



Welcome to...

**Penny Price Academy
of Aromatherapy**

Saturday Club

Blossoms, Blooms and Florals



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Saturday Club
March 2022

The Language of Flowers

- ❖ In Europe during the late 1800s, the idea that flowers represented feelings grew into a system of communicating through flower arrangements.
- ❖ In Asian mythology the lotus often symbolizes the female sexual organs, from which new life is born. Lotuses appear in both Hindu and Buddhist mythology.
- ❖ In many societies, certain colours of flowers have acquired symbolic meanings. White blossoms, for example, represent both purity and death, while red ones often symbolize passion, energy, and blood. Yellow flowers may suggest gold or the sun.



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Plant Anatomy

- ❖ Blossoms, blooms and flowers are the reproductive part of the plant.
- ❖ They are the most fragile part of the plant & as such only have a short lifespan. At their peak, flowers are delicate, colourful, and frequently sweet-scented. From these qualities emerge the symbolic meanings of flowers and, in some cultures, floral goddesses.
- ❖ From new life to death, from purity to passion, flowers have had many meanings in myths and legends. Swelling from tender bud to full bloom, flowers are associated with youth, beauty, and pleasure.

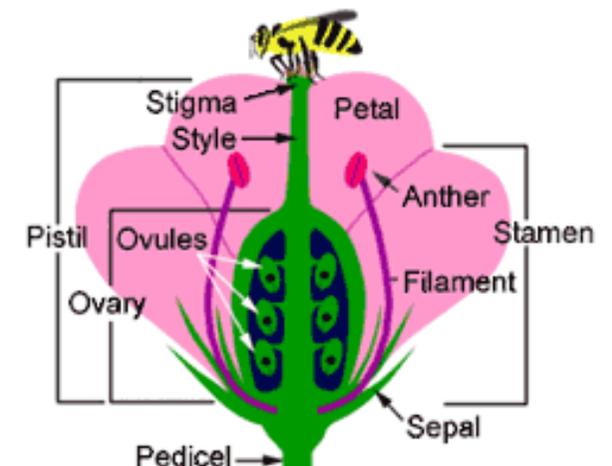
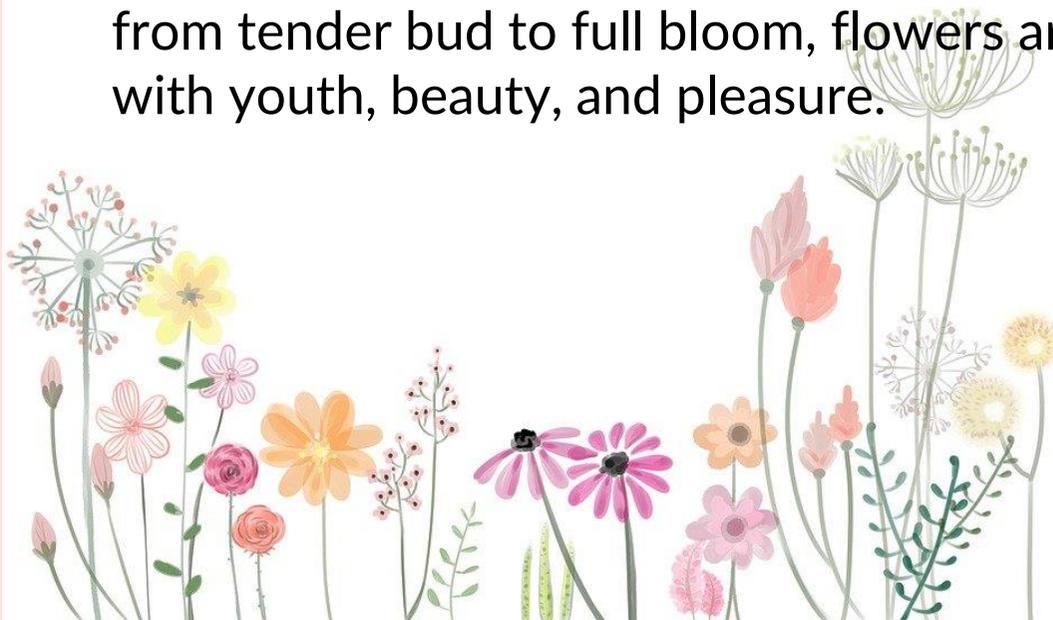


