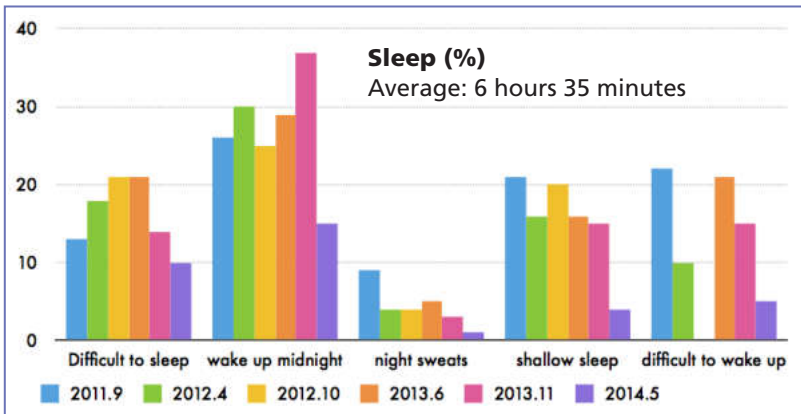
Client data							
	2011 May	2011 Sept	2012 April	2012 Oct	2013 June	2013 Nov	2014 May
Number of Clients	114	113	207	228	247	129	58
Average age	60	43	57	50	51	59	52
Women / Men (%)	88/12	99/1	86/14	91/9	86/14	88/12	94/6
Aromatherapy Experience (%)	2	20	28	44	51	55	74
Cocoro's Activity Report vol.1-10 / Takiko Ando (Figures do not include massages given by Cocoro Ria)							

On page 18 overleaf you can see the data Cocoro has collected on the stress levels, sleep patterns, and the mental/physical complaints with which their clients have presented over the past four years. ➤

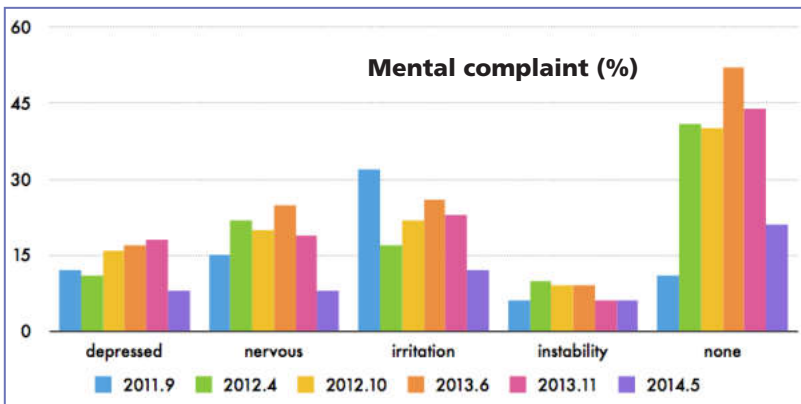




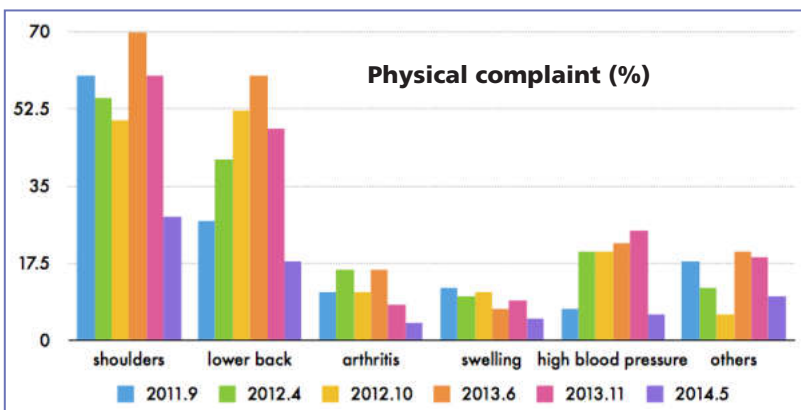
The number of people experiencing high stress has decreased. Those who feel a low level of stress had increased greatly. We think that stress has become a part of life, so the impact of major stress has decreased but the daily stress levels are high.



During massage, we hear many people complain about sleep patterns. However, this data shows an improvement since 2011.



The data shows that mental health complaints have decreased. The local people say those with a mental condition tend to stay at home and are unable to come out to take a massage.



In 2011 shoulder massage was popular but now more people are asking for hand and foot massages

## Raising awareness

Raising awareness of the ongoing emotional and mental suffering in the aftermath of the tragedy is also our mission. There are more than 8,000 people still living in the temporary houses in Rikuzentakata and Ofunato. Some ladies in their 90s have told us that they are fearful of ending their lives in a temporary house.

The aromatherapy and gentle touch from the ACWs helps provide a little light in their hearts. We will continue our work until the day the local people say, "we are fine without you". We will listen to what they need, and do what we can to help.

Cocoro has strong links with supporters in the UK. Our Cocoro UK representative, Mary Atkinson, visited the tsunami area as a volunteer therapist in 2012 and now gives talks around the UK to raise funds and awareness of our work.

In 2012, we were jointly nominated as *BBA (British Business Awards): Person of the Year* by the British Chamber of Commerce in Japan in recognition of the charity's connection and co-operation between Japan and UK.

Your support is also very important. If you would like to find out more about our work and how you can help us, do please get in touch with me (contact details on panel below).

The work of Cocoro is currently supported by the following individuals, companies and organisations:

Insole Co. Ltd  
 Jasmin Aromatique Organics Co. Ltd  
 Herbal Healing  
 The International Medical-Spa Institute (IMSI)  
 Miyuki Yoshida, Administrative solicitor  
 IO Colour Life Consulting  
 Mary Atkinson  
 Cocoro UK  
 Japan Ecole de Aromatherapy (JEA)  
 Asahi One Beer Club  
 Asahi Breweries Ltd  
 Aromatherapy Room Cradle  
 Atelier Akiyama  
 Bossa Nova Singer Karen  
 Tsurumaru Design  
 Fragrance Journal Ltd  
 Central Community Chest of Japan  
 Oshu Council of Social Welfare, Iwate  
 REST UK

IFPA member Takiko Ando qualified at the Institute of Traditional Herbal Medicine and Aromatherapy, London. For more information on Cocoro's work and how you could help support it, contact Takiko via [cocoro@aroma-jubilee.com](mailto:cocoro@aroma-jubilee.com)

# Rheumatoid arthritis: can aromatherapy help?

In our last edition **Hannah Boot** described her search for evidence on whether aromatherapy could benefit people with rheumatoid arthritis. Here she reports on her own small-scale clinical study



**T**his article describes a study to discover whether aromatherapy can improve well-being in people with Rheumatoid Arthritis (RA).

Although a Randomised Controlled Trial (RCT) would have yielded the most reliable evidence it was not a feasible design for my study (Kane, 2004). Instead I used a Single-Subject Experimental Design

(SSED) to measure the effects of six weekly aromatherapy treatments because it measures dependant variable changes and the degree to which they may have changed through the treatments. It can compare a group of single subjects and measures people as individuals (All psych, 2004).

A SSED has no control group so does not provide the strongest evidence of effectiveness (Kane, 2004). However, the baseline acts as a form of control, meaning that cause and effect cannot be inferred, as is possible with RCTs. Also, SSEDs are only conducted on small groups of individuals so it is difficult to make generalisations. No case studies were used since SSEDs could add more rigour.

The results were measured through the Measure Yourself Medical Outcome profile (MYMOP2) initial questionnaire and follow-up questionnaire (MYMOP2 initial and follow-up questionnaires, 1999), and the World Health Organisation Five Well-being Index (WHO-5) (Psychiatric research unit WHO, 1998).

## Design

A SSED was chosen because it measures changes in behaviour or attitude. An ABA design was used because it made a comparison over time within one group. This design involved the baseline period (A1), which established an initial value in the dependant variable (clients' well-being), followed by the intervention phase (B) where the independent variable (aromatherapy treatments) was introduced for six weekly treatments. The follow-up phase (A2) measured the dependant variable after the treatments had finished.

## Sample

Four participants were recruited through opportunity sampling in a North Somerset town. They were initially

asked informally if they would like to take part in the study before being asked to give informed consent. To protect participants and ensure their safety in the study the inclusion criteria included adult volunteers who gave their consent for the study willingly and were able to receive aromatherapy massage. Exclusion criteria included individuals whose health prevented them from receiving aromatherapy massage or who were pregnant.

## Data collection tools

MYMOP2 and the WHO-5 questionnaire were used as outcome measures. The MYMOP2 questionnaire contained both qualitative and quantitative data. Administration and scoring of the MYMOP2 were also needed. The MYMOP2 allowed the patient to choose one or more symptoms.

The MYMOP2 questionnaire was patient-centred since it aimed to measure the outcomes the patient believed were most important. It has a specific question on measuring well-being and therefore allows well-being to be investigated throughout the treatment in relation to the research question. Paterson (1996) concluded that MYMOP2 is practical, can be applied to a variety of patients and symptoms, and can be used as an outcome measure for complementary therapies.

The WHO-5 questionnaire was used as a more specific well-being measure. It rates five aspects of well-being, covering positive mood, vitality and general interests (Psychiatric research unit WHO Collaborating Centre in Mental Health, 1998). Henkel *et al* (2003) compared different well-being related questionnaires and found that the WHO-5 was the broadest of all the measures and had the greatest sensitivity. A comparison was also made between the MYMOP2 well-being score and the WHO-5 score.

## Procedure

Each participant was initially informed by telephone what the study would involve and then received by post an information sheet and a covering letter. Participants agreed verbally to take part and, at the first meeting with each participant, a consent form was completed, confirming that the individual was fully aware of what participation in the study would involve. The study lasted approximately 11-13 weeks comprising a three-week baseline phase, a six-

week treatment phase and a three-week follow-up phase.

During week 7, the first baseline week, the initial WHO-5 questionnaire was completed. At week 9 both the initial MYMOP2 questionnaire, and a repeat of the WHO-5 were completed. This provided another set of baseline results for the WHO-5 questionnaire and a baseline result for the MYMOP2.

After these baseline values were taken the consultation form was completed and the first treatment conducted that same day in week 9. Six weekly treatments were given to each participant, each comprising a 45-minute massage plus 15 minutes' consultation time. The modality used was Swedish massage with the same basic techniques each session. However, there were slight variations depending on individual participants' requirements that session (Braun and Simonson, 2005). During the consultation time questionnaires and a treatment record sheet were completed.

Over the course of the treatments participants' needs included relaxation, pain and inflammation relief. Therefore the essential oils used were mainly analgesic, sedatory and anti-inflammatory, as suggested by Buckle (2003) as the most effective for rheumatoid arthritis (RA). The base oils used included sweet almond, grapeseed and evening primrose oil because of their usefulness for any skin type and effect on RA (Price, 1999). The percentage range used was 1-6 per cent, depending on the individual's requirements.

MYMOP2 follow-up questionnaires were completed by each participant before treatment D at week 12. WHO-5 forms were completed before treatments C and E at weeks 11 and 13. The MYMOP2 follow-up and WHO-5 questionnaires were then given again, at week 15 for the final part of the treatment phase, and at week 17 during the follow-up phase. A timetable was provided (see Table 1 opposite).

The treatments and questionnaires were completed at the researcher's home for participants who were able to travel to her. For two housebound participants the treatments were conducted at their homes. A risk assessment was completed for all the treatment locations. The study was conducted in a clinical setting to provide a professional atmosphere.

After the follow-up phase the results of the MYMOP2 and WHO-5 questionnaires were compared to see if a significant change had occurred in participant well-being.

## Results

Four female participants were recruited, ranging in age from 29-76 years. The data gathered from the MYMOP2 and WHO-5 Well-being Index produced results that evaluated aromatherapy's effects on well-being in people with RA. Participant codes were: HH, JA, RM and MF. The study aimed to investigate whether aromatherapy massage had a positive effect on well-being in people with RA. This was measured using the MYMOP2 and WHO-5 questionnaires.

### Summary of WHO-5 Well-being Index results

The WHO-5 Well-being Index was completed by each participant six times during the data collection phase; twice for the baseline phase (in which a mean was calculated), three times for the treatment phase (in which a mean was calculated), and once during the follow-up phase.

