

**Welcome to...**

Penny Price Academy  
of Aromatherapy

**Saturday Club**

Spring Renewal  
– Detox and Restart



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Saturday Club  
April 2023

# What does Spring make us think of?

- **Detoxification** - ourselves and our environment
- **Renewal and reawakening**
- **Allergies!**







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# Spring Cleaning and Detoxification





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# Juniper

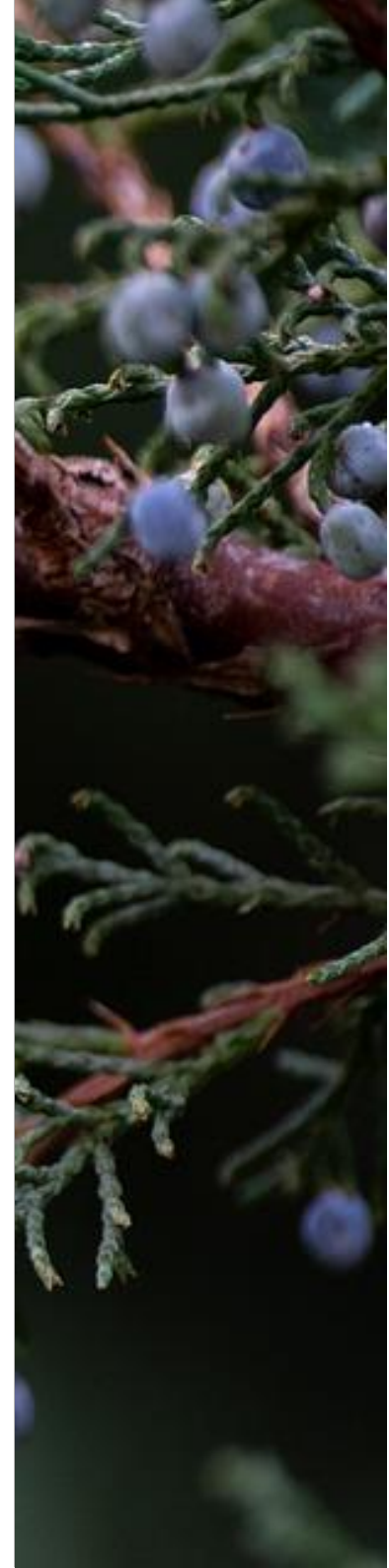
(*Juniperus communis*)

Juniper essential oil helps the body to eliminate toxins, in particular, uric acid, so can help with treating arthritis, gout and rheumatism especially when the pain is of a cold, cramping nature.

It is also a diuretic which helps detoxification. It can be used in baths, compresses and as a massage oil for affected joints, where the rubefacient effect will be very comforting. It also has a mild analgesic affect.

Juniper's cleansing properties will also help with many skin conditions that are manifestations of an accumulation of toxins in the body – certain forms of eczema (especially weepy eczema), dermatitis and psoriasis.

This oil has a tonic effect on the digestive system where it is a stimulant, detoxicant and spasmolytic (relieves spasm of smooth muscle) and can be used to help colic, IBS and chronic gastroenteritis.





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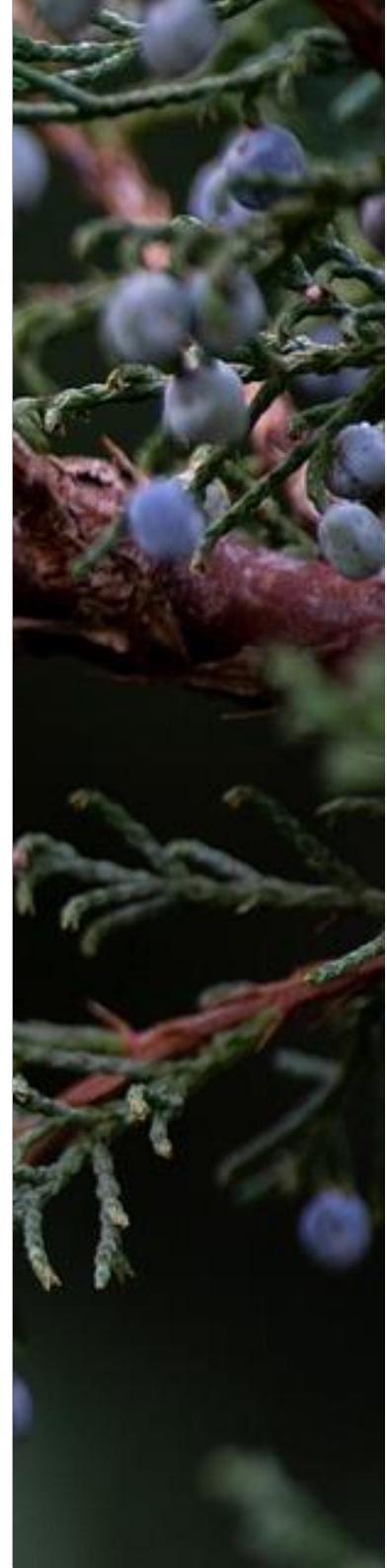
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# Juniper