Figure 19. Complete flower structure



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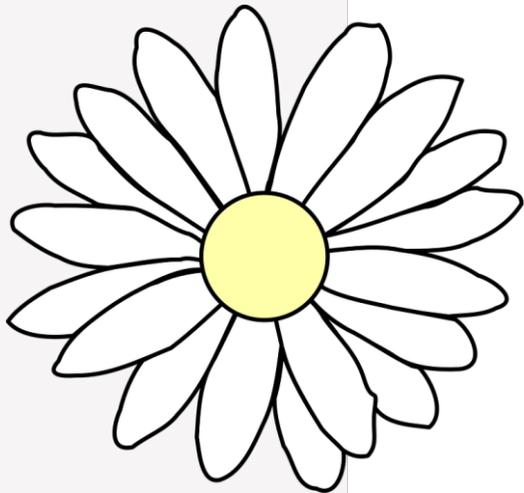
Chamomile

Chamaemelum nobile & Chamomilla recutita

Chamomile is one of the oldest known medicinal herbs. The Egyptians dedicated chamomile to their sun gods because the flower reminded them of the sun.

Chamomile is known for its anti inflammatory and calming properties being used for eczema, arthritis, inflamed skin, headaches, indigestion, menopausal symptoms.

According to Mojay Chamomile is employed in eastern medicine to help smooth the flow of Qi (life force energy) to clear heat and reduce inflammation.





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Geranium

Pelagonium graveolens

A sweet floral scent that has an affinity with the female hormonal system having been used to balance menstrual and menopausal symptoms for years.

Mainly comprised of geraniol and citronellol the oil is Analgesic, Anti-infective, Antiseptic, Antiviral and insects don't like it too much either.

It is often used for childhood ailments (chickenpox, mumps, measles, common cold), but is also useful in other viral situations, such as herpes or shingles.

Geranium can be balancing but also uplifting





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Clary Sage

Salvia sclarea

Distilled from the flowering tops, the stem and undersides of the leaves are hairy and sometimes the essential oil can be seen shining in the sun between the hairs.

Clary is anti-fungal, hormone-like, neurotonic, phlebotonic and regenerative. It treats conditions such as athlete's foot, menopausal symptoms and scanty periods, nervous fatigue, varicose veins and is also anti-ageing.

Clary Sage is at least 75% esters (more than lavender) so it is very balancing to our bodies.

Be wary using it and consuming alcohol as it is said to enhance the effects.





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Lavender

Lavandula angustifolia

Must-have oil to keep on hand at all times due to its versatile uses, including calming and relaxing properties that promote peaceful sleep and ease feelings of tension.

It is analgesic, anti-bacterial, antifungal, anti-inflammatory, antispasmodic, sedative, cicatrisant (healing), emmenagogic and hypotensive. It is best known for its stress-relieving properties, treating headaches, burns, wounds, irregular periods, asthma, eczema, acne, candida, aches and pains and high blood pressure. It is reputed to speed up the healing process of the skin faster.

The higher it is grown generally the higher the ester content.





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Rose

Rosa damascena

Rose's blossom symbolises beauty, love and the heart, youth, perfection and femininity.

Eros (the Greek god of love & sex) is credited with giving the worlds first rose.

Steam distilled rose is created by distillation of the flowers petals, which must be picked just after the dew. It is said that it takes 4,000kg of flowers to yield just 1 kilo of rose oil.





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Rose

Rosa damascena

The oil is well reputed for its efficacy for nervous conditions – palpitations, irritability, insomnia, depression and grief.

Rose otto is also good for the skin which is why it is the focus of so many cosmetics. It helps to soften and hydrate the skin and is most suited to dry, mature and sensitive skin types. It also has an astringent effect on capillaries and some have noted it to be useful for rosacea.

The perfect oil for self love and to help repair a broken or rejected heart. It can be like a hug in the bottle for emotions.

Also known to be an aphrodisiac and resonates with the heart chakra





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Ylang ylang

Cananga odorata

Ylang ylang is a deep floral scent that many fall in love with, it has an exotic edge to it and studies show that it significantly increased calmness and relaxation of a small group of participants compared to controls.

Hongratanaworakit and Buchbauer (2004; 2006) also found a significant decrease in heart rate and blood pressure with topical application and inhalation of ylang ylang aroma, supporting the relaxing properties of the oil.