Five phases related to feelings of well-being. Participants were asked to rate these on a 6-point Likert scale from 0 = not

Table 1: Summary of stages when treatments and measures were used

Week	Phase of study	Treatment	WHO-5	MYMOP2
7	A1		Y	
8	A1			
9	A1 and B	A	Y	Y
10	B	B		
11	B	C	Y	
12	B	D		Y
13	B	E	Y	
14	B	F		
15	B		Y	Y
16	A2			
17	A2		Y	Y

present to 5 = constantly present. The raw score, which would range from 0 – 25, was then converted to a percentage, where 0 = worst level of well-being and 100 = highest level of well-being. Therefore a higher score would suggest a better feeling of well-being. A meaningful change would be indicated by a 10 per cent difference in scores (Psychiatric Research Unit WHO Collaborating Centre in Mental Health, 1998).

Figure 1 opposite on page 21 displays the mean WHO-5 Well-being Index score for each participant during the baseline, treatment and follow-up phases. It shows that participant MF showed a change in scores from 36 (baseline) to 72 (treatment phase), a 36 per cent change (according to the Psychiatric Research Unit WHO Collaborating Centre in Mental Health [1998] a change of 10 per cent or more suggests a meaningful change). Participants JA and RM had a slight increase in well-being but no considerable improvement. HH's well-being decreased during the treatment phase in comparison with the baseline phase.

Although MF, JA and RM provide results suggesting improved well-being, only MF produced a meaningful change answering the research question positively. The changes for participants JA and RM do not produce considerable positive results. In relation to the research question these participants suggest that the aromatherapy massage produced no effects on well-being. For participant HH there was a decrease in scores suggesting negative results. In relation to the research question this suggests a null result since the treatments produced a negative feeling of well-being.

### Summary of the MYMOP2 results

The MYMOP2, used as an additional tool to measure well-being, also measured two symptoms the participants considered most relevant to them and an activity with which they had particular problems. Therefore this questionnaire also allows for a comparison between participant well-being and RA symptom changes.

The MYMOP2 was completed once during the baseline phase, twice during the treatment phase (in which a mean was calculated) and once again for the follow-up. The participants' symptom 1, symptom 2, activity and well-being were all rated on scales from 0 – as good as it could be up to 6 – as bad as it could be. Therefore a higher score reflects a decreased feeling of well-being. A profile score was also calculated through the mean score of symptom 1, symptom 2, activity and well-being.



Figure 1: Comparison of the WHO-5 Well-being Index mean scores for the baseline, treatment and follow-up phases of 6 aromatherapy massage sessions for all participants.

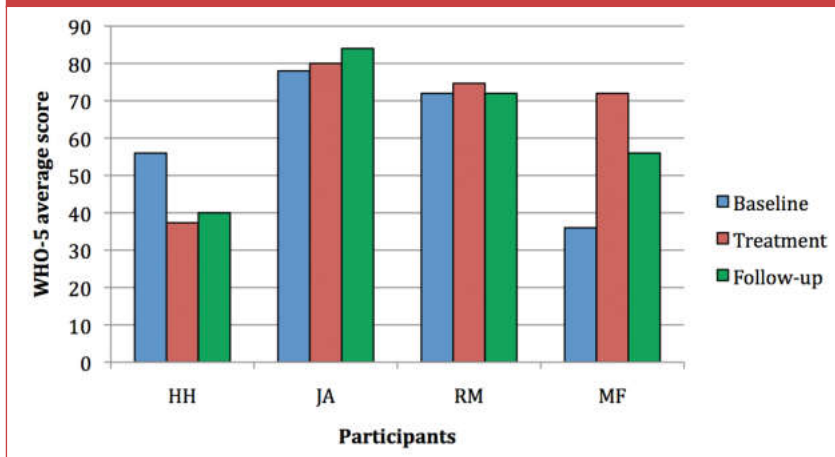


Figure 2: Comparison of the mean MYMOP2 well-being scores for each participant during the baseline, treatment and follow-up phases.

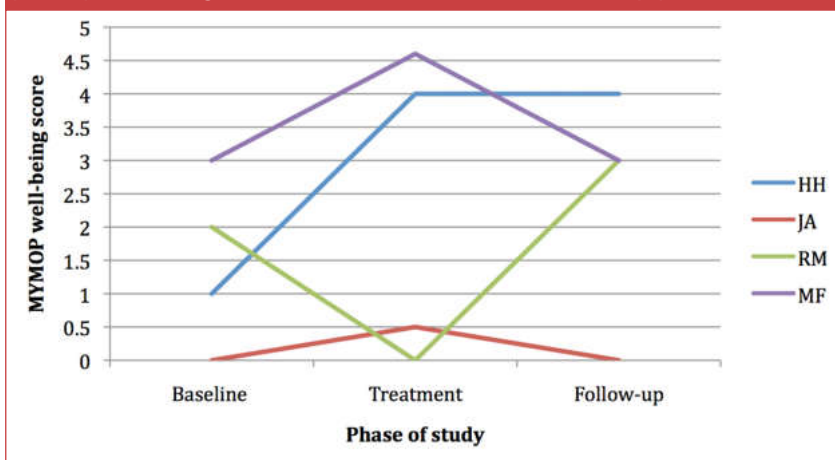


Figure 2 shows the mean of the MYMOP2 well-being scores for each participant. There was an increase in well-being during the treatment phase for RM and a decrease in well-being for HH, MF and JA compared to the baseline phase. However the follow-up phase for participants HH, MF and JA showed an increase in well-being compared to the treatment phase.

As part of the MYMOP2, symptoms and activity changes were also measured, contributing to the MYMOP2 profile score. All participants chose pain as one of the most troublesome symptoms and two chose walking as the activity their RA most affects. In a comparison of MYMOP2 well-being scores and the MYMOP2 profile scores, an increase in well-being scores corresponded with an increase in the profile scores. When the participants' RA symptoms and affected activity scores improved, their well-being scores also improved.

The MYMOP2 also asked participants if there were any other important factors eg a change they had made themselves or anything happening in their life that could have been affecting their RA. This excluded the treatment they were receiving as part of the study. Only MF responded to this question, outlining a life situation affecting her well-being. During the treatment and follow-up phases participant MF showed a decrease in well-being. This coincided with her response to this question on those particular questionnaires. She described how her partner's ill health had

negatively affected her own well-being as she was finding it hard to cope. This was reflected in her WHO-5 well-being index and MYMOP2 scores as both decreased during that time.

### Main results

The WHO-5 Well-being Index scores for three of the four participants increased to some degree, reflecting an increase in well-being from the baseline to the treatment phase. However, only MF had an increased score of over 10 per cent, suggesting a meaningful change between the baseline and treatment phase, with a slight drop in well-being during the follow-up. There was a decreased feeling of well-being for participant HH from the baseline through to the follow-up phase.

The MYMOP2 well-being question produced increased scores from the baseline to the treatment phase that decreased into the follow-up phase, suggesting a decrease in well-being for three participants during the treatment phase. Only one participant had a decrease in scores during the treatment phase compared to the baseline phase which suggested an increase in well-being. RM was the only participant who showed an increase in well-being from the MYMOP2 well-being question and WHO-5 Well-being Index scores.

### Conclusion

Overall, both questionnaires produced results suggesting neither an increase nor decrease in well-being in people with RA using aromatherapy massage. Therefore, when related to the research question and study aims, a null result was produced.

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Hannah Boot obtained a BSc (Hons) degree in Complementary Therapies from Cardiff Metropolitan University in 2009 and this article is based on research carried out for her degree dissertation. Hannah and her business partner run a thriving venture in Cardiff offering workplace massage and wellness treatments and also run a health and well-being clinic where Hannah practises on a part-time basis with her own clients.

# Essential oil myths

Essential oils are derived from plants but that does not make them 'natural' or safe, says **Sue Jenkins**. She explores some traditional myths and highlights the importance of knowing your oils and their components



**E**ssential oils are safe because they're natural, right? Wrong, on two counts.

First, they are generally not natural products, in that they are produced by a man-made process, be that distillation, CO2 extraction or solvent extraction. The essence, which is produced in the plant, is not necessarily the same in composition as the oil resulting from extraction.

For example, German chamomile (*Matricaria recutita*) contains chamazulene, which is not present in the plant. Hence, we cannot assume that an essential oil's properties will be the same as the properties of the herb. Furthermore, deadly nightshade is a natural product but it is certainly, as its common name implies, not safe.

Secondly, *some* essential oils are safe to use – for *some* people, in *some* situations. It depends on a number of factors:

- The oil chemistry and the person for whom it is intended
- How much essential oil you are using
- How you are administering the oils (eg dermal, respiratory, or digestive routes)
- The totality of the blend if you are using a blend, and how much of the body you are covering if you are using the blend in massage

So, there are several issues to consider. Whilst it can be useful to say that a certain oil or component is good for a particular problem or condition, we should never forget that we are treating a person and that what is right for one person, for example, with a skin complaint, may not be right for another with the same condition.

## Know your chemistry

Let's look at the chemistry. Most essential oil components are safe at the doses we would use for massage, but some do have associated problems. As most aromatherapists should know, essential oils contain the following chemical groups:

- **Terpene hydrocarbons:** monoterpene hydrocarbons and sesquiterpenes
- **Oxygenated compounds:** phenols, monoterpene alcohols, sesquiterpene alcohols, aldehydes, ketones, esters, lactones, coumarins, ethers and oxides

Generally, the monoterpenes, sesquiterpenes, alcohols and esters are considered safe, while the poor old phenols, ketones, aldehydes, lactones, coumarins, ethers and oxides have had a bad press, usually because some of them do have associated hazards. So let us consider whether their reputation is justified.

The main **phenols** are eugenol, thymol and carvacrol and these are all very useful. Eugenol is an effective anti-inflammatory and pain reliever, while thymol and carvacrol are known for their anti-infectious properties.

However, in high dose or for prolonged periods of time, they can be hepatotoxic, causing problems for the liver, and they are also skin and mucus membrane irritants.

Thyme oils containing large amounts of thymol and carvacrol may be used in small amounts (less than 15 per cent of the blend) as an air antiseptic (keep away from the eyes and skin) and can be very effective at combating infection. Eugenol in Clove oil, when mixed with other, much less irritant oils, can be part of a useful anti-inflammatory blend. They are not usually used for children and those with compromised immune function.

**Ketones** have been branded as toxic and some are – but, again, that will be dose-dependent. When I trained as an aromatherapist we were told not to use camphor, which contains the ketone camphor. However, it can be a very potent pain reliever, a useful anti-infectious agent and is good for mucous congestion. But it must be used in low dose and infrequently.

Other ketones are also good for the skin, such as verbenone in *Rosmarinus* ct verbenone. Thujone, which occurs in Thuja oil, can certainly be hazardous neurologically and to the pregnant woman (Franchomme & Péroël, 1990), and menthone in Peppermint and Spearmint might adversely affect the respiratory systems of young people if used without care. But there are some non-toxic ketones such as jasmine in Jasmine, carvone and fenchone and the italdiones in *Helichrysum italicum*, that are really useful for bruising.

**Aldehydes** have a reputation for being skin and mucous membrane irritant but they are also powerful anti-inflammatories and anti-infectious agents. Aldehydes are calming to the nervous system and good air antiseptics if





Photograph: Joanne Woodward

*We cannot assume that the properties of an essential oil and those of the plant from which it is derived are identical. German chamomile essential oil, for example, contains chamazulene, which is not present in the plant*

used at a small percentage and combined with good penetrating oils, such as Rosemary, in a non-irritant blend. There is some evidence that their potential skin irritancy may be moderated by combining them with limonene-rich oils.

The coumarins are commonly regarded as being phototoxic ie they will cause skin burning if applied to skin that is then exposed to the sun or artificial UV light. The most obvious candidate in Bergamot (*Citrus bergamia*), but it would be sensible to be cautious when applying other citrus oils to the skin, such as Lemon, Lime and Orange. It would seem that Grapefruit and Sweet orange may be less of a problem, but authorities are not in agreement about this.

Phenolic ethers, such as methyl eugenol, safrole, apiole and myristicin may be hepatotoxic and neurotoxic and possibly carcinogenic, so should only be used in small amounts and for a short time.

The **oxides** are not generally a problem, although 1,8 cineole, as occurring in Rosemary or Eucalyptus oils, may provoke a bronchospasm in some individuals with airway hyper-reactivity and should not be applied near the nose or mouth of children under five years of age.

