



Welcome to...

**Penny Price Academy
of Aromatherapy**

Saturday Club

Aromatherapy for Pain



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March 2023

Identifying Pain

- Pain is defined as an unpleasant sensation that may be associated with actual or potential tissue damage and which may have both physical and emotional components.
- Pain is an individualistic term, what is one persons 10/10 pain may only be a 5 for someone else.
- Pain also comes in many forms from back pain to toothache and from muscular pain to joint pain and everything in-between.



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Acute Pain

- Acute pain lasts a short time, or is expected to be soon over. The time frame may be just seconds or as long as weeks.
- Acute pain is distinct from chronic pain and is relatively more sharp and severe.





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Chronic Pain

- Chronic pain is defined as pain that lasts beyond the healing of an injury, continues for several months or longer, or occurs frequently for at least a period of months.
- In 2012 a study suggested that chronic pain affects more than two fifths of the UK population, meaning that around 28 million adults are living with pain that has lasted for three months or longer.

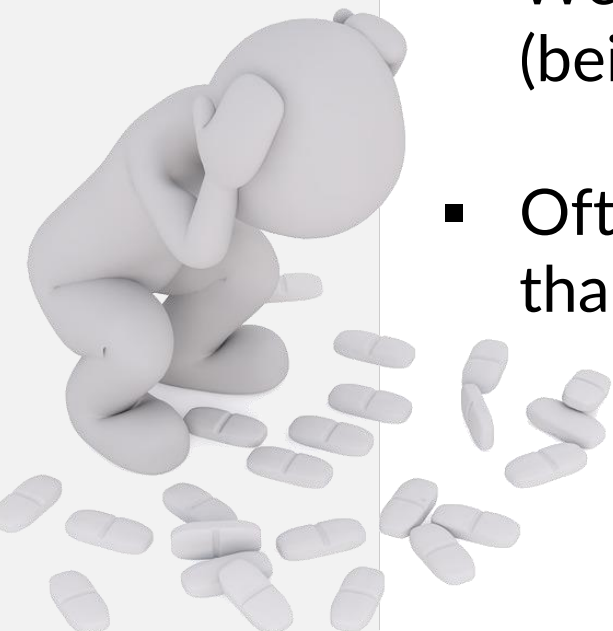


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The “Pain” Epidemic

- With humans moving less and relying on technology more, many therapists are seeing more and more clients with muscle tension from desk jobs.
- Our bodies have not evolved to deal with the huge differences in our day to day lives yet. We are still programmed to hunt and forage (being on our feet for many hours in a day).
- Often people with pain are medicating rather than trying to treat the source.





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The Consequences of Pain

Short

Short Term Consequences

- Rapid breathing
- Shock
- Increased heart rate
- A rise blood pressure
- Nausea / vomiting
- Increased risk of angina attack
- Hormonal changes



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The Consequences of Pain *Long Term*

Long term consequences of pain

- Feelings of being worn down
- Withdrawal from social engagements/scene
- Issues with sleeping
- Limited focus
- Depression
- Varied effects from taking medication long term.





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The Limbic System

- Essential oils influence the area of the brain called the limbic system, which is where pain is perceived.
- The olfactory bulb is at the top of the nose so the effects of the oils is instantly taken into the limbic system and as a result can help someone very quickly when inhaling although in most cases pain is managed through a topical application on the affected area.
- The limbic system is involved in registering, recording, and influencing our emotions which is done directly through the olfactory bulb so aromatherapy can help any emotional effects of pain also.



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Plai

(*Zingiber cassumunar*)

Plai is widely used by massage therapists to combat joint and muscle pain.

Properties of the oil include: Anti-inflammatory and often used for pain relief, it is muscle relaxant, antimicrobial, antifungal, and antioxidant.

The oil is also used in the treatment of acne, bruises, burnt skin, skin inflammation, insect bite and asthmatic symptoms.

Energetically Plai warms the heart and emotions and strengthens the body's will and confidence





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Clove

(*Syzygium aromaticum*)

Full of phenols which are good for depressive conditions and for promoting the body's own healing response.

They depress sensory receptors involved in the pain perception.

Clove aids mental fatigue and nervous strain and exhaustion while being warming to muscular and joint aches.

It is also excellent at relieving the muscular pain experienced in arthritis and rheumatism and sprains





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Cornmint

(*Mentha arvensis*)

Cornmint is around 80% menthol so can give an instantly cooling effect.

Alcohols are analgesic, uplifting, and tonic both physical and spiritual.

They are also uplifting and stimulating in their effects and gentle yet powerful in their actions so better suited to a more fragile person.

Cornmint properties include anaesthetic, analgesic, antispasmodic, digestive, expectorant, mucolytic, neurotonic and stimulant.





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Lemongrass

(*Cymbopogon flexuosus*)

Lemon grass is analgesic, antiseptic, astringent, deodorising, insecticidal, sedative (nervous) and tonic.

Aldehydes make up somewhere between 66 and 85% of the oil. Aldehydes are good pain relievers, especially for deep-seated pain.

They are also anti-inflammatory, immune-stimulating although can irritate the skin if applied neat.

Blended with alcohols and/or esters they calm the skin.





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Yarrow

(*Achillea millefolium*)

Yarrows use in the treatment of wounds is said to date back to Achilles who used it for injuries inflicted by iron weapons. It is a plant that has been used medicinally for thousands of years and in Norway it is used for rheumatism.

The oil is anti-inflammatory, antiseptic, antispasmodic, astringent, cicatrisant and hypotensive. Being antispasmodic it is good for cramp, rheumatism, aches and pains.

Emotionally yarrow is cooling and drying so is recommended for inflammatory emotions such as stress, anxiety, rage.





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Rosemary

(Rosmarinus officinalis ct cineole)

Rosemary is a versatile essential oil. It is analgesic, antibacterial, antifungal, anti-inflammatory, antispasmodic, decongestant, diuretic, mucolytic and neurotonic.

Rosemary may be an effective analgesic, as a study found oral rosemary extract to significantly reduced both neurogenic and inflammatory pain, suggesting analgesic and anti-inflammatory activity (Gonzalez-Trujano et al., 2011).





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Application Methods

Inhalation

This method can be most useful for emotional pain, such as grief, anger, desolation, anguish, and stress. The essential oils should be on a tissue constantly near the nasal passages or in a continuous flow a diffuser

Massage

Carrier oils and essential oils can be used in massage to help muscular pain. Using a range of different techniques the massage will release the tension in the area and the essential oils will be able to penetrate the tissues to give certain relief.

Use the same dilutions you would in a normal treatment.





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Application Methods

Compresses

This is the most common method of application when dealing with pain and particularly effect on muscular or joint pain. There are two ways of using compresses.

- 1) Use up to 20 drops of essential oil in a small amount of white lotion to cover the area being treated. Apply and cover with cling-film or something similar to keep out the air and to improve absorption to the area. This can be left for up to 2 hours.
- 2) Use up to 15 drops of essential oil in 2ml of carrier oil and then add to a bowl of hot water. Submerge a flannel or towel into the water and leave for a few minutes. Take out the cloth and apply to the area for 5 minutes.





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Application Methods

Body Lotions/Creams

Creating a lotion, cream or oil for the client to take home so it can be used in a variety of ways is a good way for ongoing treatment as it can be applied topically by them or used in a bath. Always use a good quality base lotion or cream and add 30 drops of the essential oil blend to every 100ml of base whether that be oil or cream.





Interested in learning more? Join us for...

Everyday Aromatherapy

Saturday May 20, 2023


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.





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Conclusion

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continued support of
Saturday club...





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