(*Juniperus communis*)

This oil is a good domestic disinfectant during epidemics (use in a spray). It can also be used to freshen the air.

It is valuable for clearing the mind and spirit of the toxic load accumulated from contact with other people. Some juniper in a bath is ideal, but if you find yourself drained or fraught due to your interaction with other people and are not able to bathe immediately, put a drop or two on your hands and brush it lightly over your head, shoulders and down your arms.







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# Lemon

(*Citrus limonum*)

Lemon essential oil produces an alkaline reaction in the body and therefore can help if there is an accumulation of uric acid in the joints or soft tissue giving rise to pain and inflammation.

It is also a lymphatic decongestant and can be used in a blend to help treat cellulite or to boost the lymphatic system if it is sluggish and the immune system is poor. It is an antiviral oil and can be diffused to kill airborne viruses

A Japanese study found that diffusing lemon oil could improve concentration and focus  
Mojay states that Lemon 'rescues a mind bogged down by burdens decisions and obstacles'.





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# Fennel Sweet

(*Foeniculum vulgare*)

Sweet fennel is an anti-toxic plant and the essential oil has been shown to reduce the toxic effects of alcohol on the body.

It may also help gout and arthritis to counteract the build up of toxins in the joints, which cause inflammation and pain.

Fennel is a diuretic and together with its anti-toxic properties makes it one of the most useful oils for the treatment of cellulitis.

The smell of fennel can be off-putting in a massage oil so try blending it in very small amounts with rosemary and geranium or maybe juniper, black pepper or sweet orange Fennel tea is a useful complement to treatments of any of the above problems.





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# Celery Seed

(*Apium graveolens*)

Celery seed essential oil facilitates the elimination of toxins and other harmful substances from the body. It is a diuretic which increases the production of urine to remove excess fats, salts, bile, uric acid and urea.

It can stimulate the kidneys to remove excess and toxic substances, which in turn helps to prevent the formation and growth of kidney stones, and maintaining kidney health.

This oil is also is very antiseptic especially for the urinary system, where it can be used to help cystitis and other urinary infections.

Celery seed can help to cleanse the liver blending well with sweet orange for this purpose







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# Grapefruit

(*Citrus paradisi*)

Grapefruit is a stimulant of the lymphatic system as well as a diuretic and detoxifier. It helps the body to eliminate excess fluids and break down fats.

Grapefruit oil is a powerful gallbladder and liver stimulant, so it can help the headaches, cravings and sluggishness following alcohol consumption. It works to increase detoxification and urination.

It is useful for dispersing lactic acid from overworked muscles due to exercise making it ideal in a post exercise blend.

The anti-viral and anti-microbial properties of Grapefruit essential oil make it a good disinfectant.

Mojay suggests that this oil is “essentially cleansing, clarifying and refreshing, it works to rid the ‘heavy’ feelings that accompany angry disappointment, allowing us to perceive and accept more realistic goals.”





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# Some recipes

<https://www.penny-price.com/blogs/news/aromatherapy-cleaning-at-home>

## **Blend to purify a house**

2 drops of juniper, 2 drops of frankincense 2 drops of bitter orange in a diffuser or essential oil burner

## **Blend to detox the body**

Juniper, Lemon/grapefruit and sweet orange - 3 drops in 10 mls of carrier oil or lotion/



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# Restarting and Renewal







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# Frankincense

(*Boswellia carterii*)

It can be used in massage oil and in creams for dry skin as well as in baths to improve tired 'saggy' skin whether due to age or the lack of tone we often find after a cold winter with exposure to central heating.