Although esters are generally considered safe, there is one that might give cause for concern. This is methyl salicylate which occurs in Wintergreen and Birch oil. It is readily absorbed through the skin and, with repeated dose, can cause serious problems. However, at low dose and infrequently, it is a very useful pain reliever.

## Conclusion

With all essential oils it is important to remember to store them correctly (away from changes in temperature and from light) and to discard any that you have had in your toolkit for some time.

The main potential problem is the oxidation of oils which takes place if an oil is exposed to air. Oxidised oils can be skin irritant. Over time, most essential oil constituents will oxidise: to keep their quality as long as possible make sure there is only a small headspace in your bottles and only buy in small quantities. You can usually tell by the oil's discoloration or its smell if it should be discarded.

This is a very brief overview of essential oil chemistry and the potential hazards of essential oils. If you do not feel confident using an essential oil, do not use it and attend an appropriate course to develop your knowledge and help you distinguish the problems associated with various oils from their benefits.

Beware too of picking up information randomly on the internet - not all sources are well informed. So make sure you check with several reputable sources before deciding to use an oil that you are not well-informed about.

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An aromatherapy practitioner for over 20 years, Sue Jenkins BA (Hons), BSc served on both ISPA and IFPA Councils (one year as IFPA Chair). She is Principal of the Edinburgh School of Holistic Aromatherapy, currently serves on the CNHC's Profession Specific Board for aromatherapy, and is regular contributor to *In Essence*.



# IFPA looks to the future

At the 2015 Annual General Meeting the IFPA Council reported on a challenging year and outlined its plans for the Federation's future development

**T**he IFPA's 2015 Annual General Meeting (AGM) was held at the Meeting Centre, Hinckley, Leicestershire on 9 May. Around 30 members attended the meeting to hear how the IFPA Council had discharged its duties and responsibilities over the past year.

Acting Chair Sue Charles welcomed everyone to the meeting, extending a special welcome to IFPA Fellows Gabriel Mojay and Eve Taylor, and Miki Hyashi of the MH School of Holistic Studies, Japan.

In her report, Sue Charles outlined the challenges faced by the IFPA Council over the past year due to the number of changes in both office staff and Council members. She was confident, however, that there was now an energetic and cohesive Council in place, equipped with all the necessary skills to take the IFPA forward. For details of the new Council, elected at the AGM, please turn to page 5.

In the formal business of the meeting members voted on a proposal to reduce the number of Council members from nine to six. This proposal, designed to reduce costs and to enable decision-making to continue during periods of change on Council, was agreed unanimously.

In discussion, comments raised by members focused on:

- *In Essence*: The Council decision to publish two editions per year in printed format was welcomed, especially by members living in rural areas where broadband was unreliable
- *Legislation*: It was agreed that members needed to keep abreast of changes in relevant legislation.

This could be done via regular Aromatherapy Trade Council updates in *In Essence*

- *Training*: Members discussed the need to improve training, highlighted in the Acting Secretary's report, and possibly to introduce a mentoring scheme
- *Examinations*: There was some discussion on the potential for a central examination system although it was acknowledged that this would not be easy to establish
- *Promotion of IFPA*: It was suggested, and generally agreed, that the IFPA and aromatherapy could be promoted by Federation members at local Colleges of Further Education (see page 5). It was suggested that regional groups might have a role to play in this
- *Membership*: Members were aware both of the need to recruit more members and the difficulty of recruiting for a single therapy organisation. Recruiting more student aromatherapists would be an effective way of increasing membership and this could perhaps be encouraged by a minimal fee or no fee for student members

Following the AGM business Council member Judith Howie gave members a preview of the new IFPA website, which was well received. She explained that the site's development had been delayed due to a variety of factors but it was now back on track to be launched shortly.

Judith Howie also gave a short presentation on using social media for business and, to conclude the morning, Sue Charles and Florence Nortarius led a practical workshop on unusual oils which stimulated much discussion.



ACTING CHAIR

SUE CHARLES



I had previously held the position of Vice Chair during the time Penny Price was Chair of the IFPA Council and, when Penny stepped down to-

wards the end of last year, the Council voted for me to move into the Chair's role. Although I had not ever considered taking on this role in the past, I did want to see our organisation go from strength to strength again.

It has been a very busy time for Council, especially as some other members of Council had decided to step down and follow their own future. At that point the remaining members of Council made a decision to co-opt members to fill the vacant roles. At the AGM these co-opted members would stand for election.

The current Council has some new faces and also some faces which many of you will know, as some have held Council posts in the past. I am pleased to say that we currently have a strong team of dedicated people who are all working hard for the future of the IFPA.

There have been some changes

# ANNUAL GENERAL MEETING

since November, and the Business Development Manager left towards the end of the year to move back to an industry with which he was more familiar. The Council then took a forward-looking vision and re-assessed the situation in the office, together with implementing some decisions taken during the previous 12 months.

It was decided that, since the sale of IFPA premises would not reach the value paid, it would be prudent to take it off the market at present. We also decided that we would look again at marketing the property when the economic situation was more favourable and, at that time, we would also look to rent a smaller property in line with our needs.

The Council has listened to feedback from members and has decided to bring back two issues per year of *In Essence* in print format. This will run alongside the electronic version. We will also continue to provide you with a monthly newsletter, and we hope that you will be pleased with the extra value of this.

The office has seen some further changes over the past few months and we would like to thank Jo Woodward for stepping in temporarily to keep the office running. Jo has now decided to move back to her own career and we therefore advertised for a replacement Customer Care Officer.

This post has now been filled by Debbie Moore, whom many of you may know. She is a qualified aromatherapist and was Vice Principal of Penny Price Aromatherapy for many years. She now leads a part-time team of two Customer Care assistants, Kerry Trundle and Sophie Bonnin Ward. I am also pleased to report that we welcome back Sandra Quinn Smith on a one day per week basis to look after the office accounts.

The Council continues to look at ways to save money and to grow the organisation, and we are also focusing on bringing you good value for your membership money.

Thank you all for your patience at this time when the organisation has gone, and is still going through, chang-

es. We are united as a Council in our aim to go forward to a bright future for the IFPA and for all our members.

ACTING SECRETARY

FLORENCE NOTARIUS

I stepped in to help as IFPA Secretary but, as of the AGM, Jeni Broughton will be taking over as Company and Charity Secretary to the IFPA. She brings with her a wealth of experience and expertise and I know she will be an asset to us.

Over the past few months Harriet Robinson, who was co-opted on to the Council until the AGM, has made changes to the IFPA Memorandum and Articles of Association. She also suggested reducing the minimum number of Trustees from nine to six. This reduces costs and makes it possible for decision-making to continue during periods of change on Council.

This change requires a special motion, on which members need to vote at the AGM. Harriet also helped to make the Continuing Professional



Education reporting process simpler, bringing the IFPA in line with other professional bodies.

I have a scientific academic background and a degree in Physics. In recent years I qualified, having turned full circle on medicine, to become a clinical aromatherapist, aromalogist and reflexologist. Therapeutic healing is a passion and vocation. Having recently moved to Cambridgeshire from London, our family now occupies a smallholding raising livestock and crops for our own consumption and I plan to open my own clinic shortly.

In my short time on Council I have seen how this present Council acts in unison and resonance, with full motivation and vigour, and has all the attributes needed to facilitate the changes IFPA needs to make to align itself with other professional bodies both nationally and internationally. This window of opportunity is a re-birth of IFPA, fuelled by your support.

Your membership is the IFPA's very essence and at the heart of the Federation are your needs to practise your profession at the highest academic level, with integrity, respect and success. I ask you to continue your support and engage with us going forward.

## FINANCE

Full accounts were circulated to members prior to the AGM. If you did not receive them, please contact Debbie Moore in the IFPA office (contact details on page 3).

## CONFERENCE

EMILY SONG



I was co-opted as the Conference Chair from September after my two-year post as the new members' representative on the IFPA Council.

I took over the post of Conference Chair from Sue Charles in October and she has been very helpful during my transition in the role.

The key focus was to plan and host the 2015 IFPA conference in Newcastle, I spent a couple of months liaising with potential speakers, making arrangements on booking and

transportation, coordinating with hotel facilities and working along with Council Chairs to promote the event via various sources.

However, with the excitement over Robert Tisserand being back in the UK this year, we regretfully decided to cancel the conference in late April, taking into consideration the cost impact on IFPA of a possibly less well-attended event than usual. It was a hard decision for the Council.

In the meantime, we are undertaking a formal review on the conference format, timing, and location. New ideas have been proposed and will be reviewed. We are looking to have a much more involved, flexible and interactive conference for our members in the UK and overseas.

## CONTINUING PROFESSIONAL DEVELOPMENT

KAREN SHERWOOD

I was co-opted on to the Council in November 2014. Since that time the form for reporting CPD points for membership renewal has been revamped by the Education sub-committee.

This group has also been working on resolving issues around the undiluted application of essential oils as promoted by some of the one-day CPD courses now taking place in the UK. This has led to the current policy statement regarding the undiluted and internal use of essential oils by practitioners without an appropriate level of training.

Individual queries about CPD issues have also been dealt with by the Education sub-committee. Future plans for CPD include exploring the provision of webinars as a CPD resource for members and the development of the CPD Schools Manual.

## EDUCATION

ANITA JAMES



This year has seen Mary Chancellor stand down as Accreditation & Education Chair due to work commitments after serving for two years on the IFPA Council. I thank her for the contribution she made over her term of office.

There are currently 52 IFPA accredited schools (satellite and independents), 38 of which are international. This particularly reflects our growing presence in Japan, China and Russia, but IFPA is truly international with schools in New Zealand, Hong Kong, Republic of Ireland, Taiwan, Australia, Brazil, Canada, Greece, Barbados, Spain, United Arab Emirates, and South Korea. We have accredited one new school since the last AGM and applications continue to be processed.

Since I was co-opted onto Council in September I have been getting myself up to speed with all the paperwork and the office staff have been streamlining it so that when the new website is launched it will be easily accessible.

We are still running an Education subcommittee which helps us all ensure that we have covered all relevant aspects and that the processes we are looking to introduce will fully integrate throughout the educational aspects of the association. One of our next tasks is to review and update the Schools Manual and produce a shortened version for Continuing Professional Development (CPD) Centres.

Since some schools have expressed that they miss the Schools meeting, the Education sub-committee is looking at reinstating the face-to-face meeting and also adding virtual meetings through the year so that the international schools can truly be part of the education process.

Over the last few months we have spent much time researching, investigating and gathering information about the US Multi-Level Marketing (MLM) companies which are now marketing their products and application methods heavily in the UK and Ireland.

These are not new - Gabriel Mojay wrote an article about Raindrop therapy in the very first *In Essence* back in 2002. This has led to a statement being released to all members, guidelines being issued to schools, and the issuing of suspension notices to schools offering this therapy.

As an association, educators, members and practitioners, it has never been so important that we all work together to promote the safe and informed use of essential oils and aromatherapy.



## INTERNATIONAL

## LOUISE CARTA



Over the past year of being in this role I am delighted to report that the overseas membership on all levels has increased significantly. Much of this is due to the hard work and dedication of the Japan IFPA (JIFPA) which, since its inception, has already increased Japan membership by more than 25 per cent. Also, some of our other schools in the Far East have been working very hard, particularly in training new students and providing many new student memberships.

The highlight of my year was when I represented IFPA at the Japanese conference in December and saw at first hand the enthusiasm and pride of members in Japan with more than 200 delegates attending.

I am also pleased to report that we have numerous requests for new school accreditations from different parts of the world which are now going through our stringent accreditation process. So, I am very confident that our membership figures will continue to improve and, hopefully, this will help to improve benefits to our very valuable members.

## MEMBERSHIP

## SARAH CUSHING

I was recently co-opted to the IFPA Council, and as Membership Chair, I feel I have a unique opportunity to represent and protect the interests of all levels of IFPA membership.

I joined the Council in January 2015 and presented my first membership report in March. In this report I highlighted the need to strengthen membership benefits to enable the IFPA to retain current members and to potentially grow the membership. I supported the return of *In Essence* to print, in response to feedback from membership. I also supported the return of the members' area on the current website while the new website is being created.

I have overseen the renewals process for 2015-2016, working in close partnership with the IFPA office staff to achieve this as smoothly and

efficiently as possible. I also had a minor role in updating the CPD form. I have corresponded directly with a small number of members and also advised office staff on other member queries, and intend to ensure that this continues throughout my term as Membership Chair.

