



Penny Price
Academy of Aromatherapy



AROMATIC FRENCH ADVENTURE 2022

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Hello. This little booklet contains all you need to know about our Aromatic French Adventure Tour 2022. The Penny Price Academy of Aromatherapy has long been running successful aromatherapy study tours in the south of France. We have a close association with the monastery at Ste Croix and love to return each year to this beautiful, peaceful part of the world, well known for its lavender and other aromatic plants, and its well-established importance in the perfumery industry. We hope to welcome you.



A handwritten signature in black ink, appearing to read 'Penny'.



AROMATIC FRENCH ADVENTURE TOUR

19th–25th JUNE 2022



Penny Price
Academy of Aromatherapy

The Penny Price
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INTRODUCTION & TIMETABLE



Thank you for your interest in our Aromatic French Adventure 2022. We look forward to welcoming you to the peaceful monastery at the village of Saint Croix in its beautiful surroundings. The week will be full of aromatic adventures! Field trips include a farm visit, where you will walk around herb fields and see a demonstration of distillation. We also visit a local lavender distillery, sample the local bubbly, *Clairette de Die*, and take you on a magical walk in the mountains, revealing magnificent vistas towards Grenoble and the French Alps.

In the local Cathedral town of Die, there is a wonderful traditional French market, where you can shop and sit in the local street cafés – and on one of the evenings, the group will have a party, so if you can act, sing, dance or recite, you are welcome to contribute.

Your 2022 tour leader is an experienced Aromatherapist, who will guide you through the week and give lectures and a tour of the lovely Monastery garden.

Sunday

Arrival at the monastery, then dinner and a relaxing evening.

Monday

Morning: A visit to La Ferme de Truchard. We will meet our farmer, Sylvie, who will show us her small farm and walk us around the crops, explaining the therapeutic benefits of each. The group is then let loose to cut and pick plants for our maceration session later in the week. Lunch at the Monastery.

Afternoon: A visit to Sylvie's house – distillation unit, drying barn, laboratory and shop. Sylvie will give a demonstration and an explanation of the distillation process. Clairette de Die is provided afterwards to end a perfect day!

Tuesday

Morning: A visit to a nut and olive oil producer in the historic town of Crest where you will be able to watch the old-fashioned mills in progress and taste many of the different oils produced. The little shop is full of local buys after

the demonstration. The visit is followed by time in Crest at your leisure, where the historic Tour de Crest, built by Simon de Montfort in the middle ages, stands proud above the town; at 170 feet this imposing building is the tallest fortified keep in France. Lunch in Crest at your leisure.

Afternoon: Instruction on Maceration, followed by practical maceration of your own plant material in our popular workshop.

Wednesday

Morning: A visit to the wonderful and diverse Provençale market in Die, where there are quaint little shops and cafes for your delectation and delight. Lunch in Die at your leisure.

Afternoon: Travel to the village of Barsac for a tour of vineyards with a local farmer, and tasting of Clairette de Die, the region's naturally sparkling wine. There will also be the opportunity to taste and purchase some local award-winning wines at the end of the tour.

Thursday

Morning: Today we travel to Pensee Sauvage a farm cultivating aromatic and medicinal plants. The day will begin with a tour of

the gardens followed by a walk to discover the wild plants in the surrounding area and a talk on their uses. Picnic lunch will be provided.

Afternoon: A chance to get hands on as you complete a Cosmetic Making Workshop at the farm. You will create your own balm to take away and enjoy!

Friday

Morning: A walk through the mountains on a field trip to discover myriads of wildflowers at the Vallon de Combeau. When you get to the top, look out at the stunning views of the Alps. Picnic lunch on the mountain.

Afternoon: A visit to a small, local, lavender distillery, where the owner will talk us through the different types of lavender and the latest distillation processes. There is a shop for purchases of the lavender grown on site. We return to the monastery for our final dinner and leaving party!

Saturday

Morning: Breakfast and home time.

Please note:

The tour price includes full board, accommodation and the full itinerary of trips and activities. Travel to and from the venue is not included.



ACCOMMODATION

Full board* accommodation at the 'Ancien Monastère de Sainte Croix', which is situated in the heart of the peaceful Drôme valley, approximately 7km west of the ancient market town of Die. Wine from the area is served with lunch and evening meals.

The monastery is a welcome centre for groups – and because it is not a hotel, there are no rooms with en-suite bathrooms. However, there are several showers and toilets on both floors and although most bedrooms are twin (with wash basin), there are 5 single rooms available on a first come first served basis.

The views from the bedrooms and bathrooms (and even one from the toilets) are stunning!

* During the tour, two lunches will be taken on location at your leisure and are not included.