The oil has been described as drying and astringent and therefore useful for damp conditions of the digestive, respiratory and skeletal systems.

Frankincense can help a depressed person to get moving again. It seems to be particularly helpful for people suffering from the effects of traumatic experiences in their past.

Worwood associates Frankincense with joy, peace and positivity.

Mojay states that it can help 'cease mental chatter and still the mind.'





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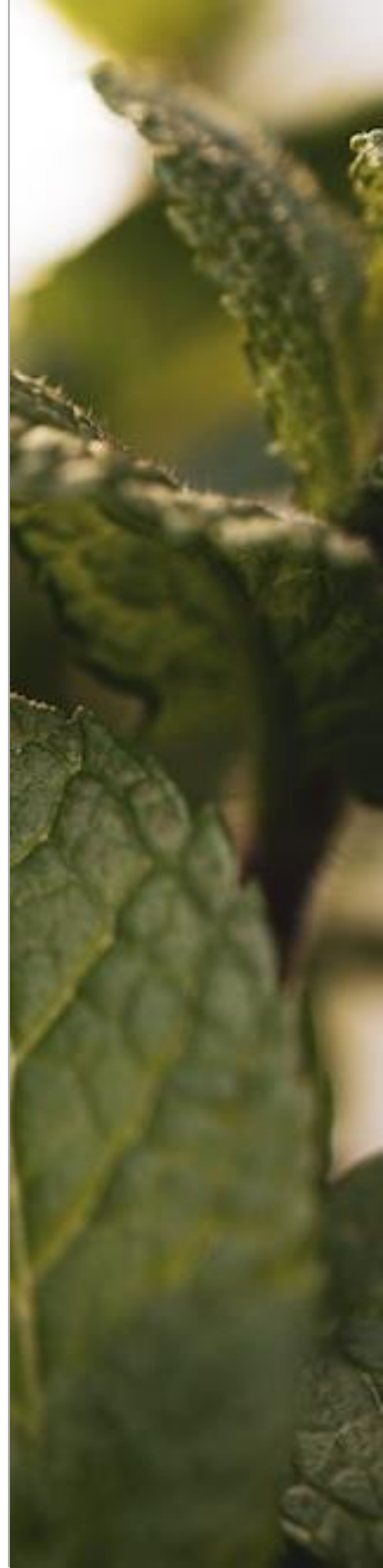
# Spearmint

(*Mentha spicata*)

Spearmint is a powerful decongestant where there is a build up of mucus.

The aroma of spearmint is sweet, green, pungent and cool which Holmes suggest promotes 'emotional stability and renewal.' He states that it can be helpful for those 'unable to let go of distressed feelings and negative emotions'

Mojay writes that 'the energies of spearmint oil open and release emotional blocks in the etheric level which helps to bring balance to the body. It also helps people establish safe boundaries and feel protected when releasing old beliefs. It brings about more self-trust which is important in moving forward and overcoming negative emotions.'





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# Cypress

(*Cupressus sempervirens*)

Cypress can be a useful oil at this time of year when people are recovering from winter illnesses. Price and Price suggest that cypress oil is a neurotonic for debility and therefore could be used when a client is post viral.

Gabriel Mojay states that 'the aroma of cypress creates a feeling of cohesion and stability. It helps us cope with and accept even difficult change - of both an inner and outer nature. It encourages us 'in the process of taking in and letting go'. It is an oil for inner renewal ... it enhances our ability to transform and renew.'

'Cypress will create a safe, intimate sanctuary that generally supports inner fortitude and stability' (Holmes)

Worwood writes that cypress is good for positivity and self awareness.







