

**Welcome to...**

Penny Price Academy  
of Aromatherapy

**Saturday Club**

Holiday Essentials



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June 2023

# What is a Holiday Essential?

- A Holiday Essential is something that you or your family may need to use or will definitely get use out of while being away from home.
- Depending on how many of you there are and how you are travelling the amount you need will be different.
- Think about if you are susceptible to bites/stings or travel sickness, headaches or allergies?
- One persons Holiday essential may be completely different to another's so we will explore a range of options today.





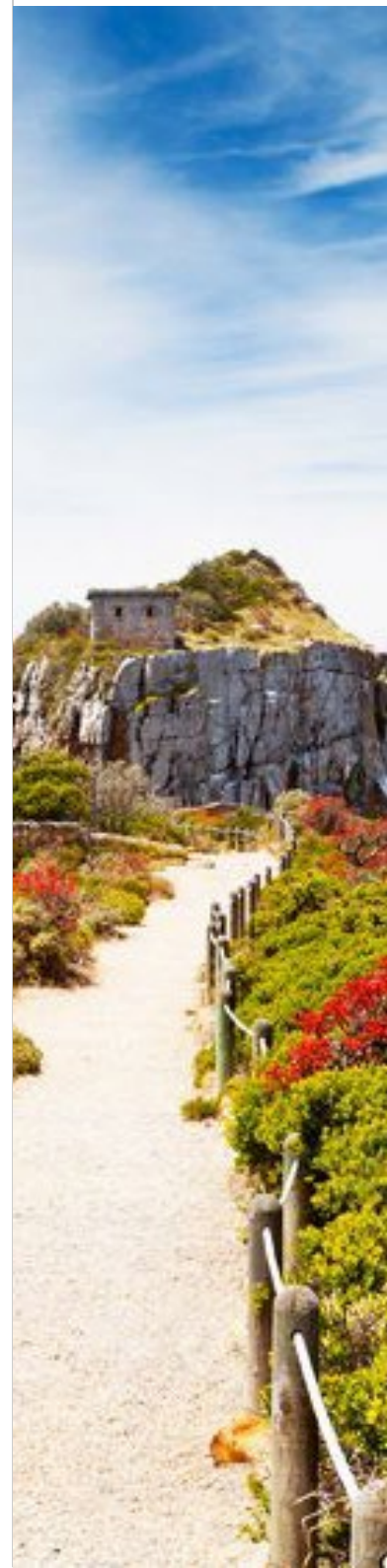


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# Liquids on Flights

- Liquids make up part of your 1-bag hand luggage allowance.
- You'll need to pack them in containers of no more than 100ml – 3.5 fluid Oz and carry them in a clear, resealable plastic bag up to a maximum size of 20cm x 20cm – 8 inches x 8 inches, or that can hold up to 1 litre.
- Any liquids in containers bigger than this need to be packed in your checked-in luggage.
- If you are travelling by car or train it is more a case of how much room you have.



