



Welcome to...

**Penny Price Academy
of Aromatherapy**

Saturday Club

**Managing Pain
with Aromatherapy**

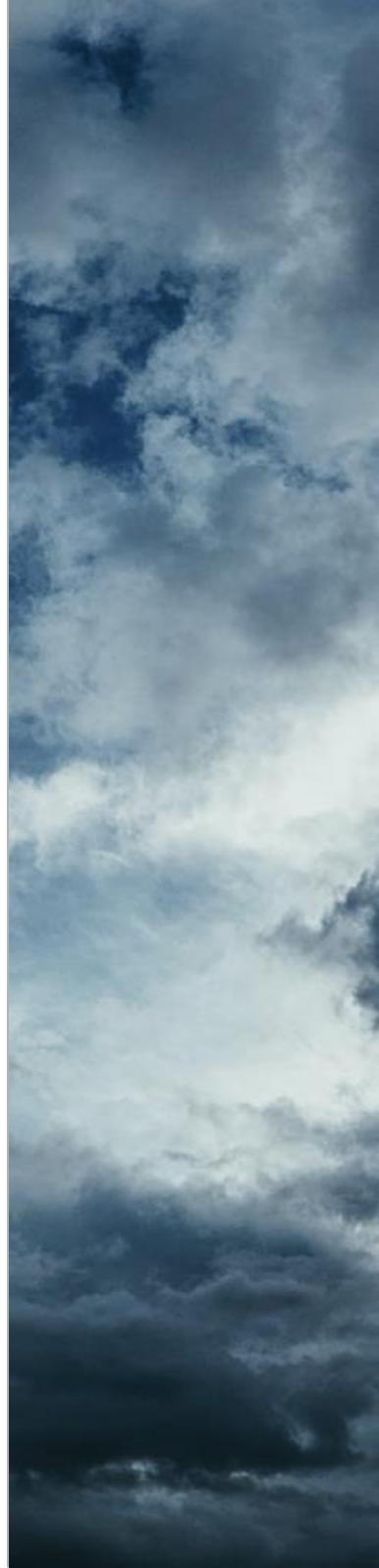


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Definition of Pain

- ❖ Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage (International Association for the Study of Pain)
- ❖ Pain is whatever the experiencing person says it is, existing whenever the experiencing person say it does. (McCaffrey and Beebe)
- ❖ Both of these definitions therefore highlight that a painful experience is more than just tissue damage triggering a response from the nervous system. The management of pain thus involves more than simply treating the tissue injury.





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Categories of Pain

- ❖ **Acute pain** - immediately following an incident it will normally involve inflammation
- ❖ **Chronic pain** - pain is considered chronic when it persists beyond the inflammatory and healing process—by definition, at least 12 weeks after peripheral trauma has caused the initial inflammation.
- ❖ **Chronic pain** can include psychogenic pain - when no cause can be found, this still feels real to the patient ie phantom pain





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Approaches to Pain

- ❖ With **acute pain** it is important to address the physical symptoms i.e. the pain and possible inflammation
- ❖ With **chronic pain**, a multifaceted approach is required as, in addition to pain, there maybe other issues such as anxiety, stress, fear, depression and insomnia as well as any postural changes due to the pain.





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Distraction Techniques

- ❖ A recent study found that mental distractions actually block pain signals from the body before they ever reach the brain.
- ❖ Massage is a great way of distracting the brain and may relieve the pain itself
- ❖ Reflexology is another powerful distraction and can also help treat the pain.
- ❖ Smell is another thing which will deflect the brain, try sniffing an oil from a tissue, making up some favourite blends to put in a nasal inhaler or a roller ball, oils with stronger aromas will be more effective.





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Plai

(Zingiber Cassumunar)

Plai is one of the best essential oils for treating, aches, pains and inflammation.

It has powerful analgesic and anti-inflammatory properties that are beneficial for injuries, arthritis and muscular aches and pains.

Plai has been used successfully to treat various joint problems, especially where inflammation is present eg bursitis of the knee, hip, and tennis elbow, all painful conditions due to inflammation of soft tissues in the joint.

The oil has been tested for post-operative pain and inflammation, significantly reducing both pain and visible inflammation. It is reported to ease pain for up to 16-20 hours

When plai is applied topically it is reported to be more effective than diclofenac but with no side effects





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Cornmint

(Mentha Arvensis)

Cornmint is made up of 80% menthol, an alcohol which is a powerful pain reliever. Menthol also numbs the area. It is safer for use on the skin than peppermint

In 2012 there was a study looking at the effectiveness of menthol (applied in a gel) in comparison to ice when applied to the skin to help muscle soreness and perceived pain. They concluded that menthol was more effective than ice in reducing the actual or perceived pain felt by people.

The reason why cornmint is so effective in the treatment of a patient with chronic pain is that not only is it an anaesthetic, but in common with peppermint, it is cooling. Therefore, it is recommended for hot painful conditions such as headaches, migraines, arthritis, earaches, toothache, stomach pain (it is antispasmodic to the smooth muscle in the digestive system) and also is very useful for hot flushes.