Items to Bring to France

- Sun protection cream, sun hat and sunglasses
- Secateurs or sharp scissors for trimming plants – NB these should be packed in your main luggage
- Gardening (or thin plastic) gloves for gathering herbs and flowers at the farm
- Trainers or walking boots, a light waterproof coat
- Bath and hand towel (these are not provided but can be hired from the monastery for around €3 for the week if preferred).
- Swimming towel and river shoes if you want to paddle in the local rivers
- Water bottle (the water at the monastery is safe to drink, delicious and comes straight from the local mountain spring)





ABOUT THE AREA



Die is situated in the *Drôme* department (*Rhône-Alpes* region) in the south-east of France at 42 km from Valence, the department capital. (Die is 510 km from Paris and 737 km from the port at Calais). The little town nestles at the foothills of the Alps, in a smaller range of mountains known as the *Vercours*. There is a wonderful market held each Wednesday and Saturday which attracts visitors from all the surrounding villages. Die has its own Cathedral and is technically therefore a City! The original building was erected in the 3rd century, but this has been added to and repaired, mainly in the 17th Century. A former Bishop of Die, Bishop Didier travelled on foot all the way to Nicaea in 451 to formulate and agree the Nicene creed that is now recited during mass each week. Being at the top end of Provence, lavender and lavandin are abundant, although in later years many

Well known for red wine this area also produces a sparkling white wine known as *Clairette de Die* (which means little light of Die). Preferred by many to the dryer champagne, this lovely wine can be sampled when we visit one of the region's many *dégustations*.





fields of true lavender have now been replaced with the stronger, larger lavandin, which is much in demand by the toiletry industry for its powerful aroma. The river Drôme runs through the area and is stunningly beautiful. The clear green water runs through shingled valleys, which provide many beaches for tourists and locals alike. The water is warm and safe for paddling, bathing and canoeing and is one of the main attractions of the area.

There are lots of small distilleries in the area, where most of the farmers work in co-operatives to share in the equipment and where they can join forces to sell their oils, carriers and hydrolats to other companies in France and around the world.

The people of Die are quite unique with their tie-dye clothes, dreadlocks and gypsy-style living, although the older population are as you would expect in any town! Guitars are strummed and music is always on the streets. *Café de Paris* is the perfect place to sit and listen to all that is going on in this beautiful and wonderful little town - once seen, never forgotten.



DIRECTIONS TO STE CROIX MONASTERY

The venue is in a small village called Ste. Croix in the Drome Valley. The venue is about 2 hours from the airports of Nimes, St Etienne and Lyons.

Once we have the full list of travellers, we will share names and addresses so that you can travel together by flying, or hire cars to cut the cost of the trip. This means that those who are on their own don't have to travel on their own!



The Monastery Contact Details:

Telephone: 04-75-21-22-06

Mobile : 06 85 80 05 22

Address: 26150 SAINTE CROIX

By Train

The TGV travels to Valence, which is about 45 minutes away from Die, the nearest town to Ste Croix and there is a connecting train from Valence to Die, where you can be met at the station by arrangement.

By Car

At whichever airport you are landing (Lyon (St Exupery), St, Etienne, Nimes or Marseilles), follow signs to Valence, which is on Autoroute (motorway) A7.

From the south, take exit 16 for Privas and Loriol and follow signs for Loriol and Crest.

From St Etienne, follow signs to Valence, when you will join the A7 to Vienne and Valence. (If feeling brave, you can take the smaller road to Annonay, by-pass that and join the A7 to Valence.)

Leave the Autoroute at exit 15.

After paying the toll, drive slowly and look carefully – following signs to Gap, Crest and Die (D111).

From Lyon (St Exupery), follow all

Autoroute signs for Valence: A432 (about 4 km), followed by the A43 (for about 8 km), then the A46, which leads onto the A7. Leave A7 at exit 15.

After paying the toll, drive slowly and look carefully – following signs to Gap, Crest and Die (D111).

After by-passing Crest, the road passes Saillans, Vercheny and Pontaix. ... A couple of kilometres after Pontaix, look on the left for some houses on a hillside. That is the village of Ste Croix, and there is a turning to it from the main road immediately after three sets of houses.

Follow this road up the hill, bearing left when you come to the corner (signposted St Julien en Quint). Go past a small winding road to the left – and take the next (straight) small road to the top; turn left – and the monastery is straight ahead.

Park your car in the big car park on the right just before the monastery gates.

BOOKING A PLACE

The tour costs £800.00 inc. VAT per person to include six nights full board accommodation at the Ancien Monastère de Sainte Croix and the full itinerary of trips, activities and workshops. Please note travel to and from the venue is not included.

The tour (19th-25th June 2022) can be booked in one of the following ways:

- Complete and return the application form opposite
- Call us directly on 01455 251020
- Online at www.aromatherapy-courses.co.uk/frenchadventure2022

Booking must be confirmed with a non-refundable deposit payment of £400.00 per person with the final balance of £400.00 due no later than 27th March 2022.

Cancellation Policy

If you are unable to attend the Aromatic French Adventure Tour 19th-25th June 2022 for any reason the following will apply:

Cancellations made prior to 27th March 2022 will lose the deposit payment of £400.00. Cancellations on or after 27th March 2022 are liable to the full tour fee – any outstanding amount will be invoiced.