Over the coming year I hope to increase the communication between the IFPA Council and the membership. I would particularly like to conduct a survey with our members to assess the current perceptions of the IFPA and how the IFPA can offer greater membership support and benefits. It is my plan, from the results of such research, to present to Council suggestions of how we can boost membership benefits and I aim to get a proportion of such benefits in place within my first 12 months on the Council.

Improvements to membership benefits will ideally include both no/low cost options, as well as benefits such as the *In Essence* journal that involve a significant financial outlay. Please contact the IFPA office with any suggestions and ideas on potential membership benefits. They will be forwarded to me for consideration by myself and by the IFPA Council.

During my time as Membership Chair I want to represent members' views and interests to the Council and keep membership at the heart of the IFPA.

## PUBLIC RELATIONS

## JUDITH HOWIE



I transferred to the Public Relations Chair mid-term. The focus for last year was to redesign the IFPA website to make it:

- Attract prospective new members
- Be a resource for current members
- Project the image of the IFPA as the leading aromatherapy professional organisation

Much time and resources were spent on designing a new website but when the initial draft was put forward it was clear to the Council that none of these requirements had been addressed and we were very disappointed.

I have contacts in public relations, design and marketing (although I do not have this expertise myself) so I volunteered to take control of this project and liaise with the design company to produce the website that we are previewing at the AGM.

Modern websites are no longer online brochures but interactive resources showcasing the organisation and providing value to their visitors. This is what we have aimed to achieve.

Another important aspect of modern communications is social media. The IFPA has begun developing its Social Media strategy and this will take shape over the next year.

## REGIONAL GROUPS

## KAREN SHERWOOD

I was co-opted on to the Council in November 2014. Since then, all Regional Groups co-ordinators have been contacted via email. Lines of communication with a good number of co-ordinators have been established and information about group activities is being regularly received and will be reported in *In Essence*.

Sadly, two groups are no longer active. However there has been a lot of interest in and enquiries about setting up new groups so we hope to see an increase in these shortly. Future plans for Regional Groups include the development of a handbook to include all relevant information regarding setting up and ideas for running a group. It will also contain items such as pro formas for reporting activity and attendance certificate templates.

## RESEARCH

## CHRISTINE STACEY



I took over this Chair from Judith Howie in September 2014 and would like to thank her for her tireless work on members' behalf.

I have spent considerable time trying to motivate members to exchange knowledge and experience via Facebook and hope to continue this via the website once it is launched and functional.

Both social media and our website are invaluable resources through which we can engage with our members, with the intention not only to pass on knowledge and experience but also to make them feel part of a larger community.

With regard to research I do have some access to current and past research through family contacts. However I must reiterate that this does not allow me access to everything ever researched and/or published.

A further caveat is also that, while I may legally search databases I have access to and download research papers, copyright laws state that I may only do so for my own personal use. Therefore all members must be aware that I cannot pass on research papers to them via social or other media.

Furthermore, I hope members remember that the ability to search for knowledge is a core component of their IFPA-accredited Aromatherapy training courses and this skill should be utilised whenever they are searching to either update their knowledge or on a specific topic.

However, should a member, having exhausted all their own resources, identify a piece of research that they would like to know about, they are welcome to contact me to see if I can find the paper concerned.

Should they wish to partake of the latter any request should be in full Harvard format and include author(s), date, title of article, and journal, otherwise I am not able to elicit what they are trying to find. One such request had one author, date and the topic of the article but not the name and, when contacted,

the member "could not remember where they saw it". I did find the article, but only because the author is a friend so I contacted them directly and they very kindly gave me a copy.

I reiterate what Judith Howie emphasised in last year's report in that it is not the role of the Research Chair to do the literature searching, although I will, if possible, help locate an item under the above caveats.

**Note:** *The Annual General Meeting (AGM) offers all IFPA members a chance to talk to members of the IFPA Council and to comment on the current management and future development of the Federation. You can also raise questions and concerns about professional practice and about the wider world of aromatherapy. Remember too that attendance at the AGM earns you four valuable CPD points.*

## News from the CNHC



### Revised referrals advice

Following a suggestion made by the CNHC, the General Medical Council (GMC) has amended its guidance to doctors. It now advises that, when referring to a practitioner who is not a doctor or other statutorily regulated health professional, doctors must: "... be satisfied that systems are in place to assure the safety and quality of care provided – for example, the services have been commissioned through an NHS commissioning process or the practitioner is on a register accredited by the Professional Standards Authority."

This means that doctors can now refer patients wanting complementary therapies to CNHC registrants, although NHS funding will not automatically follow as a result.

### Personalised CNHC leaflets

If you are CNHC registered you can add your details to the new CNHC information leaflets and get them printed locally. You can then use

them to promote yourself as a CNHC registered practitioner. The leaflets and other CNHC resources eg template press release, letters to take to GP surgeries, posters, and appointment cards can be downloaded from the CNHC website (log in to MyCNHC).

### Accredited Registers report

Services provided by CNHC registrants featured prominently in the recent Professional Standards Authority (PSA) Accredited Registers report to government Ministers. Following a request by the PSA to demonstrate the role complementary therapies can play in health and wellbeing services, the CNHC provided details of a number of services, with patient comments.

One project the CNHC highlighted was the Full Circle Fund, a supportive therapy service based at St George's University Hospitals NHS Foundation Trust. Therapies offered include reflexology, massage therapy and relaxation training, and all practitioners must be CNHC registered.

Full Circle's Founder Director & Therapies Co-ordinator Suzanne Ruggles commented: "We circulated the report widely within St George's Hospital, from the Chief Executive Miles Scott to leading surgeons, oncologists and haematologists and we have received an incredibly positive response to this news. We are all delighted."

You can see a full copy of the report at [www.cnhc.org.uk/assets/pdf/1-059.pdf](http://www.cnhc.org.uk/assets/pdf/1-059.pdf)

### Business advice for health professionals

HMRC has published an e-learning tool for health professionals to answer questions about what to do and when, with your tax, National Insurance, business records and expenses. Go to [www.hmrc.gov.uk/courses/syob2/hp/index.htm](http://www.hmrc.gov.uk/courses/syob2/hp/index.htm)

*For further information about the CNHC and how to register or renew, or about any of the items above – call 020 3178 2199, visit [www.cnhc.org.uk](http://www.cnhc.org.uk) or email [info@cnhc.org.uk](mailto:info@cnhc.org.uk)*

# Bookshelf



## Clinical Aromatherapy Essential Oils in Healthcare, (3<sup>rd</sup> edition March 2015)

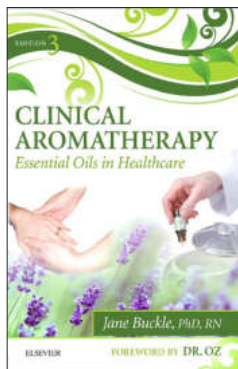
**Author:** Jane Buckle PhD RN

**Publisher:** Churchill Livingstone

**Price:** £41.99 Paperback

**ISBN-13:** 978-0702054402

I first met Jane Buckle many years ago at an IFPA schools meeting, not long after I had joined the Council for the first time. At the end of the meeting she very kindly gave me a copy of the previous edition of this book which she signed. Later, I had the pleasure of serving with her on Council.



Jane's passion for aromatherapy and its use in medical settings is evident from the first moment you meet her. She has viewed the medical profession

from both sides, first as a nurse and later working with aromatherapy in clinical settings.

I have used my 'gift' countless times over the years to research, check and explore deeper into clinical usage. When I met Jane at the Botanica14 conference last year and she told me the release date of this new version I knew it was a 'must buy' book. It is the first fully peer-reviewed, evidence-based book on clinical aromatherapy. Each chapter is written by a PhD nurse with post-doctoral training in research and then peer reviewed by named experts in their field.

The book is set out in an easy-to-use, accessible format. The Foreword by Doctor Oz gives us a sneak preview of what to expect. The Preface takes us deeper into the clinical

world, introducing us to the fact that aromatherapy has a place alongside conventional medicine in hospitals and medical establishments.

Section I, providing a general overview of aromatherapy, includes chapters on the therapy's evolution, how it works, plant taxonomy, chemistry, toxicity, contraindications, integrative healthcare and the 'M' technique.

I loved the chapter on the evolution of aromatherapy as it covers countries separately before bringing all the information together and up to date. Everything in this section is covered in enough detail to act as an *aide memoire* or to give sufficient information for readers to gain an understanding, without being too complicated. Jane has included ways of administering aromatherapy and essential oils appropriate to use in a clinical setting. She has not included profiles for essential oils but I think this is totally appropriate for a book of this type.

Section II covers the clinical use of aromatherapy and is split into chapters relating to infection, insomnia, nausea and vomiting, pain and inflammation, stress and well-being. I found this section informative and inspiring. There are comprehensive references not only to published research but also to research projects carried out by R J Buckle Associates (RJBA) students as part of their qualification.

Section III takes us deeper into the use of aromatherapy in clinical specialities. Set out in the same format as the previous section, it explores subjects such as care of the elderly, dermatology, oncology, paediatrics and women's health. The section includes examples backed by research and these open up many areas to explore and raise many questions that could be investigated through further research.

One of the things I loved about this book was that all the references are at the end of the chapter so I did not have to keep skipping backward and forwards. Each chapter starts with a quotation and a section on Chapter assets.

The text then covers the medical aspects of each condition, its conventional treatments and aromatherapy usage. The aromatherapy usage is discussed and referenced and both positive and negative outcomes are included. The information in each chapter is then drawn together in a conclusion. There is also evidence of the effectiveness of using the 'M' technique, either with or without aromatherapy.

My only slight criticism of the book is that the text is very small and being a lady of a certain age I needed my glasses to read it!

At a time when aromatherapy is under pressure from companies encouraging unsafe practices in the use of essential oils, Jane focuses on safe use throughout the book and stresses her belief that aromatherapy has a place within the medical profession. She has once again proven that aromatherapy used by appropriately trained professionals can be as effective as any medicine.

Jane's book reinforces and highlights the possibilities of using clinical aromatherapy in healthcare settings. The previous editions of this book have already inspired many people to follow this path. Doubtless this edition will inspire more. It further reinforces the knowledge we all have that aromatherapy is an effective alternative to drug usage in the treatment of many conditions. Personally, I hope it takes us another step closer to finally allowing aromatherapy to be seen as both clinical and professional.

**Anita James**



# Getting to grips with regulations



In this third article in his series on regulations affecting aromatherapists who make and market their own products, **Ray Gransby** highlights the importance of the General Product Safety Regulation



**T**he first article in this series (*In Essence* Vol 13, No 3) focused on the need to identify which of the various consumer product safety

regulations apply to products made by aromatherapists and how to make sure you comply with them.

There is no single regulation that applies to all aromatherapy products and we cannot make medicinal claims for unlicensed consumer products. Therefore, in practice, aromatherapy products will either meet the definition of a cosmetic product or, if not, will be regulated by the default regulation, the General Product Safety Regulation 2005.

In the second article in this series (*In Essence* Vol 13 No 4) we highlighted the importance of the cosmetic regulations. In this final article we will look at the General Products Regulation and the implications it has for aromatherapists wishing to market their own products.

## General Product Safety Regulation

The General Product Safety Regulation (GPSR) 2005 (see [www.legislation.gov.uk/uk/si/2005](http://www.legislation.gov.uk/uk/si/2005)) is an important regulation because the majority of products that aromatherapists may wish to market, to support the aroma-



Photograph: Hugo.org at the Samogitian language Wikipedia - <http://commons.wikimedia.org/wiki/File:Aromatas.JPG>

*The GPSR covers eg essential and carrier oils, candles, and room sprays*

therapeutic principles of physical and emotional well-being and a healthy lifestyle, are likely to be regulated by it. These products include single species essential oils and blends, carrier oils, massage oils, candles, room sprays and wardrobe care products - pretty much everything that does not meet the definition of a cosmetic product.

The GPSR is straightforward: it requires that a product is safe for the consumer to use, taking into consideration its composition, presentation (packaging and labelling), and intended use. Unlike the cosmetic regulation it does not specify the standard of safety, how it is to be achieved or who can make a safety assessment, and leaves this to the marketer to decide.

However, the GPSR is not going to

remain straightforward for much longer since it is currently being revised by the European Commission in Brussels. This process has been ongoing for several years and is nearing completion. It was scheduled for completion last year but disagreement about some of the provisions among the member states represented on the various committees drafting the new regulation has resulted in the process being currently deadlocked.