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# Neroli

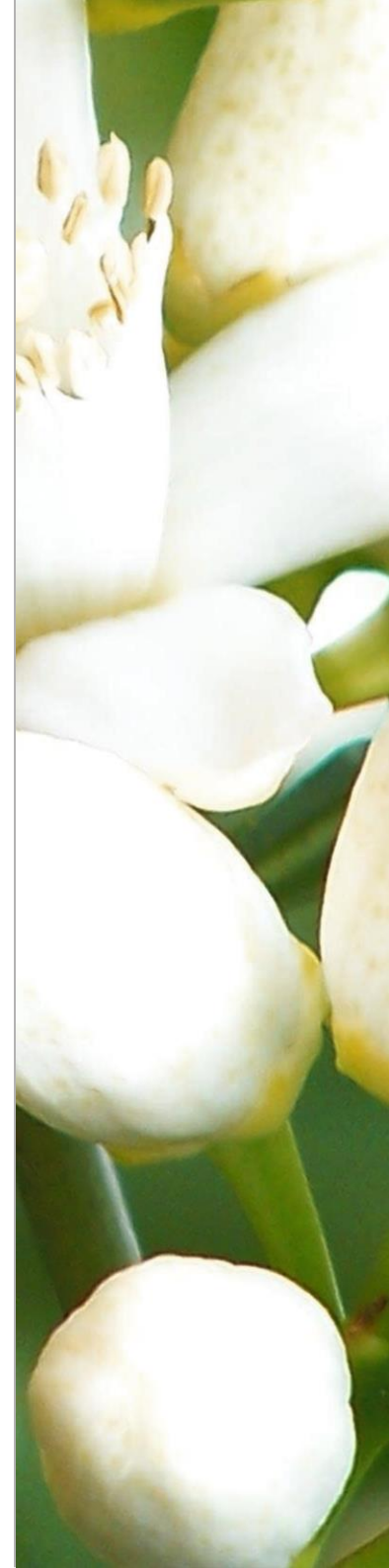
*(Citrus aurantium var amara)*

Neroli is valuable for dry and sensitive skins (post winter?) where it has a soothing and calming effect - and has the added benefit of stimulating the growth of healthy new cells

Neroli is one of nature's most effective antidepressant essential oils, which together with its balancing and sedative properties makes it perfect for treating all types of negative emotional conditions

It's a deeply nurturing and uplifting essential oil that is often used for post-traumatic stress, emotional exhaustion, or burnout, helping us move into the future with confidence

Mojay states that 'Neroli installs both comfort and strength and assists in the release of repressed emotions'





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# Allergies







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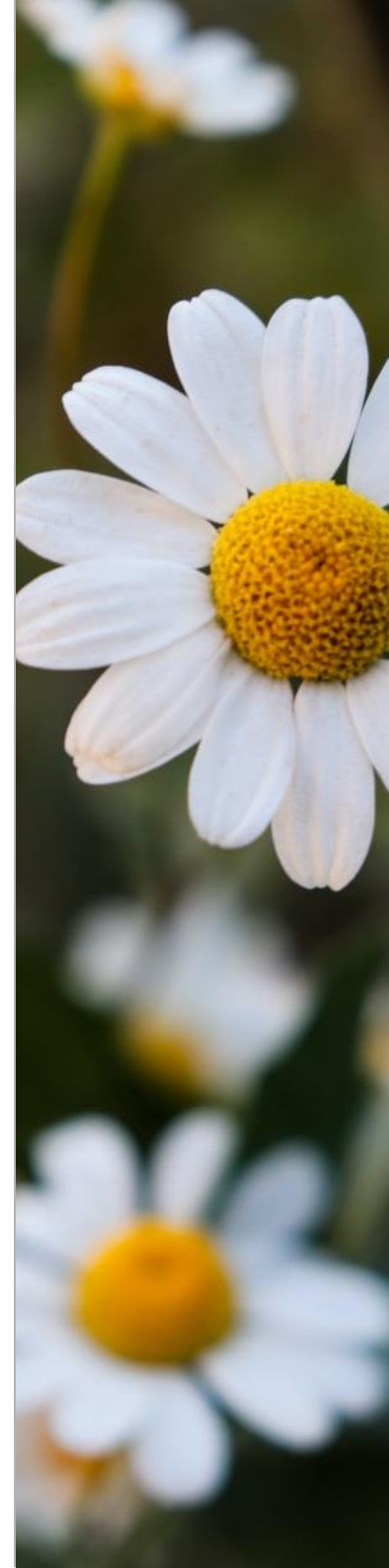
# Chamomile German

(*Matricaria chamomilla*)

This oil is anti-allergenic (maintaining normal allergic reactions), anti-inflammatory, and antihistaminic (a substance that neutralises the effects of histamine, or inhibits its production in the body). Therefore is excellent for the treatment of hayfever and other allergic reactions.

