



Welcome to...

Penny Price Academy
of Aromatherapy

Saturday Club

Aromatherapy and Summer

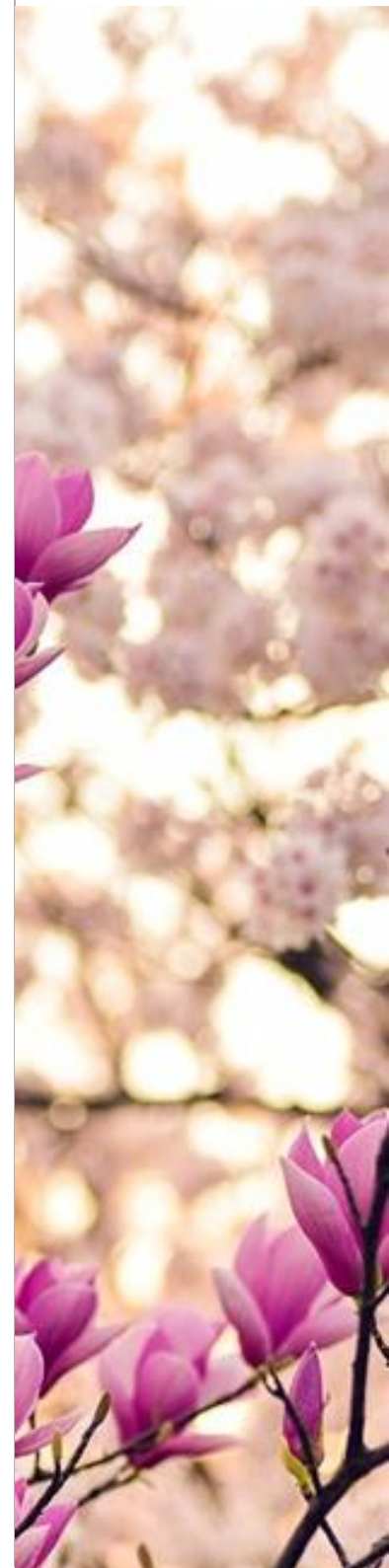


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Saturday Club
August 2023

What does summer make us think of?

- Holidays
- Outdoor living
- The sea
- Gardening
- Heat rash/stroke
- Sunburn
- Exhaustion
- Lack of sleep
- Bugs
- Insect bites





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The Perfect Essential Oils for Summer issues...





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Lavender (*Lavandula angustifolia*)

Lavender is both antiseptic and analgesic which makes it the first choice for treating **sunburn**. In addition, it will soothe itching and promote healing.

If sunburnt make sure you immerse yourself in cold water for as long as you can bear and then apply lavender to the burnt skin.

For small areas it can be applied neat, for larger areas add to a lotion.

Davis recommends lavender as an **insect repellent** but also to treat bites. She states that a little neat oil applied to the skin should take the pain out of the sting and stop the irritation and any infection from spreading.

Lavender is also excellent for **insomnia** and can be added to a bath about an hour before bedtime.





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Lavender (Cont ,,,)

Headaches can be common in summer due to heat, fatigue or dehydration. A couple of drops of lavender in 5 mls of carrier oil or lotion massaged into the temples or into the base of the skull can relieve a headache fast but make sure that you are properly hydrated.

For **muscular aches and pains** try combining some lavender with oils like rosemary and marjoram which will make a great blend for lower back pain through overexertion and lifting.

Make a compress with lavender to place around your ankles to stop your feet from **swelling** in the heat and on flights. You can also make a compress for knees if they feel cramped during a journey.





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Cornmint

(*Mentha Arvensis*)

Fresh and invigorating, cornmint is great in a nasal inhaler to help with **travel sickness**. Make sure you also have peppermint tea on hand. It is also good for holiday stomach upsets.

A quick sniff of cornmint and eucalyptus first thing in the morning is also great for **jet lag**.

Cornmint is a great stimulant so perfect when there is brain fog, fatigue, headaches, constipation etc.

Cornmint essential oil is said to give **clarity**.