## Implications of revised regulation

The new regulation, which has been published in draft form, is likely to affect aromatherapists in one of two ways. First, aromatherapists who market products regulated by the GPSR will have to create a mini-product information file for each product they make. This is not unlike the current product information file required by the cosmetic regulation and will contain basic safety information about the ingredients of the product and a written justification of why the product is safe to use.

As far as the Aromatherapy Trade Council (ATC) is aware, there is no intention to specify who should make the assessment of safety but clearly whoever does will need to be qualified to do so. There is no reason to believe that a qualified aromatherapist could not extend the assessment of safety that they make for the products they supply to their clients

to cover the general public. If the products are to be used on the skin, for example massage oils, there will be an obligation in the regulation to take into consideration other product safety regulations like cosmetics when making the assessment of safety.

The second provision in the revised GPSR is that the products that aromatherapists make and use during the course of an aromatherapy treatment will be regulated by the new regulation. Products that an aromatherapist makes and supplies to a client for them to use at home between treatments, unless they meet the definition of a cosmetic product, are already regulated by the current GPSR. This will be extended to the products used by an aromatherapist during a treatment session. So, both products used during treatments and products supplied for use at home will be general products.

Of course, in practice aromatherapists already record client details, history, treatment and products used, together with an assessment of safety. In future this will form the basis of the

product information required to be prepared for each product used on a client as well as the product supplied for them to use at home.

### **Regulation on hazardous substances**

Finally, there is one regulation that has not been mentioned yet. This is the Classification, Labelling and Packaging of Substances and Mixtures regulation – known as the CLP. Details about this regulation can be found at [www.hse.gov.uk/chemical-classification/legal/clp-regulation.htm](http://www.hse.gov.uk/chemical-classification/legal/clp-regulation.htm).

This regulation applies to hazardous substances and mixtures supplied to industrial and professional users for use at work as well as to hazardous consumer products supplied to the general public. Some of the products supplied by aromatherapists may well be classified as hazardous under CLP and this will be discussed in detail in a future article.

*Note: As always, if you would like help and advice on any of the issues raised in this article you are very wel-*

*come to contact the Aromatherapy Trade Council (ATC) – see contact details below.*

Ray Gransby BSc (Hons) is the Administrator of the Aromatherapy Trade Council. He has over 40 years' experience in the cosmetics, toiletry, perfumery, flavour and fragrance, and essential oil industries with many leading multinational companies.

The Aromatherapy Trade Council (ATC), the trade association for the specialist aromatherapy essential oil trade, represents manufacturers and suppliers of aromatherapy products as well as the interests of UK consumers. It aims to ensure that its members market safe, good quality products and supply accurate information for consumers. Contact: Aromatherapy Trade Council, PO Box 219, Market Rasen, LN8 9BR, tel: 01673 844672, [info@a-t-c.org](mailto:info@a-t-c.org), [www.a-t-c.org](http://www.a-t-c.org).

## **News in brief**

### **Lavender improves sleep quality**

Iranian researchers recently investigated the effect of aromatherapy on sleep quality in postpartum women. In a randomised clinical trial, 158 postpartum mothers were assigned to either a control or an intervention group. The intervention group used lavender fragrance nightly before sleep four times per week for eight weeks. The results showed that the lavender intervention improved sleep quality. Free access to full article at [www.ncbi.nlm.nih.gov/pmc/articles/PMC4443384](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4443384)

### **Kew gets spicy**

A summer highlight at the Royal Botanic Garden Kew this year is the Full of Spice Festival. Take a guided tour of spicy plants and hear stories about some of those growing at Kew. The Festival features talks, performances and workshops in the Spice Exchange, built especially for the event, plus Ran-

goli folk art workshops each weekend. Details at [www.kew.org/visit-kew-gardens/whats-on/full-of-spice](http://www.kew.org/visit-kew-gardens/whats-on/full-of-spice)

### **Emotional Freedom Technique Symposium**

A research symposium on Emotional Freedom Techniques (EFT) will be held at Staffordshire University on 4 July 2015. The event, jointly sponsored by the Faculty of Health Sciences of Staffordshire University and the Association for the Advancement of Meridian Energy Techniques, will showcase scientific research into the applications of EFT. See [www.staffs.ac.uk/academic\\_depts/health/news/conferences/EFT\\_Scientific\\_Symposium.jsp](http://www.staffs.ac.uk/academic_depts/health/news/conferences/EFT_Scientific_Symposium.jsp)

### **Therapeutic massage for patients with dementia**

In an Australian study to discover whether therapeutic massage can relieve pain in elderly people with dementia, 10 eld-

erly care facility residents were assigned to an intervention group (received massage four times weekly for four weeks) or a control group. Pain levels measured post intervention showed no significant changes in mean outcome measure scores but the intervention group showed a greater magnitude of change. The researchers concluded that massage may be useful alongside conventional pain management for this patient group. <http://dem.sagepub.com/content/early/2015/04/23/1471301215583391.abstract>

### **Italian bergamot study**

An Italian review of literature on Bergamot essential oil focused on safety and possible beneficial effects on human health, looking at chemical composition, industrial/ medicinal uses, and biological activities. Free access to paper at [www.ncbi.nlm.nih.gov/pmc/articles/PMC4345801](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4345801)

# IFPA ACCREDITED SCHOOLS

## Australia

### Heartfelt Aromatherapy

Satellite School of The Institute of Spiritual Healing & Aromatherapy, Inc  
148 Basin-Olinda Road, The Basin  
Victoria, Australia, 3154  
Contact: Karen Bysouth  
E-mail: karen@heartaroma.com  
Web: www.heartaroma.com  
Tel: 0397624329 or 0458527368

## Barbados

### Personal Body Healthcare & School of Holistic Therapies

Nuestra Casa  
1A Endeavour Plantation, Endeavour, St Thomas  
BB22006 Barbados  
Contact: Patricia Berry-Greenidge  
Tel: 00 1 246 424 1127  
pbgreenidge@caribsurf.com

## Brazil

### Aromas & Saberes

Satellite of Penny Price Academy  
RuaSafira 161, Apto. 302,  
Aclimacao, Sao Paulo - SP, CEP 01532-010,  
Contact: Vera Lucia Guedes  
vera@aromavera.net

## Canada

### Cossi Academy of Aromatherapy c/o Living Nutrition

Satellite of Penny Price Academy  
3301-50 Ave (Gaetz) Red Deer, Alberta  
Contact: Susan Cossi-Burgess  
Tel: 403 872 7662  
susan@holisticteachings.com  
www.holisticteachings.com

## China

### Aromatime (Fangxiangjiari) Professional Aromatherapy Training Centre

Satellite school in Shanghai  
Contact Julie Foster via Beijing Centre:  
Chaoyanggu  
Baizhuan Road 32, 3-A-609 Beijing, China 100022  
Tel: +86 13601367712  
yaoyuxian@gmail.com  
www.fangxiangjiari.comAromatime

### Asia-Pacific Aromatherapy Ltd

Room 1001 Java Commercial Centre  
128 Java Road, North Point, Hong Kong  
Tel: 00 852 2882 2444  
info@apagroup.com.hk  
www.aromatherapyapa.com

### Essential Lady Aromatherapy

No 77, Lane 2728, ChunShen Road  
Shanghai, China 201100  
Contact: Zheng Yu Ying  
Tel: 0086 21 54374136  
magjiabao@yahoo.com.cn & aroma@essentiallady.com  
www.essentiallady.com

### Fleur International College of Professional Aromatherapy

The Hong Kong Management Association  
14/F Fairmount House  
8 Cotton Tree Drive, Central, Hong Kong  
Tel: 00852 2448 5111 or 00852 2448 5112  
Fax: 00852 2774 8503  
winnesit@hkma.org.hk  
www.hkma.org.hk

### Aromatime (Fangxiangjiari) Professional Aromatherapy Training Centre

Chaoyanggu  
Baizhuan Road 32, 3-A-609 Beijing, China 100022  
Contact: Julie Foster  
Tel: +86 13601367712  
yaoyuxian@gmail.com  
www.fangxiangjiari.com

### The Aromatherapy Company – China

Satellite school, Saresasa Spa & Yoga  
No 25 Lin Cui Xi Li, Chaoyang District, Beijing, China  
Contact: Cindy-Xiao Fang  
Tel: 0086 01082726970  
china@thearomatherapycompany.co.uk  
www.saresasa.com

### The Aromatherapy Company – Chinese Aromatherapy School

No 601, Tong Zhi Street, Chang Chun  
Ji Lin Province, China  
Contact: Louise Carta  
Tel: 13194369985  
E-mail: china@thearomatherapycompany.co.uk  
Website: www.cnifpa

### Obus Aromatherapy

New Satellite School  
IAA China, Room 811, No 2098  
Shennan East Road, Shenzhen, Guangdong, China  
Contact: Christine Courtney  
Tel: 89-18603052132,  
www.iaaiaa.org.cn

### Weiliang Aromatherapy –

Satellite School of The Aromatherapy Company  
No 139 ChangShu Road, Xuhui District, Shanghai  
E-mail: china@thearomatherapycompany.co.uk  
www.thearomatherapycompany.co.uk  
Tel: 021 64260192

## England

### Essentially Holistic

Somercotes, Derbyshire, DG55 4ND  
Contact: Anita James  
Tel: 07951 701406  
essentiallyholistic@gmail.com  
essentiallyholistic-onlinetraining.com

### ETHOS (Education, Training, Health and Online Services Ltd)

37 Barrington Meadows  
Bishop Auckland, Co Durham DL5 4SF  
Contact: Christine Fisk  
Tel: 01388 451886  
info@ethos.uk.com  
www.ethos.uk.com

### Institute of Traditional Herbal Medicine and Aromatherapy\*

Regent's University  
Regent's Park, London, NW1 4NS  
Tel: 0207 1937383  
Mobile: 0798501 2565  
E-mail: info@aromatherapy-studies.com  
Web: www.aromatherapy-studies.com

### Neal's Yard Remedies Ltd

1 Neal's Yard, London WC2H 9DP  
(Courses also held in Osaka City)  
Contact: Emma Wood  
Tel: 020 3119 5904 Fax 020 3119 5901  
courses@nealsyardremedies.com  
www.nealsyardremedies.com

### Penny Price Aromatherapy

New address from 14 April 2015:  
Unit D3, Radius Court, Maple Drive, Hinckley  
Leicestershire, LE10 3BE  
Tel: 01455 251020  
info@penny-price.com  
www.penny-price.com  
Satellite school  
Chalice College, St John's House, Manor Lane  
Adwick upon Dearne, South Yorks S64 0NN  
Contact: Alix Davies alix19@btinternet.com  
Tel: 01709 579193  
www.chalicecollege.co.uk

### The S.E.E.D Institute - Surrey Courses

Therapeutic Division,  
4 Church Street, Henstridge,  
Somerset. BA8 0QE  
Tel: 01963 362048/ 07761 185630  
info@theseedinstitute.co.uk  
www.theseedinstitute.co.uk

### The Aromatherapy Company

75 Elwell Avenue, Barwell  
Leicestershire, LE9 8FH  
Contact: Louise Carta  
Tel: 01455 441961  
info@thearomatherapycompany.co.uk  
www.thearomatherapycompany.co.uk

### University of Derby

Faculty of Education, Health & Sciences  
Britannia Mill, Mackworth Road  
Derby DE22 3BL  
Contact: Martyn Parker-Eames  
Direct line: 01332 594054  
Tel: 01332 594055  
Fax 01332 597763  
m.parker-eames@derby.ac.uk  
www.derby.ac.uk

### University of Wolverhampton

Complementary Therapies School of  
Health and Wellbeing  
City Campus, Nursery Street  
Wolverhampton WV1 1SB  
Contact: Viv Hinks, Senior Lecturer  
Tel: 01902 321000  
Fax 01902 321161  
V.J.Hinks@wlv.ac.uk  
www.wlv.ac.uk

### The Yorkshire School of Natural Healing

40 Harriet Street, Brighouse,  
West Yorkshire, HD6-2BU  
(Venue: Room for Yoga,  
Brighouse, HD6 1AQ)  
Contact: Emmalene Katayama  
Tel: 07951 011423 or 0845 6832559  
emmalene@yorkshirenaturalhealing.com  
www.yorkshirenaturalhealing.com