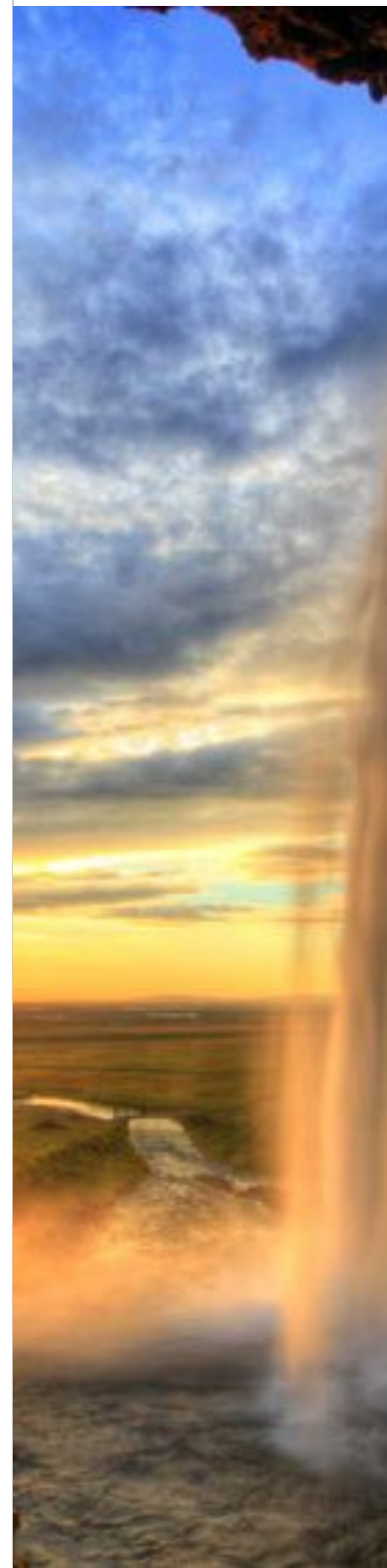


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# Packaging

- Think about how you will stop spillages happening in your luggage.
- Also think about having your oils / holiday essentials close to hand.
- Carry pouches are popular or you can create your own end use products such as nasal inhalers. These also wouldn't be classed as liquid.





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# Essential Oils (My top 5 for travel)







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# Cajuput

*Melaleuca Leucadendron*

Cajuput is analgesic, antimicrobial, antispasmodic, antiseptic, expectorant and insecticide.

It is used for insect bites, eczema and psoriasis, gout, sciatica, aches & pains, coughs and colds and restlessness.

Use Cajuput to alleviate itching due to insect bites, the Alpha-terpineol content (>8%) is a proven anti bacterial and analgesic compound.

Emotionally and energetically, cajeput essential oil clears and uplifts. Cajeput is believed to protect against all kinds of evil powers.





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# Chamomile German

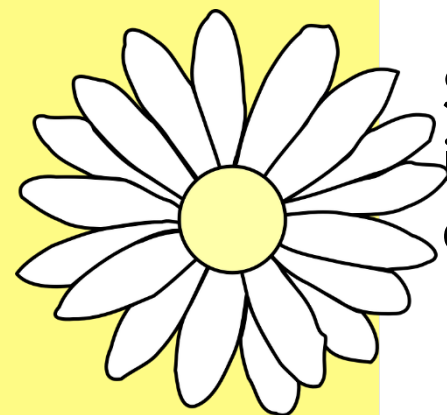
*Chamomilla recutita*

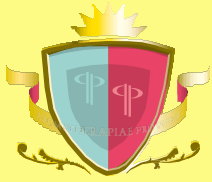
Also known as blue chamomile due to its inky blue colour that comes from chamazulene which gives the oil its anti inflammatory properties.

It is considered a gentle oil so could be used on more fragile and younger individuals.

Recommended for slow digestion and indigestion. Also a great oil choice for helping with anxiety or trouble sleeping. Chamomile can help with skin inflammation from allergic reactions.

Schnaubelt says an overlooked quality of this oil is its ability to neutralise toxic metabolic waste which often causes fever and stomach discomfort in illness.





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# Lavender True

## *Lavandula angustifolia*

Lavender is the best known oil for burns. It is also useful for calming the mind and aiding sleep.

The oil can be applied neat directly onto sprains, bruises, bites and cuts/grazes to aid healing.

Lavender High Altitude is the best lavender to use as it is higher in esters.

In 2003 Hajhashemi, Ghannadi and Sharif found Lavender exerted significant anti-inflammatory and analgesic effects.







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# Peppermint

*Mentha piperata*

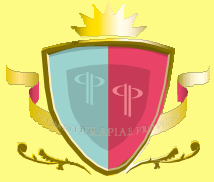
Peppermint has a wide range of therapeutic uses and is a versatile essential oil.

Peppermint can be used to help upset tummies and nausea, it also has analgesic properties so can help with sprains or headaches. There is also the respiratory benefits with this oil.

This essential oil has a high menthol content and that can help if you have overindulged in food or alcohol. It is also stimulating and clearing to the mind.

The hydrolat can be added to water to help internally.





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# Citronella

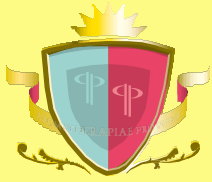
## *Cymbopogon nardus*

Citronellal is a pleasant, lemony smelling molecule, found in Citronella and lemongrass both commonly used for insect repellent effects.

Essential oils high in citronellal are very useful antibacterial and antifungal oils, and are milder on the skin than Lemongrass oil (other *Cymbopogon* species).

Citronella is also used in the case of excessive sweating and is cicatrisant.