It is analgesic and anti-pruritic (stops itching) so can be applied to **bites**.

Combine with lavender and lemongrass and diffuse into the air to **discourage insects**.





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Eucalyptus Citriodora

E. Citriodora is antiseptic, bactericidal, fungicidal, an insecticide and is both an **insect repellent** and is good for bites.

This oil is a powerful anti-inflammatory and analgesic which is why it is useful in the treatment of **insect bites**.

It is an **antipyretic** (reduces fever) so is cooling in acute hot conditions such as states of hot agitation, fever and hot flushes.

E. citriodora can be a mild skin irritant so should be blended with an oil which is high in monoterpenols such as lavender to quench it.





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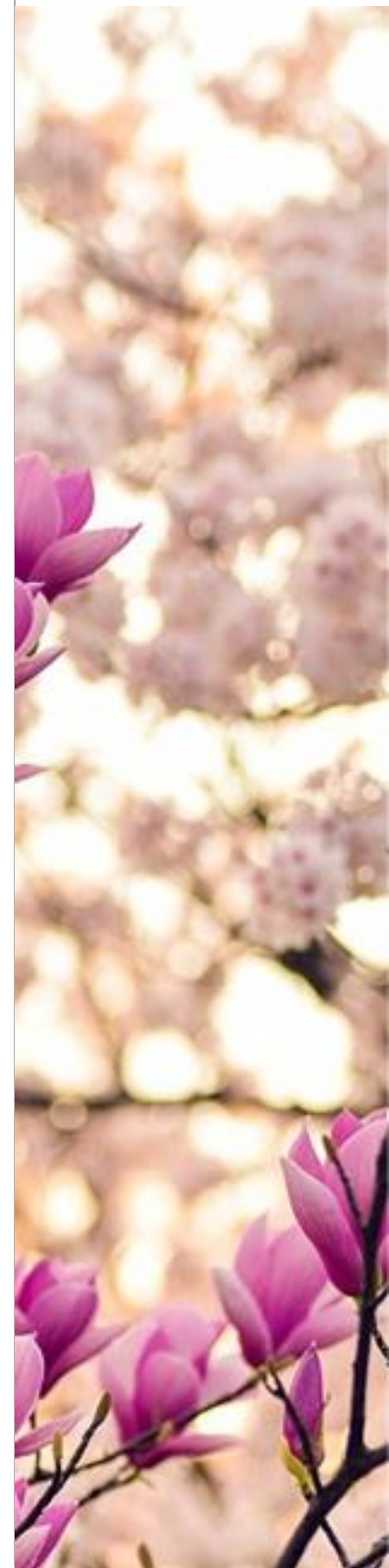
A few recipes

Aftersun - 5 drops of lavender and 4 of chamomile in 50 mls of carrier oil will make a lovely aftersun oil - apply to skin at the end of the day

Prickly Heat - Add 4 drops of lavender oil to 10 tablespoons of bicarbonate of soda and add to a bath

Insect Repellent - add 2 drops of lemongrass, 2 drops of E. citriodora and 5 drops of lavender essential oils to 20 mls of coconut carrier oil and apply to skin

Insect Bites - add 2 drops of cornmint, 2 drops of E. citriodora and 5 drops of lavender oil to 20 mls of lavender carrier oil and apply to bites





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The Chamomiles (*Matricaria chamomilla* & *Anthemis nobilis*)

Both German and Roman chamomile are cooling and calming but German is far more anti-inflammatory.

German chamomile is **anti-histaminic** which means that it can help with inflammatory allergic reactions.

Roman chamomile is soothing and cooling, making it ideal for the treatment of **sunburn** - add 5 drops to 10 mls of white lotion and apply to skin.

R. chamomile is ideal for **insomnia** especially when the heat is making it hard to sleep.

Worwood describes R chamomile as harmonising, peaceful and soothing to the spirit making it useful when calming irritability due to heat.





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Lemongrass (*Cymbopogon citratus*)

Battaglia recommends Lemongrass as a very effective **insect repellent**, it is best used in a diffuser.

It contains high amounts of the active components of citral and citronellal which are powerfully antibacterial and analgesic.