## Greece

### Essentia Vitae

Satellite of Penny Price Academy  
2 Ippokratous Str, Athens 10679  
Contact: Mary Zorzou  
Tel: 00 30 2103628805  
info@essentia vitae.gr  
www.essentia vitae.gr

## Japan

### The International Medical-Spa Institute

4-13-17-A Jingume, Shibuya, Tokyo 150-0001, Japan  
Contact: Reiko Tomino  
Tel: 00 81 (0)3577 06818 Fax 00 81 (0)3577 06832  
info@imsi.co.jp  
www.imsi.co.jp

### Neal's Yard School of Natural Medicine

B1 5-1-17 Jingumae  
Shibuya-Ku, Tokyo 150-0001, Japan  
Contact: Yurie Sugiura  
Tel: 00 81 3 5778 3652  
school@nealsyard.co.jp  
www.nealsyard.co.jp

### Guildford College of Aromatherapy

2-9-20-502 Watanabe-Dori  
Chuo-ku, Fukuoka, Japan  
Contact: Taeko Innes  
Tel: 00 81 927147753  
info@gca-aroma.com

### Japan Ecole de Aromatherapie

5th Floor, Tatsumi Biru  
607 Higashi Shiokoji-Cho, Shimogyo-ku  
Kyoto 600-8216, Japan  
Contact: Kazue Gill  
Tel: 00 81 75 354 3377  
jeakyoto@aromaschool.jp  
www.aromaschool.jp



# IFPA ACCREDITED SCHOOLS

## MH School of Holistic Studies

2-17-20-302 Meguro Honchu  
Meguro-ku, Tokyo 152-0002, Japan  
Tel: 0081337870236  
mhschool@mikihayashi.com  
www.mikihayashi.com

## Tilia Ltd

Satellite school of Penny Price Aromatherapy  
Takami, Yahatahigash-ku  
Kitakyushu, Fukuoka, 805-0016  
Tel: 093-654-8001  
inf@tilia.jp  
www.tilia.jp

## The Aromatherapy Company - Japan

New satellite school  
Alba Corporation, 1-20-8 4F Nishikoiwa  
Tokyo, Japan, 133-0056  
Tel: 01827 370456 (UK)  
japan@thearomatherapycompany.co.uk

## Penny Price Academy – Wellness Japan

New satellite school  
Yamanoi, Chikugo-Shi, Kukuoka, Japan, 833-0031  
Contact: Cheiko Shiota  
Tel: 0942-42-1122  
wj.aa@wellnessjapan.org  
www.wellnessjapan.org

## Penny Price Academy - Japan – Kanazawa

New satellite school  
Saito 2-136-2, Kanazawa, Ishikawa,  
Japan, 920-8202  
Contact Cheiko Shiota  
Tel: 076 266 0301  
info@aroma-kanazawa.com  
www.aroma-kanazawa.com

## Korea

### Essentially Holistic

Contact: Anita James  
Tel: 07951 701406  
essentiallyholistic@gmail.com  
essentiallyholistic-onlinetraining.com

## Malaysia

### Issamay School of Beauty

25-3, Jalan PJU 1/37, Dataran Prima  
47301 Petaling Jaya  
Selangor  
Tel: 603 78800555  
E-mail: joonwong@hotmail.com  
Web: www.issamay.com

## Malta

### Professional Health and Beauty Services

Satellite of Obus School of Healing Therapies  
145-147 Eucharistic Congress Street  
Mosta MST07, Malta  
Contact: Roberta  
Tel: 00 356 21424401/2/3  
marketing@phbsmalta.com  
www.phbsmalta.com

## New Zealand

### Aromaflex Academy

280-282 Trafalgar Street  
Nelson, New Zealand  
Tel: 0064 35456218  
academy@aromaflex.co.nz  
www.aromaflexacademy.com

## Northern Ireland

### Lifespring Centre

164 Cliftonville Road  
Belfast BT14 6LB  
Contact: Mary Grant  
Tel: 028 9075 3658  
Fax: 028 9074 8236  
www.lifespring-ireland.com

## Republic of Ireland

### Body Wisdom School of Healing Therapies

7 Mail Coach Road  
County Sligo,  
Republic of Ireland  
Tel: 00 353 87 418 2788  
mconnollybodywisdom@eircom.net

### Obus School of Healing Therapies

53 Beech Grove  
Lucan,  
Co. Dublin  
Tel: 00 353 1 6282121  
info@obus.ie  
www.obus.ie

## Russia

### The School of professional aromatherapy “Aromatniy Ray” (Aroma Paradise)

Sverdlovskaya oblast  
Kamensk-Uralskiy  
Pionerskaya 55  
Tel: +7 950 2076967  
E-mail: aromaray@mail.ru  
Web: www.aromaray.ru

## Scotland

### Edinburgh Napier University

The Serials Librarian  
Room L18  
Resource Acquisitions  
Merchiston Campus  
Edinburgh Napier University  
Edinburgh EH10 5DT  
Contact: Dr Jennifer Rhind  
Tel: 0131 455 5710  
j.rhind@napier.ac.uk

### Edinburgh School

of Holistic Aromatherapy  
c/o The Yards  
Back Stile  
Kingsbarn  
St Andrews, Fife KY16 8ST  
Tel: 01334 880317  
sujaroma@tiscali.co.uk  
www.aroma-asha.co.uk – Sue Jenkins  
www.aromahereandthere.co.uk – Debbie Brettell

## Spain

### The Aromatherapy Company – Spain

Satellite school  
75 Elwell Avenue, Barwell  
Leicestershire, LE9 8FH  
Contact: Louise Carta  
Tel: 01455 441961  
info@thearomatherapycompany.co.uk  
www.thearomatherapycompany.co.uk

## Taiwan

### IAA

Satellite of Obus School of Healing Therapies  
Wang Yu Kang  
17F-3, No 88 Jhongyang E. Rd  
Jhongli City  
Taoyuan County 320  
Province of China Taiwan  
886 34258658  
iaa@iaaiaa.org.tw  
www.iaaiaa.org.tw

### Colorys Health & Beauty Consultancy Co Ltd

3F-3 No 150, sec 1  
Heping W. Rd, Jhongjheng Dist  
Taipei City 10079, Taiwan  
Tel: (02) 2301 0966  
colorybeauty@yahoo.com.tw  
www.colorys.com.tw

## Jen Aromatherapy

Satellite of Penny Price Academy  
No 386 Shizheng Road  
Xitun District (407)  
Taichung City 4  
Taiwan (ROC)  
Tel: 886 422587719  
eileen425@natural-planter.com.tw  
www.natural-planter.com.tw

## AromaHarvest International

4F-1, No 237, Zhongming S. Rd,  
West District, Taichung City, 40361 Taiwan  
Contact: Yuan-Lyn Chang  
Tel: 886 287717050  
aroma@tw-aa.org  
www.tw-aa.org

## United Arab Emirates

### The Holistic Institute

PO Box 31904  
Dubai UAE  
Contact: Sunita Teckchand  
Tel: 00 971 15065 75628  
Sunita@theholisticinstitute.org  
www.theholisticinstitute.org

## USA

### Aqua Beauty House

27823 Longhill Dr R.P.V  
CA, USA  
90275  
Contact: Tomoko Nakamura  
E-mail: tomoko@aromaticstyle.com  
Web: www.aquabeautyhouse.com  
Tel: 310-873-8254

### The Institute of Spiritual Healing & Aromatherapy, Inc

Po Box 741239  
Arvada, CO  
80006, USA  
Contact: Linda Smith  
E-mail: LindaSmith@ISHAhealing.com  
Web: www.ISHAhealing.com  
www.ISHAaromatherapy.com  
Tel: 303-467-7829

## Wales

### Cardiff Metropolitan University

Cardiff Metropolitan University  
Cardiff School of Health Sciences  
Llandaff Campus  
Western Avenue  
Cardiff CF14 5NH  
Tel: 02920416755  
jduffy@uwic.ac.uk

# CONTINUING PROFESSIONAL DEVELOPMENT

## JUNE

- Hydrolats & hydrosols, full day workshops £100, half day workshops £60, distance learning £70, with Debbie Brettell, West Lothian, Free club membership. Phone for details. AHT
- 19 Pregnancy massage, with Anne Parry, Ash, nr Aldershot, Surrey, £105 \*DL SEED
- 20 Creating your own perfume using essential oils, Dubai, AED350.00 THI
- 20 Hot and cold stone massage, 2-day course, Dublin, €225 OBUS
- 21 Soft tissue dysfunction & muscle energy techniques, with Jane Rose, Stour Row, nr Shaftesbury, Dorset, £120 \*DL SEED
- 23 Trigger point massage, with Jane Rose, Stour Row, nr Shaftesbury, Dorset, £120 \*DL SEED
- 24 Strain/counter-strain technique, with Jane Rose, Stour Row, nr Shaftesbury, Dorset, £120 \*DL SEED

## JULY

- Aromatherapy for muscular aches & pains, full day workshops £100, half day workshops £60, distance learning £70, with Debbie Brettell, West Lothian, Free club membership. Phone for details. AHT
- 3-5 Introduction to traditional Chinese medicine, Dublin, €300 OBUS
- 6 Aromatherapy care for the elderly, with Wendy Smith, Hinckley, Leics, £100 PPA
- 6-7 Ayurvedic facial & marma-point face massage, with Jane Rose, Ash, nr Aldershot, Surrey £105 \* DL SEED
- 8 Aromatic creations – essentials, with Louise Mac, Hinckley, Leics, £100 PPA
- 8 Ayurvedic pindasweda massage, with Jane Rose, Ash, nr Aldershot, Surrey, £145 \*DL SEED
- 9 Aromatic creations – advanced, with Louise Mac, Hinckley, Leics, £110 PPA
- 10 Deep tissue massage, with Jane Rose, Ash, nr Aldershot, Surrey, £120 \*DL SEED
- 11 Saturday Club, with Louise Mac, Hinckley, Leics, Free, PPA
- 11-12 Lymphatic drainage massage, Dublin, €200, OBUS
- 15 Hopi ear candling, with Anne Parry, Ash, nr Aldershot, Surrey, £105 +£9 materials fee \*DL SEED
- 16 Acupressure for common ailments, with Anne Parry, Ash, nr Aldershot, Surrey, £105 \*SEED
- 17 Tsuboki: Japanese face massage, with Anne Parry, Ash, nr Aldershot, Surrey, £120 + £15 for instructional DVD & Assessment, SEED
- 17-18 Crystal workshop, with Heather Dawn Fields, Traditional Therapy Training, Ackton, Pontefract, W. Yorks, £65 per day HDEH
- 18 Saturday Club, Summer essential oil blends, with Alix Davies, Chalice College, S. Yorks, FREE PPA Satellite School

- 19-20 Aromaflexology, with Sandra Oram, Hinckley, Leics, £200, PPA
- 19-20 Crystal acupuncture, with Heather Dawn Fields, Traditional Therapy Training, Ackton, Pontefract, W. Yorks, £65 per day HDEH
- 20-24 Diploma in clinical aromatherapy Module One, with Alix Davies, Chalice College, S. Yorks, £500 PPA Satellite School
- 25 Aromatherapy & pregnancy, with Jane Rose, Stour Row, Dorset, £105 \*DL Seed
- 25 Introduction to the chakra system, Dublin, €100 OBUS
- 26 Hand reflexology, Dublin, €100 OBUS
- 28 Aroma & the elderly, with Jane Rose, Stour Row, Dorset, £105 \* DL Seed
- 28 Making products for home care, with Alix Davies, Chalice College, S. Yorks, £90 PPA Satellite School
- 29 Posture for therapists, with Alix Davies, Chalice College, S. Yorks, £90 PPA Satellite School
- 29 Health assessment techniques, with Jane Rose, Stour Row, Dorset, £105 \* DL SEED