It is great for hyperactivity in children, good as a hair tonic and also an aphrodisiac along with being good for insomnia.





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Jasmine

Jasminum grandiflorum

An exotic fragrance used by the ancient civilisations in bedrooms and brothels.

This oil is thought to help with frigidity and impotence, perhaps because of its reputation of instilling confidence and alleviating fear.

Known as King of the Oils. Floral scents, especially rose, are light and very feminine, whereas jasmine is floral but with a richness and a touch of the wild.

The jasmine flower was an important part of perfumery in the times of Cleopatra and Louis XVI. In Hinduism, jasmine holds a place of honour as the “perfume of love.”





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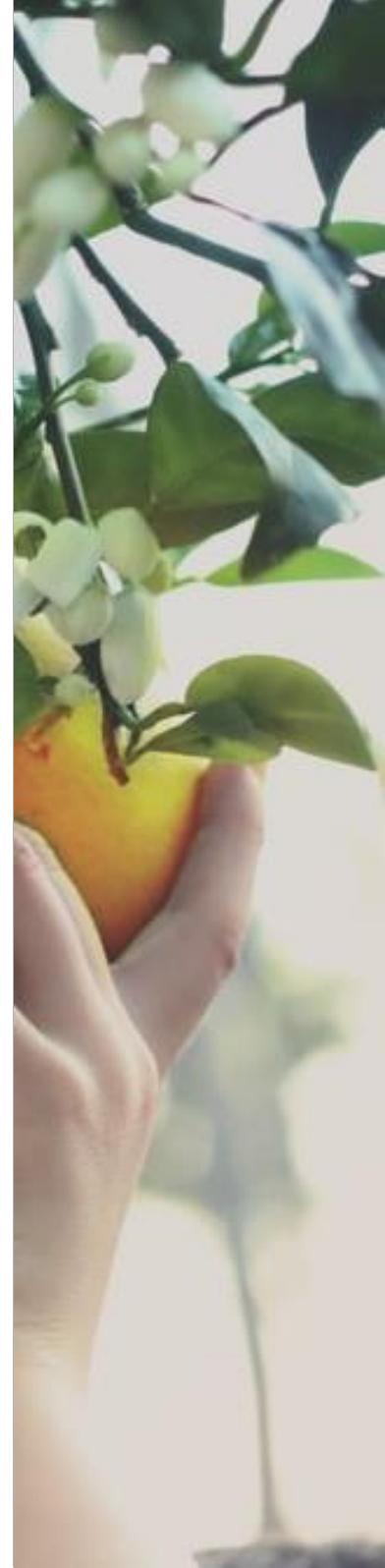
Neroli

Citrus aurantium flos

Neroli Essential oil is used in magical aromatherapy for spells and rituals of self-purification, courage, Love and Luck. Inhale the beautiful scent of the orange blossom while visualizing the scent burning away negative thoughts, feelings and habits.

A wonderful oil for grief.

Neroli is anti-depressive, digestive, hypotensive, neurotonic and phlebotonic as well as being anti-bacterial. Mentally it is used for nervous depression, fatigue and insomnia, being lightly tranquilising. It is also used for colitis, hypertension, varicose veins, haemorrhoids and is a tonic for the liver and pancreas.





Interested in learning more? Join us for...

Everyday Aromatherapy

Saturday May 7, 2022
10am to 4pm - £50 (Hinckley)

This one day course is designed to teach you which oil, blend, hydrolat or carrier to use to help with everyday problems! The course will open with An introduction to aromatherapy, a brief history of aromatherapy, the origin of oils and some information on how we smell.

We will delve into basic oil use for you and your family covering -

- Cuts, Bruises, Scrapes and Burns
- Coughs, Colds, Flu and Sinuses
 - Headaches and Migraines
 - Muscle Strain and Joint Aches
- Insect Bites, Repellents and Hay fever
 - Rashes and Itches
- Stress, Mindfulness and the promotion of Sleep
 - Safe Use for Children

Blends, recipes and application methods will be discussed along with a short practical workshop in the afternoon where you will get a chance to experiment and make a blend to take home! The course will equip you with everything you need to go away and confidently use essential oils at home as a complementary therapy, for first aid and alternative to reaching immediately for pharmaceuticals.





Thank you...
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