



Welcome to...

Penny Price Academy
of Aromatherapy

Saturday Club

Festive Cheer



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Saturday Club
December 2022

What do we think of when we think of Christmas?

- Families
- Children
- Presents
- Parties
- Food and Drink
- Log fires
- Nativity plays
- Church or other places of worship
- Christmas trees and decorations





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But also...

- People we have lost
- Time alone
- Financial struggle
- Bad weather, cold
- Feeling left out
- Winter aches, pains and illnesses





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Which aromas remind us of Christmas?





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SPICES

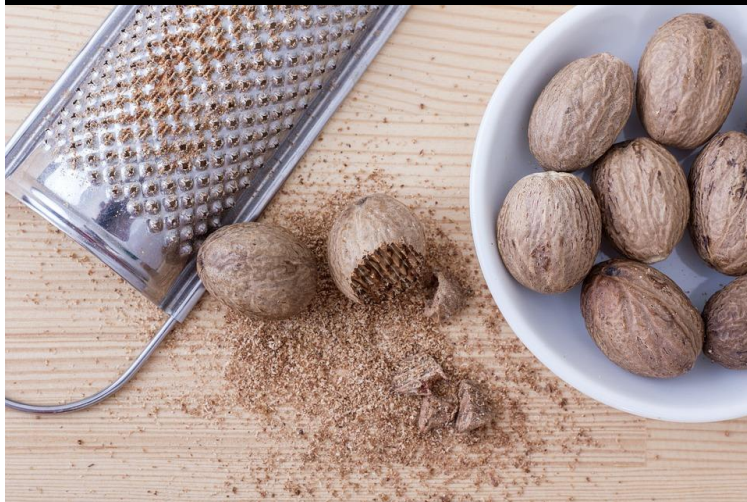
Cinnamon



Clove



Nutmeg



Ginger





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TREES

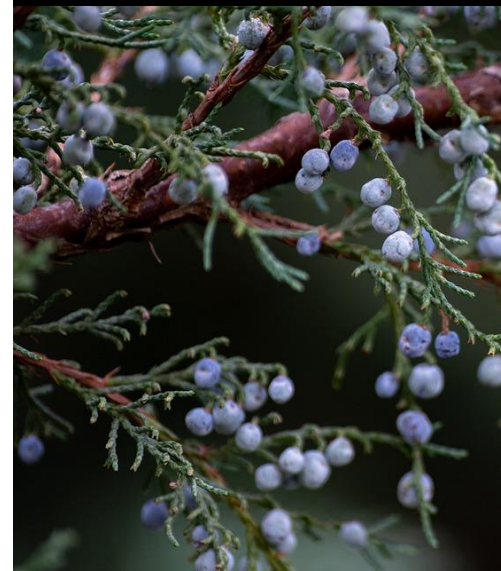
Silver Fir



Pine



Juniper



Cypress



Cedarwood



Black Spruce





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RESIN & FRUITS

Frankincense



Myrrh



Benzoin



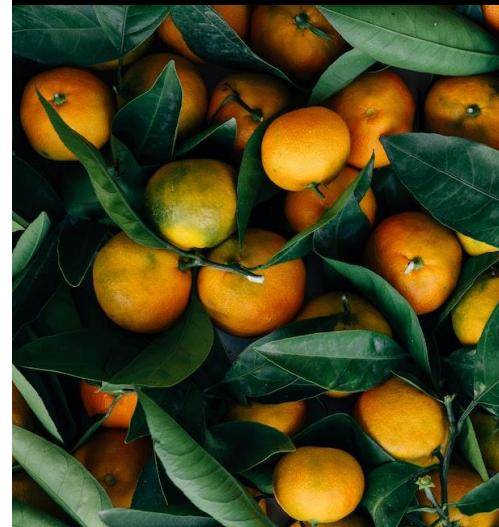
Elemi



Sweet Orange



Mandarin





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A Selection of Essential Oils for Christmas





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Myrrh

(*Commiphora myrrha*)

Myrrh is an excellent winter oil as it is an expectorant which can be used to clear catarrh when the chest has become congested due to chest infections and bronchitis.

It has been described as a “healing, strengthening and a protective bandage”, helpful where there is inflammation and pain especially when the tissue is damaged or weak.

Mentally it is centring, stabilising, calming and is said to lift a negative mood which is ideal in the pre-Christmas build up.

Like Frankincense it is useful for those who worry and overthink.





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Benzoin

(*Styrax benzoin*)

My 'hug in a bottle'

Benzoin is another excellent winter oil - warming, soothing and gently stimulating which makes it a valuable treatments for colds, flu and bronchitis

It is also effective against chilblains and dry, chapped hands.

Patricia Davis suggests that the oil's psychological properties mirror its physical properties – soothing, warming and stimulating. She recommends it for sadness and loneliness – both cold feelings – underlying a depressed or anxious state of mind. It combines well with rose in such uses.

A combination of rose and benzoin is perfect for anyone feeling sad and lonely at Christmas, especially if it is due to a bereavement.