## AUGUST

- Aromatherapy and the menopause, full day workshops £100, half day workshops £60, distance learning £70, with Debbie Brettell, West Lothian, Free club membership. Phone for details. AHT
- 1 Aromatherapy revision day, with Alix Davies, Chalice College, S. Yorks, £90 PPA Satellite School
- 1 Mindfulness training for complementary therapists, Dublin, €125 OBUS
- 2 Massage revision day, with Alix Davies, Chalice College, S. Yorks, £90 PPA Satellite School
- 7-9 Aromatherapy practical days 1-3 of 5 days, with Jane Rose, Stour Row, Dorset, £575 cost of 5 days, SEED
- 8 Saturday Club, Safe use of essential oils, with Alix Davies, Chalice College, S. Yorks, Free PPA Satellite School
- 8 Saturday Club, with Louise Mac, Hinckley, Leics, Free PPA
- 8 Skin care workshop, with Louise Mac, Hinckley, Leics, Free PPA
- 9 Subtle aromatherapy, with Alix Davies, Chalice College, S. Yorks, £90 PPA Satellite School
- 10 Pregnancy massage for therapists, with Sandra Oram, £100 PPA
- 11 Pregnancy and aromatherapy, with Sandra Oram, Hinckley, Leics, £100 PPA
- 11-12 Remedial & sports injury massage days 1-2 of 4 days, with Jane Rose, Stour Row, Dorset, £440 cost of 4 days \* DL SEED
- 17-19 Lymph drainage massage, with Sandra Oram, Hinckley, Leics, £300 PPA
- 18-19 Lymphatic drainage massage, with Alix Davies, Chalice College, S. Yorks, £300 PPA Satellite School
- 19 Hands free massage with Anne Parry, Ash, nr Aldershot, Surrey £105 \* DL SEED

- 20 Bach Flower Remedies with Anne Parry, Ash, nr Aldershot, Surrey, £110 inc. remedy SEED
- 20-21 Anatomy and physiology Module One, with Alix Davies, Chalice College, S. Yorks, £300 PPA Satellite School
- 21 Indian head massage, with Anne Parry, Ash, nr Aldershot, Surrey, £120 SEED
- 22 Taking control with positive words and affirmations, with Heather Dawn Fields, Traditional Therapy Training, Ackton, Pontefract, W. Yorks £65 per day HDEH
- 28 Massage refresher (no Aromaflexology), with Wendy Smith, Hinckley, Leics, £100 PPA

## SEPTEMBER

- Practical blending day, 4 products to take home, full day workshops £100, half day workshops £60, distance learning £70, with Debbie Brettell, West Lothian, Free club membership. Phone for details. AHT
- 1 Hands free massage, with Jane Rose, Stour Row, Dorset, £105 \*DL SEED
- 2 Deep tissue massage, with Jane Rose, Stour Row, Dorset, £120 \*DL SEED
- 7-11 Aromatherapy massage (inc. foot reflexes and distance-learning module) with Jane Rose, Ash, nr Aldershot, Surrey £650 SEED
- 5-6 Stress release massage, with Heather Dawn Fields, Traditional Therapy Training, Ackton, Pontefract, West Yorks £65 per day HDEH
- 7-8 Business studies for therapists with Sandra Oram, Hinckley, Leics, £100 PPA
- 10-11 Foot reflex assessment & massage, with Jane Rose, Ash, nr Aldershot, Surrey, £210 \*DL SEED
- 12 Saturday Club, with Louise Mac, Hinckley, Leics, Free PPA
- 12 Aromatherapy for puberty, with Jo Kellest, British School of Osteopathy, £110 FTS
- 12 Saturday Club, Autumn essential oil blends, with Alix Davies, Chalice College, S. Yorks, Free, PPA Satellite School
- 12 Aromatherapy: Using essential oils in acute cancer care, Manchester, Discount price £85, or £140 for this course plus Aromatherapy: Challenging symptoms and conditions (see below) ITTU
- 13 Aromatherapy: Challenging Symptoms and Conditions, Manchester, £85 or £140 for this course plus Aromatherapy: Using essential oils in acute cancer care (see above) ITTU
- 13 The Apiaceae family oils, with Alix Davies, Chalice College, S. Yorks, £90, PPA Satellite School
- 14-17 Reflexology Diploma Module 2, with Helen Jennings, Hinckley, Leics, £400 PPA
- 15 Aromatherapy care for the elderly, with Alix Davies, Chalice College, S. Yorks, £100 PPA Satellite School
- 16 Arthritis, joints and aromatherapy, with Alix Davies, Chalice College, S. Yorks, £100 PPA Satellite School
- 16 Hand reflexology, with Helen Jennings, Hinckley, Leics, £100 PPA

# CONTINUING PROFESSIONAL DEVELOPMENT

- 17 Managing pain with aromatherapy, with Alix Davies, Chalice College, S. Yorks, £100 PPA Satellite School
- 17 Tsuboki: Japanese foot massage, with Anne Parry, Ash, nr Aldershot, Surrey, £120 + £15 for instructional DVD and £10 for ridoki steel roller
- 18 Cancer care and aromatherapy, with Alix Davies, Chalice College, S. Yorks, £100 PPA Satellite School
- 18 Sitting back massage, with Anne Parry, Ash, nr Aldershot, Surrey, £120 \*DL SEED
- 18 Awaken the Qi in me, Traditional Therapy Training, with Heather Dawn Fields, Ackton, Pontefract, W.Yorkshire £65 per day HDEH
- 19 Aromatherapy and back care, with Alix Davies, Chalice College, S. Yorks, £100 PPA Satellite School
- 19 Posture for therapists and good health, with Debbie Gannon, Hinckley, Leics, £100 PPA
- 20 An aromatherapy facial, with Alix Davies, Chalice College, S. Yorks, £90 PPA Satellite School
- 22-23 Aromaflexology (Swiss Reflex), with Alix Davies, Chalice College, S. Yorks, £200 PPA Satellite School
- 22-23 Mental health & complementary therapies, with Bridget Purser, Ash, nr Aldershot, Surrey £210 SEED
- 25-27 Aromatherapy massage inc foot reflexes & distance learning, module days 1-3 with Jane Rose, Stour Row, Dorset, £650 Cost of 5 days SEED
- 26-27 Hot stone body and foot reflex massage, with Anita James, Ash, nr Aldershot, Surrey £210 SEED
- 26-27 Chinese cupping, with Heather Dawn Fields, Traditional Therapy Training, Ackton, Pontefract, West Yorkshire, £65 per day HDEH
- 26-27 Adapting chair massage for hospice and cancer care, Manchester, Discount price £140 ITTU
- 10 Saturday Club, with Louise Mac, Hinckley, Leics, Free PPA
- 10 Hydrolats, carriers and unfamiliar oils workshop, with Louise Mac, Hinckley, Leics, Free PPA
- 10-11 Reiki 1, with Juli Moran, Stour Row, Dorset, £210 SEED
- 13 Aromatherapy and viral infections, with Alix Davies, Chalice College, S. Yorks, £90 PPA Satellite School
- 14 Pregnancy massage (with essential oil data), with Anne Parry, Ash, nr Aldershot, Surrey, £105, \*DL SEED
- 14 Clinical aromatherapy Diploma Module 4, with Sandra Oram, Hinckley, Leics, £500 PPA
- 15-16 Laughter yoga leader training, with Anne Parry, Ash, nr Aldershot, Surrey, £210 SEED
- 16 Aroma neck and shoulder massage, with Sandra Oram, Hinckley, Leics, £100 PPA
- 17 Saturday Club, The nut oils, with Alix Davies, Chalice College, S. Yorks, Free PPA Satellite School
- 17 Aromatherapy refresher, with Sandra Oram, Hinckley, Leics, £100 PPA
- 17-18 Reiki 2A, with Juli Moran, Stour Row, Dorset, £210 SEED
- 18 Blending essential oils, with Alix Davies, Chalice College, S. Yorks, £90 PPA Satellite School
- 19 Essential oils for the face, with Alix Davies, Chalice College, S. Yorks, £90 PPA Satellite School
- 20 Carrier oils for the face, with Alix Davies, Chalice College, S. Yorks, £90 PPA Satellite School
- 20-21 Palliative care & complementary medicine, with Bridget Purser, Ash, nr Aldershot, Surrey, £217.50 SEED
- 21 An aromatherapy facial, with Alix Davies, Chalice College, S. Yorks, £90 PPA Satellite School
- 23-24 Foot reflex assessment & massage, with Jane Rose, Stour Row, Dorset, £210 \*DL SEED
- 23-24 Aromatherapy massage (inc foot reflexes) & distance learning module, with Jane Rose, Stour Row, Dorset, £650 (cost of 5 Days) SEED
- 25 Sitting back massage, with Jane Rose, Stour Row, Dorset, \*DL £120 SEED
- 26-27 Chemistry of essential oils, with Sandra Oram, Hinckley, Leics, £200 PPA
- 27-28 Indian head massage, with Alix Davies, Chalice College, S. Yorks, £200 PPA Satellite School
- 28 Chinese foot massage using Tui-Na techniques, with Jane Rose, Stour Row, Dorset £110 \*DL SEED
- 7 An introduction to the chakras and meridians, with Alix Davies, Chalice College, S. Yorks, £90 PPA Satellite School
- 8 An introduction to the five elements, with Alix Davies, Chalice College, S. Yorks, £90 PPA Satellite School
- 9 Chemistry for aromatherapy, with Alix Davies, Chalice College, S. Yorks, £200 PPA Satellite School
- 9-10 Lymphatic drainage massage for clients with cancer or oedema, with Jane Rose, Ash, nr Aldershot, Surrey, £210 \*DL SEED
- 9-11 Remedial massage for aromatherapists, with Sandra Oram, Hinckley, Leics, £300 PPA
- 10-11 Anatomy and physiology Module Two, with Alix Davies, Chalice College, S. Yorks, £200 PPA Satellite School
- 12-13 Remedial & sports-injuries massage (Last 2 days), with Jane Rose, Ash, Nr Aldershot, Surrey, £220 \*DL £220 SEED
- 12-13 Indian head massage for therapists, with Wendy Smith, Hinckley, Leics, £200 PPA
- 14 Saturday Club Question time, with Alix Davies, Chalice College, S. Yorks, Free, PPA Satellite School
- 14 Saturday Club, with Ellie Dunmore, Hinckley, Leics, Free PPA
- 15 Essential blends for winter, with Alix Davies, Chalice College, S. Yorks, £90 PPA Satellite School
- 17-18 Hot stone body and foot reflex massage, with Anita James, Ash, nr Aldershot, Surrey, £210 SEED
- 18-19 Aromaflexology, with Sandra Oram, Hinckley, Leics, £200 PPA
- 21-22 Aromatherapy practical days 4-5, with Jane Rose, Stour Row, Dorset, £575 (Cost of 5 days) SEED
- 23 Aromatic creations – essentials, with Louise Mac, Hinckley, Leics, £110 PPA
- 24 Tsuboki: Japanese face massage, with Anne Parry, Ash, nr Aldershot, Surrey, £120 +£15 for instructional DVD & assessment SEED
- 24 Aromatic creations – advanced, with Louise Mac, Hinckley, Leics £110 PPA
- 25 Acupressure for common ailments, with Anne Parry, Ash, nr Aldershot, Surrey, £105 SEED
- 25-26 Swedish massage for aromatherapists, with Louise Mac, Hinckley, Leics, £200 PPA
- 27 Through the towel techniques - additional techniques (Shiatsu, Pulsing, Cranio-sacral +), with Anne Parry, Ash, nr Aldershot, Surrey, £105 SEED

## OCTOBER

## NOVEMBER

**\*DL:** Course also available as distance learning  
**NOTE:** Contact details for all IFPA schools and IFPA approved CPD centres are shown on page 36.

**Offers on FEA courses:**  
 ● book any two £75 CPD and pay £130  
 ● book all three Aromacosmetology CPD courses @ £150 each and pay £399



## Contact details for IFPA schools and centres

### IFPA-accredited Schools CPD

- APA** Asia Pacific Aromatherapy  
Tel: 00852 2882 2444  
info@apagroup.com.hk  
www.aromatherapyapa.com
- 
- CAA** Cossi Academy of Aromatherapy  
Contact: Susan Cossi-Burgess  
Tel: 403 872 7662  
susan@holisticteachings.com  
www.holisticteachings.com
- 
- ETHOS** Education, Training,  
Health and Online Services Ltd  
Tel: 01388 451886  
info@ethos.uk.com  
www.ethos.uk.com
- 
- ITHMA** Institute of Traditional Herbal  
Medicine & Aromatherapy  
Tel: 020 7708 2626  
info@aromatherapy-studies.com
- 
- OBUS** Obus School of Healing Therapies  
Contact: Christine Courtney  
Tel: 00 353 1 6282121  
info@obus.ie  
www.obus.ie
- 
- PPA** Penny Price Aromatherapy  
Tel: 01455 251020  
info@penny-price.com
- 
- SEED** The SEED Institute  
Tel: 01963 362048 / Mob: 07761185630  
info@theseedinstitute.co.uk
- 
- TAC** The Aromatherapy Company  
Tel: Louise 01455 441961  
info@thearomatherapycompany.co.uk
- 
- TACC** The Aromatherapy Company – Japan  
Tel: 01455 441961  
japan@thearomatherapycompany.co.uk  
www.thearomatherapycompany.co.uk
- 
- THI** The Holistic Institutes  
unita@theholisticinstitute.org  
www.theholisticinstitute.org

### E-Learning CPD Centres

The IFPA Council has approved a new category of CPD provider – those offering e-learning courses. The first two providers are shown below. Others will feature in this list as they are signed up.