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Clove Bud

(Syzgium aromaticum)

Clove bud oil contains eugenol which has been found to be a local anaesthetic, a powerful anti-inflammatory, an antioxidant and most importantly it can deplete substance P which is a pain transmitter

It is known to be particularly effective for dental pain

It is also a carminative and antispasmodic so is useful for digestive pain

Don't use on anyone who is on blood thinning medication or who has had a recent operation. Always use in low dilutions as it can be a skin sensitiser.





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German Chamomile

(Matricaria Chamomilla)

Due to the presence of a compound known as azulene, German Chamomile is a powerful anti-inflammatory

This oil is useful in treating all red inflamed hot conditions such as eczema, irritable bowel syndrome, arthritis
It is also excellent for toothache and earache.

German Chamomile can relax the smooth muscle of the gut and therefore help digestive pain.

A 2015 study investigated the effectiveness of applying diluted chamomile essential oil to the skin for the treatment of osteoarthritis. The participants were asked to apply the oil three times a day for three weeks. The researchers found that German chamomile essential oil significantly reduced the need for pain relief medication.





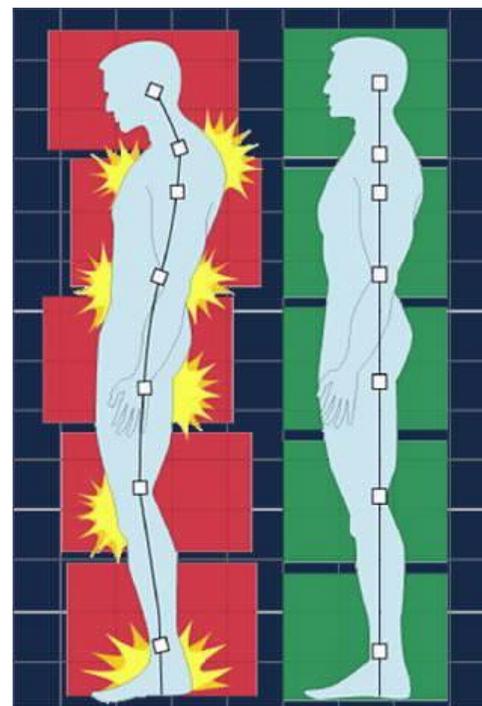
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The Effects of Chronic Pain

- ❖ Anxiety - fear of pain continuing or worse pain
- ❖ Failure
- ❖ Frustration
- ❖ Anger
- ❖ All can eventually result in depression

- ❖ The sensation of pain can lead to postural changes to limit further pain and injury and if the person adopts a sustained 'pain posture', biodynamic stress is placed on body





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So how do we help someone in chronic pain?

❖ Stress relief

- Consider essential oils that are good for stress and depression
- Suggest meditation, yoga, breathwork
- Don't forget baths which can relieve pain as well as relax

❖ Sleep

- Chose essential oils which will help the person sleep
- Suggest meditation

❖ Inflammation

- Anti-inflammatory essential oi
- Anti-inflammatory foods and supplements such as berries, broccoli, green tea, turmeric

❖ Analgesics

- Use analgesic oils
- Massage can help with pain





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Lavender Spike

(Lavandula Latifolia)

Spike Lavender contains the component camphor which is an analgesic, antispasmodic and a local anaesthetic. It is also an anti-inflammatory and warming.

Therefore this oil is recommended for conditions such as headaches, painful periods, arthritis, neuralgia and muscular pains.

However in common with *Lavandula officinalis* spike lavender is also excellent for calming anxiety and stress which is useful when someone is suffering from chronic pain.

Due to the camphor content it is safer not to use on babies and young children or pregnant women





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Marjoram Sweet

(Origanum Majorana)

Sweet Marjoram oil stimulates and strengthens peristalsis so it is good for spasmodic digestive disorders such as IBS, ulcerative colitis or Crohn's disease.

It is also warming and analgesic and is therefore good for the general muscular spasms and pains you may experience with backache and muscle tension

You can use sweet marjoram for cramps and it is recommended for period pains

It is also good for stress and insomnia where its warming nature comforts and helps to relax





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Copaiba Balsam

(Copaifera Officinalis)

Copaiba contains up to 60% of β -caryophyllene which is anti-inflammatory, analgesic and antispasmodic.

β - caryophyllene also binds with the cannabinoid receptors in the body which means it soothes physical discomfort and pain (particularly neurological pain)

Copaiba can be used for inflamed skin conditions, itching, wound healing, neuralgias, neuropathic pain and muscle cramps

It is also incredibly calming and a mood enhancer

It is a very safe oil with no known drug interaction





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Methods of Use

Nasal inhalers to provide distraction and to help with pain. Inhaling essential oils will also help to calm and relieve anxiety. Use about 10 drops for pain relief but for stress try less than 5 drops as it will make the person inhale more deeply

Compresses - hot compresses are good for aches and pains. cold compresses are good for inflammation

Baths - water itself has very therapeutic qualities and is even more powerful when essential oils are added. Essential oils do not dissolve in water so add to a carrier such as a foam bath base, white lotion or honey

Creams and oils - add essential oils to white lotion or a carrier oil which can be massaged into the painful area





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Conclusion

Our usual 10% off today's featured oils;

Plai

Cornmint

Clove Bud

German Chamomile

Lavender Spike

Marjoram Sweet

Copaiba Balsam

Use Code **MAYSAT10** until May 22nd

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





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