Our Promise

If for any reason the Academy finds it necessary to cancel the course, then all the fees will be refunded in full. In the unlikely event that this occurs then we will give all those who have booked places on the tour notification of cancellation as soon as possible.



PLEASE TELEPHONE PRIOR TO BOOKING TO CHECK AVAILABILITY OF PLACES:

+44 (0)1455 251 020

Cheques are to be made payable to Penny Price Aromatherapy Ltd.

**Bank Transfers are also welcome:
Sort Code: 40-03-21**

Account Number: 31536141

APPLICATION FORM

Return to Lizzie Peate, Acer House, Radius Court, Maple Drive, Hinckley, LE10 3BE
OR send via email to courses@penny-price.com to reserve your place on the study tour.

Payment option (please tick one):

Deposit of £400 Full price of £800 (including VAT)

I have paid the above amount. Signed

Full Name

Address

..... **Postcode**

Telephone **Email**

Would you like to be included in a group email to hear updates on the tour and to share your contact details with the other attendees?

Yes No

Special dietary requirements

Allergies or medical conditions of which we need to be made aware:

.....

.....

.....

Would you like to subscribe to our weekly newsletter?

Yes No

Limited single rooms can be reserved for those travelling alone. If you would like to have a room on your own, or would like to share with a particular fellow traveller then please state which here:

Single room please

I would like to share with (state name of person):

TERMS AND CONDITIONS

CANCELLATION POLICY

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PRIVACY POLICY

Penny Price Aromatherapy Limited recognises that privacy and security is a major concern. We have therefore set out the below guidelines we use for protecting your personal information. Please read this Privacy Policy carefully and if you have any issues or concerns, please do not hesitate to contact us.

WHAT INFORMATION DO WE COLLECT ABOUT YOU?

We collect information about you when you register with us, place an order for products or services or book onto annual trips organised by Penny Price Aromatherapy Limited. We also collect information when you voluntarily complete customer surveys, provide feedback and participate in competitions. Website information is collected using cookies.

HOW WILL WE USE THE INFORMATION ABOUT YOU?

We collect information about you to process your order, manage your account and if you agree, to email you about other products and services we think may be of interest to you. We use your information collected from the website to personalise your repeat visits to our website. Penny Price Aromatherapy Limited will not share your information for marketing purposes with companies outside of the company. When processing your order, we will share your information (not payment

details) with shipping and courier services in order for your products to be delivered.

We keep a record of any purchase/s you make from PPA. This means we can help to deal with any queries or problems you may have, and also so we can ensure that any information that we send to you is relevant.

If you (a customer) place an order with us via penny-price.com or via telephone, we do not store any debit or credit card information.

In some circumstances, we may share some of your data. This is only when we instruct agents, contractors or third party service providers to provide business operations support, including advertising and marketing advice and support, financial services and technology services. Please note that these third parties are under contract, and our service agreements dictate that they only use your information in connection with the services they perform for us and not for their own benefit.

In the unlikely event that our business assets are ever sold to or purchased by another company (our data records are part of our business), you will receive notice of any such event and we will use our reasonable endeavours to ensure that the new combined entity will follow the practices disclosed in this Privacy Policy.

If we are requested by the police or a regulatory or government authority investigating illegal activities to provide information concerning your activities whilst using the network we shall do so.

MARKETING

We would like to send you information about products and services of Penny Price Aromatherapy Limited which may be of interest to you. If you have consented to receive marketing, you may opt out at a later date.

You have a right at any time to stop us from contacting you for marketing purposes.

If you no longer wish to be contacted for marketing purposes, you can

unsubscribe at any time.

You have the right to request a copy of the information that we hold about you. If you would like a copy of some or all of your personal information, please do contact us.

We want to make sure that your personal information is accurate and up to date. You may ask us to correct or remove information at any time.

CHANGES TO OUR PRIVACY POLICY

We keep our privacy policy under regular review and will place any updates on our web site for general reference. This privacy policy was last updated on February 2018.

HOW TO CONTACT US

Please contact us if you have any questions about our privacy policy or information we hold about you.

By email – reception@penny-price.com

By telephone – 01455 251 020

Or write to us at – Penny Price Aromatherapy Ltd, Acer Drive, Radius Court, Maple Drive, Hinckley, Leicestershire, LE10 3BE.

DECLARATION

You confirm that all information and details provided by you to us (including on registration) are true, accurate and up to date in all respects and at all times. You can update or correct your details at any time by going to Your Account on our website.

When you create an account on our website, we may provide you with and/or ask you to use passwords or other means to allow you to access certain areas of the Website and/or to maintain your account security. It is your responsibility to maintain the confidentiality of your password and account information. Penny Price Aromatherapy shall not be liable to any person for any loss or damage which may arise as a result of any failure by you to protect your password or account. Should you become aware of or suspect any unauthorised use of your password or account, please contact us.





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