**Essential Training Solutions (ETS)**  
PO Box 5116, Badby, Daventry, Northants, NN11 3ZB  
Tel: 01604 879110  
info@essential-training.co.uk  
www.essential-training.co.uk

**The S.E.E.D Institute – Surrey Courses Therapeutic Division,**  
4 Church Street, Henstridge, Somerset, BA8 0QE  
Tel: 01963 362048/Mob: 07761185630  
info@theseedinstitute.co.uk  
www.theseedinstitute.co.uk

**Essentially Holistic**  
Somercotes, Derbyshire, DG55 4ND  
Contact: Anita James  
Tel: 07951 701406  
essentiallyholistic@gmail.com  
essentiallyholistic-onlinetraining.com

### IFPA-approved CPD Centres

**Aroma Here and There (AHT)**  
Audavlen House, Bridgend, Llinithgow,  
West Lothian EH49 6NH  
Contact: Debbie Brettell  
Tel: 01506 834520 or 07834 525065  
enquiries@aromahereandthere.co.uk  
www.aromahereandthere.co.uk  
For course dates see page 34;  
tailor-made courses see website.

**AT Aromatime Centre**  
Woodbridge  
Suffolk IP12 4NY  
Email via website  
www.aromatime.co.uk

**From the Seed (FTS)**  
Contact: Jo Kellett  
Tel: 07970 773030  
jo@fromtheseed.co.uk  
www.fromtheseed.co.uk

**Heather Dawn Elemental Health (HDEH)**  
Traditional Therapy Training  
Gothic Cottage  
Ackton Lane  
Ackton  
Pontefract WF7 6HP  
Tel: 07931 222414  
info@elementalhealth.net  
www.elementalhealth.net

**Integrative Therapies Training Unit (ITTU)**  
The Christie NHS Foundation Trust  
Wilmslow Road  
Manchester M20 4BX  
Tel: 0161 4468236  
joanne.barber@christie.nhs.uk  
www.christie.nhs.uk/pro/cs/comp/training.aspx

**School of Facial Energy Release (FER)**  
13 Charlcombe Way  
Lansdown, Bath BA1 6JZ  
Tel: 07973 732842  
Contact: Caroline Josling  
caroline@carolinejosling.com  
www.carolinejosling.com

Would you like to review a CPD course that you found particularly informative, useful or stimulating? If so, we'd like to hear from you. Contact *In Essence* via IFPA office.

### Building up CPD points

When you are planning your personal CPD programme remember that attendance at IFPA events not only gives you the chance to develop your knowledge of aromatherapy and network with fellow professionals but earns you valuable points too. If you had attended the 2015 Annual General Meeting held recently in Hinckley, for example, you would have earned **four** CPD points. The IFPA Council would also like to remind you that, if you attend or organise an IFPA regional group meeting with a speaker, this counts as CPD activity worth **two** points per meeting.

## First aid courses

The courses listed below are run by IFPA-accredited schools - for contact details see opposite.

### AUGUST

- 26 *First Aid - 3 year Quasafe Certificate with additional complementary therapies, with Mark & Nina De Pina Perou, Stour Row, Dorset £100 SEED*

### SEPTEMBER

- 9 *First Aid with Skillbase Training, Hinckley, Leics, £100 PPA*

### OCTOBER

- 19 *First Aid – 3 Year Quasafe Certificate with additional complementary therapies, with Mark & Nina de Pina Perou, Ash, nr Aldershot, Surrey. £100 SEED*

### NOVEMBER

- 14 *First Aid – 3 year Quasafe Certificate with additional complementary therapies, with Mark & Nina de Pina Perou, Stour Row, Dorset £100 SEED*

In addition to the courses listed above, the IFPA website offers a list of Health & Safety Executive-approved First Aid Training Providers – see <http://ifparoma.org/publicfirstaid.php>

**Please note:** A valid First Aid certificate is no longer a condition for all practising IFPA membership. While the IFPA Council strongly recommends that members keep their First Aid certificate up to date, it will no longer enforce this as a membership requirement.

## HAVE YOU MOVED?

If you have recently changed your personal or business contact details do make sure you let the IFPA office know.

Whether you have a new postal address or have just changed your phone number or email address the office staff need to know - so that they can keep their records up to date and you continue to receive important information from the IFPA.

You can contact the IFPA office by post at IFPA House, 82 Ashby Road, Hinckley, Leicestershire LE10 1SN.

Or phone 01455 637987, fax: 01455 890956, or email at [admin@ifparoma.org](mailto:admin@ifparoma.org)

**NOTE:** Courses run by the schools and centres listed above and in adjacent column can be found on pages 34-35.

# Events

## June

**25-27** Global Health Congress, Oxford, UK. Chair: Professor Angela Coulter, Oxford University's Nuffield Department of Population Health. Brings together researchers aiming to promote health and wellbeing through improved health services in Europe and around the world. See [www.globalhealthcongress.org](http://www.globalhealthcongress.org)

## July

**4** Emotional Freedom Technique Scientific Symposium, Staffordshire University to showcase scientific research into the applications of EFT. Sponsored jointly by Faculty of Health Science at Staffordshire University and Association for the Advancement of Meridian Energy Techniques. Visit [www.staffs.ac.uk/academic\\_depts/health/news/conferences/EFT\\_Scientific\\_Symposium.jsp](http://www.staffs.ac.uk/academic_depts/health/news/conferences/EFT_Scientific_Symposium.jsp)  
**17-18** 21<sup>st</sup> Annual International Integrative Medicine Conference, Melbourne, Australia. Visit [www.aima.net.au/events/3](http://www.aima.net.au/events/3)

## August

**3-5** Third International Conference and Exhibition on Traditional & Alternative Medicine on the theme *Understanding the wisdom of nature cure, encouraging new innovations in*

*treatment and rehabilitation.*, Birmingham, UK. Organised by OMICS Group. See <http://traditionalmedicine-conferenceseries.com>

## September

**10** Research Council for Complementary Medicine conference on the theme *Demonstrating the value of integrative care*. Venue: Middlesex University, London. Visit [www.rccm.org.uk](http://www.rccm.org.uk)  
**10-13** Alliance of International Aromatherapists Conference, *Creating Higher Standards for Aromatherapy*, Denver, Colorado, Jane Buckle and IFFA Council member Anita James speaking. See [www.alliance-aromatherapists.org](http://www.alliance-aromatherapists.org)  
**10-13** Mind Body & Spirit Wellbeing Festival 2015, NEC, Birmingham, UK. Visit [www.thenec.co.uk/whatson/mind-body-spirit-wellbeing-festival](http://www.thenec.co.uk/whatson/mind-body-spirit-wellbeing-festival)  
**18-22** Food as Medicine, A Feast of Science and Wisdom, Stockbridge, Massachusetts, USA. Visit [http://kripalu.org/program/view/FAM-151/food\\_as\\_medicine\\_a\\_feast\\_of\\_science\\_and\\_wisdom](http://kripalu.org/program/view/FAM-151/food_as_medicine_a_feast_of_science_and_wisdom)  
**24-26** 12<sup>th</sup> World Congress of Chinese Medicine, Barcelona, Spain. Visit [www.wccm2015.com](http://www.wccm2015.com)  
**26-27** Camexpo. Major annual exhibition for complementary practitioners,

Olympia, London. Visit [www.camp-expo.co.uk](http://www.camp-expo.co.uk)

## October

**24-25** Ilkley Complementary Medicine Festival, Kings Hall, Winter Gardens, Ilkley, W.Yorks. Visit <http://icmf.co.uk/autumn-2015>  
**31- 3 Nov** Aromatica 2015 conference, organised by *Aromatherapy Today*. Gold Coast, Australia. Visit [www.aromatherapytoday.com/course.html](http://www.aromatherapytoday.com/course.html)

## 2016

## May

**18-20** International Congress on Integrative Medicine and Health (ICIMH) Las Vegas, Nevada, USA. Visit [www.icimh.org](http://www.icimh.org)

## July

**1-3** 3<sup>rd</sup> International Congress on Naturopathic Medicine 2016, Barcelona, Spain Visit <http://icmnaturopathy.eu>

## September

**2-5** Botanica 2016 conference, celebrating plant therapeutics and clinical aromatherapy, to be held at the University of Sussex, near Brighton. Full details to be announced in due course. Visit [www.essentialorc.com](http://www.essentialorc.com)



# TO ADVERTISE

Please call the IFPA office: 01455 637987  
or email Debbie: [accounts@ifparoma.org](mailto:accounts@ifparoma.org)

## In Essence Deadlines

### Autumn 2015

#### Volume 14 Number 2

Publication date: September

Copy and advertisement deadline: **31 July**

### Winter 2015

#### Volume 14 Number 3

Publication date: December

Copy and advertisement deadline: **27 October**

Please note that *In Essence* now accepts advertisements from companies that are not members of the Aromatherapy Trade Council

## The S.E.E.D. Institute

4, Church Street, Henstridge, Som. BA8 0QE  
Tel: 01963 362048 Mob: 07761 185630  
E-mail: [info@theseedinstitute.co.uk](mailto:info@theseedinstitute.co.uk)  
Web-site: [www.theseedinstitute.co.uk](http://www.theseedinstitute.co.uk)



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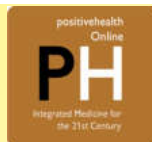


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- Stress as Cause of Heart Attacks
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- To the Cancer Patient: Natural Cures vs. Traditional Part II
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- A New Approach to Food & Farming
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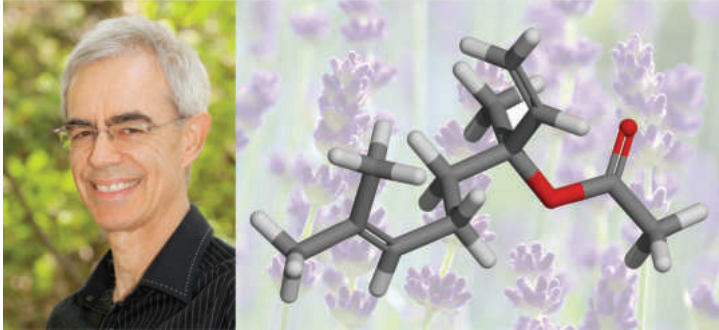
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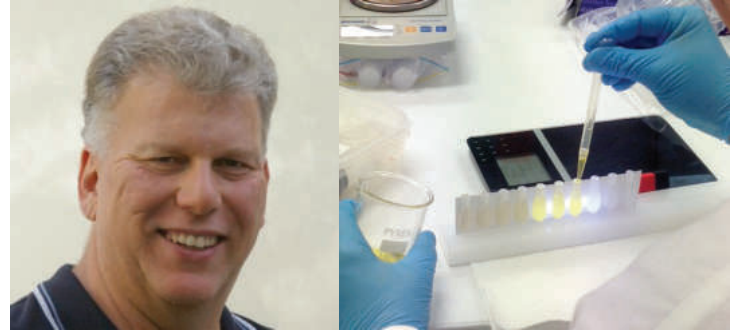


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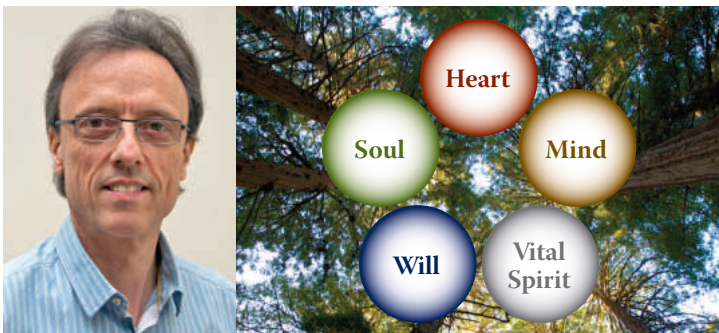
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