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# *How to use*

You can create your own blends for use for example:

- Anti bug spray
- A nasal inhaler for anxiety
- A cream to apply to bites
- An essential blend for upset stomachs.

Or you can take a selection of oils themselves and use them as and when you need.

Remember hydrolats are a good option for sprays and also for adding to drinks.







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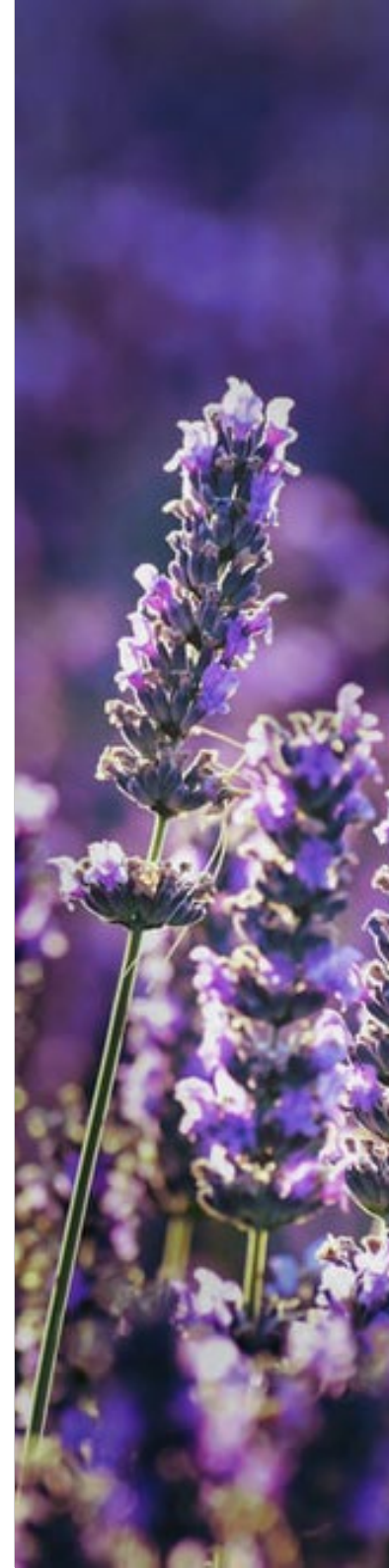
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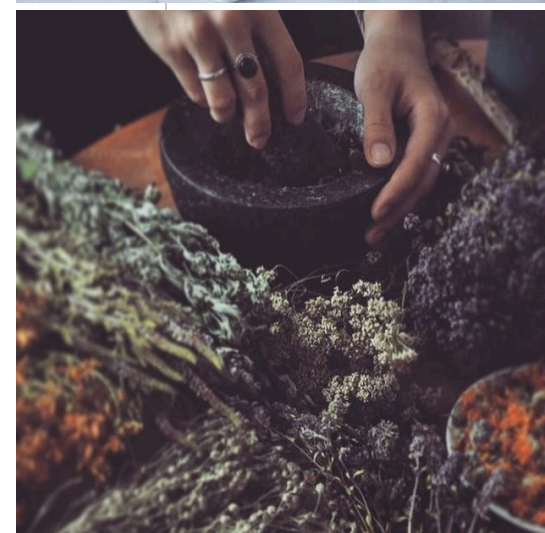
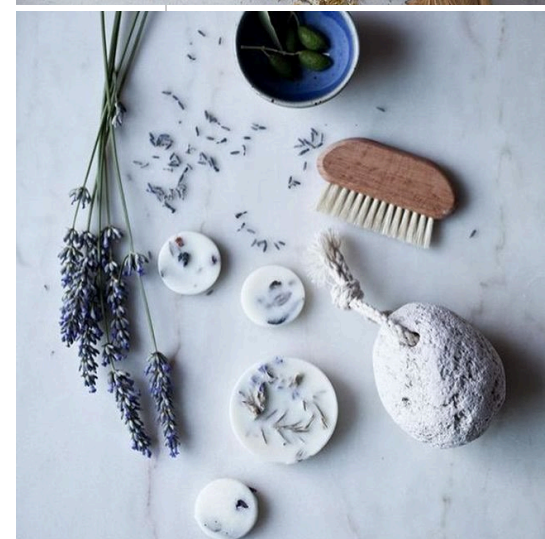
# Conclusion

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**XX/XX/XX**

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