German Chamomile will soothe the irritated mucous membranes in the nose relieving the common symptoms of hay fever such as an itchy runny nose and sneezing.

If you steep two bags of chamomile tea as if you were to drink it, then squeeze out the excess liquid from the bags and allow them to cool, then place over the eyelids. The anti-inflammatory properties of chamomile help to reduce any swelling or inflammation that accompanies irritated eyes







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April 2023

# Eucalyptus Radiata

## *(Eucalyptus Radiata)*

This oil is rich in a compound called 1,8 cineol which means that it is an excellent expectorant and an anti-inflammatory making it ideal for the relief of hay fever and allergic rhinitis.

When inhaled it has a cooling sensation in the nasal passages which may ease some of the symptoms of an allergy.

A study from NYU Medical School found that patients experienced faster improvement when supplementing their normal medication with eucalyptus oil for allergies and sinus issues.

This oil can be used in a steam inhalation to help treat congestion and runny noses





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# Hyssop

(*Hyssopus officinalis*)

Hyssop produces a flavonoid called diosmin which was found to be in the top 5 most effective flavonoids, out of 22 tested, at inhibiting isolated mast cell degranulation which occurs during allergic responses

It also contains rosmarinic acid which has been found to significantly improve hay fever symptoms such as an itchy nose and eyes and watery eyes

It is said to liquefy mucus and relieve bronchial spasms and is therefore effective for treating colds, sore throats, flu, bronchitis and asthma.

Mojay states that it helps to prevent the recurrence of colds and flu, and works to fight infection.





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April 2023

# Angelica

(*Angelica archangelica*)

According to Dr Peneol, Angelica is a drying oil and as such can be useful for wet 'snotty' colds and coughs that are caused by mucus dripping down the throat from the nasal passages.

It is also helpful for sinus and viral infections

A 2017 study found that this oil can help relax the bronchi in the lungs when they constrict due to the release of histamine in an allergic reaction

Angelica can help also calm the epidermis and heal problems such as eczema and skin irritations

Add it to a skin creams or white lotion for daily use if you have psoriasis, eczema or urticaria

It can also be added to a bath if the skin is irritated.







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April 2023

# Methods of Use

- **Steaming** - add a few drops to a bowl of steaming water, place a towel around the back of your head and lean over the bowl, approximately 12 inches from the water, and breathe in the steam.
- **Creams and lotions** - Add around 30 drops in 100ml lotion for daily use for skin conditions
- **Diffusing** essential oils into the atmosphere to kill airborne microbes - 3-6 drops of essential oils added to a burner or essential oil diffuser
- **Nasal inhalers** - to uplift and also to clear the nose add up to 15 drops of essential oils but remember some can have a strong aroma
- **Baths** - to relax, aid sleep and also to help with congestion - 4-7 drops of essential oils in a carrier then add to the bath



## Open Day 2023 - Saturday May 13

10am to 4pm - £20 (Hinckley)

Join us as we throw open our doors and celebrate Penny Price Aromatherapy turning 20 this year with a packed schedule of seminars and workshops delivered by Penny, Louise Mac and Guest Speakers! The day will include:

- Three expert led seminars
- A choice of two break out afternoon workshops
- Champagne Lunch and Refreshments
- Networking
- Exclusive Discounts
- £10 Voucher to use on the day
- A chance to discuss our courses
- Book signing
- Browse our shop and speak to our experts for advice
- Photo opportunity for graduates





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.







# *JOIN DEBY ATTERBY*

Owner of Aromatherapy Today  
Education and the Aromatherapy Today  
International Journal

Welcome to Australia

May 31st 2023 - 10am to 4pm  
Hinckley Academy



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February 2023

## Conclusion

EXCLUSIVE 10% OFF ALL PRODUCTS!

Use Code **APRSAT10**  
until April 22<sup>nd</sup>

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







**Thank you...**

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