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Silver Fir

(*Abies alba*)

Silver Fir essential oil smells like Christmas trees and also is reminiscent of a walk in the forest - uplifting and refreshing.

Its warming and diuretic properties are ideal for such conditions as muscular aches and pains, arthritis and rheumatic pain. Silver fir has a mild analgesic action that helps ease stiff joints and muscles.

Like all tree oils, it is good for infections of the upper and lower respiratory tract.

It is said to boost the emotions, bringing upliftment to downheartedness, negativity, sadness, stress and nervous exhaustion so ideal for anyone for whom Christmas is a negative experience.





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Ginger

(*Zingiber officinalis*)

Ginger is warming, stimulating and a gentle pain reliever. It contains a compound called Zingibain is analgesic and anti-inflammatory and reduces pain caused by muscle aches, arthritis, headaches, migraine.

Studies have shown that regular use of ginger leads to reduction of prostaglandins which are the compounds associated with pain.

It is a good expectorant and is anti-viral therefore can help with coughs and chest infections.

If you have overeaten at Christmas, ginger will help settle your stomach as it is one of the best remedies for indigestion, nausea and stomach ache.





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Cinnamon

(*Cinnamomum verum*)

It has a warming and antispasmodic effect on the body, and can be used in a blend for easing muscular aches and pains, arthritis and rheumatism.

A stomach massage with a blend containing cinnamon can help a sluggish digestion especially when aggravated by cold food. Diffuse some cinnamon into the air to help ease coughs and colds and stop them from spreading as it is highly antiseptic.

Cinnamon is good for drowsiness and can boost energy levels if you are suffering from exhaustion or burn-out. Blend it with ginger and lemon essential oil for an instant pick me up.

Battaglia states that this oil is beneficial during convalescence as it warming and uplifting but always use in very low dilutions.





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Mandarin

(*Citrus reticulata*)

Mandarin is great for the whole digestive system especially there is a stress element. It is also good for things like dyspepsia and indigestion, both common problems around this time of year.

It is good for a congested liver which may be useful around Christmas!

Mandarin contains a small amount of an ester, anthranilic acid which is highly sedative and very gentle and therefore is perfect for everyone including children and the elderly and can be very calming for over-excited children

Although mandarin oranges are common around Christmas time and the smell is associated with this period, it can also remind people of holidays in the mediterranean. It can be uplifting and 'sunny' which is great for SAD.





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Cedarwood

(*Cedrus atlantica*)

In common with silver fir and pine, cedarwood smells like Christmas!

Fatigue can really set in during December due to the short days and the stress which the festivities often produce. Cedarwood is excellent for lethargy and can also help with insomnia.

Cedarwood is a very good oil for treating catarrh and chronic bronchitis where it will kill bacteria and act as a decongestant, it is especially useful when mucus has accumulated in the lungs leading to infection.

Cedarwood is said to help with insecurity, giving strength and fortitude.

Mojay states it can “give us immovable strength in times of crisis...It can buck up the ego when we feel alienated or destabilised”.





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Blends for the Diffuser

Christmas Day Blend

2 drops Cinnamon
2 drops Clove
2 drops Sweet Orange

Woodland Wonder Blend

2 drops Silver Fir
2 drops Cypress
2 drops Cedarwood

Gingerbread House Blend

2 drops clove
2 drops cinnamon
3 drops ginger





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Beautiful Christmas Blends

- As well as diffusing the following oils, you can add these blends to a nasal inhaler for the person to sniff when they need some extra support, in an evening bath to help them relax
- Add a total of 6 drops (2 drops of each) of them to 10 mls of carrier oil and either put them in a roller ball to apply to their pulse points or use as a massage oil to help with a variety of issues





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Sweet Dreams for Christmas Blend

2 drops of Mandarin
2 drops of Cedarwood
2 drops of Frankincense

Comforting Christmas Blend

2 drops Benzoin
2 drops Rose
2 drops Petitgrain

Happy Christmas Boost (Immunity)

2 drops of Black Spruce
2 drops of Ravensara
2 drops of Sweet orange

Post Christmas Calm

2 drops Sweet orange
2 drops Frankincense
2 drops Geranium





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Penny Price Ready Made Christmas Blends

Christmas Peace - Lavender, Geranium, Ho Leaf, Juniper
Christmas Love - Lavandin, Jasmine, Ho Leaf, Ylang Ylang
Christmas Gold - Frankincense, Sweet Orange & Myrrh
Christmas Tree - Canadian Balsam, Cypress, Silver Fir, Pine
Christmas Aroma - Cinnamon, Sweet Orange, Pine, Nutmeg
Christmas Joy - Bergamot, Rose, Ho Leaf, Eucalyptus Stageriana

£8.99





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Conclusion

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PRODUCTS ONLINE USING
CODE FESTIVECHEER10**

Valid until 24/12/2022

Thank you for your
continued support of
Saturday club...





Thank you...

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