The **cooling** effect of lemongrass is beneficial for the body during hot weather and is refreshing when added to a shower gel.

Lemongrass is uplifting and energising and is useful when you need to concentrate and **clear brain fog**. When inhaled it can act as a stimulant but once it passes into the bloodstream it is actually a sedative and is great for nervous travellers.

Peter Holmes recommends it for people who 'run hot and tense from urban stress.'





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Carrot Seed (*Daucus carota*)

Carrot seed oil is an excellent cell regenerator making it ideal for **sun damaged** and aging skin.

This oil has been described as one of the strongest revitalising essential oils useful for lifeless, tired skin which has been exposed to environmental stress.

It has been found to be healing for burns so would be good in a blend for **sunburn**.

A compound called umbelliferone is found in carrot seed essential oil. This compound absorbs UVB light and is commonly used in sunscreens. However there's no evidence that carrot seed oil is safe to use alone as a sunscreen.

Carrot oil might also help with **hyperpigmentation**.





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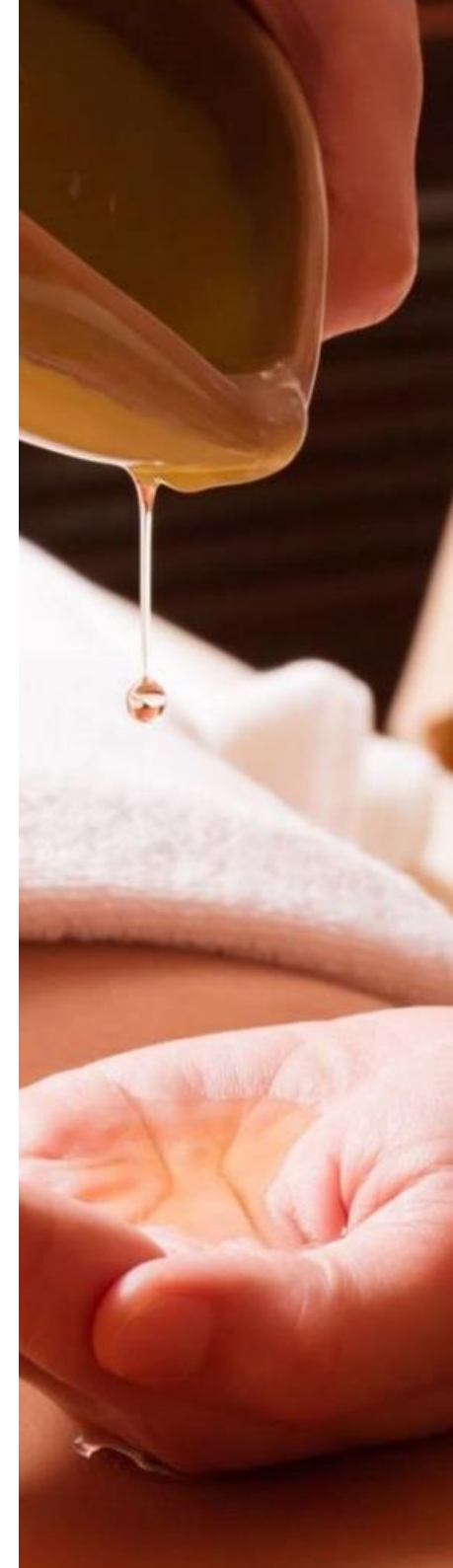


Carrier oils

Avocado Carrier Oil is good for most skin types, especially dry, mature, sun damaged skin. It is said to reduce dehydration and hyperpigmentation

Carrot Carrier Oil is rich in vitamins A, B, C, D, E and F. It is recommended as an after-sun treatment, most notably for increasing elasticity and encouraging epidermal regeneration; but it can also be used to great effect before any exposure to the sun. It is good for aging skin

Raspberry Seed Carrier Oil has a unique balance of Omega 3, 6 and 9 essential fatty acids. It moisturises and improves skin elasticity, reduces wrinkles, dryness, and skin lines and is said to regenerate damaged skin.





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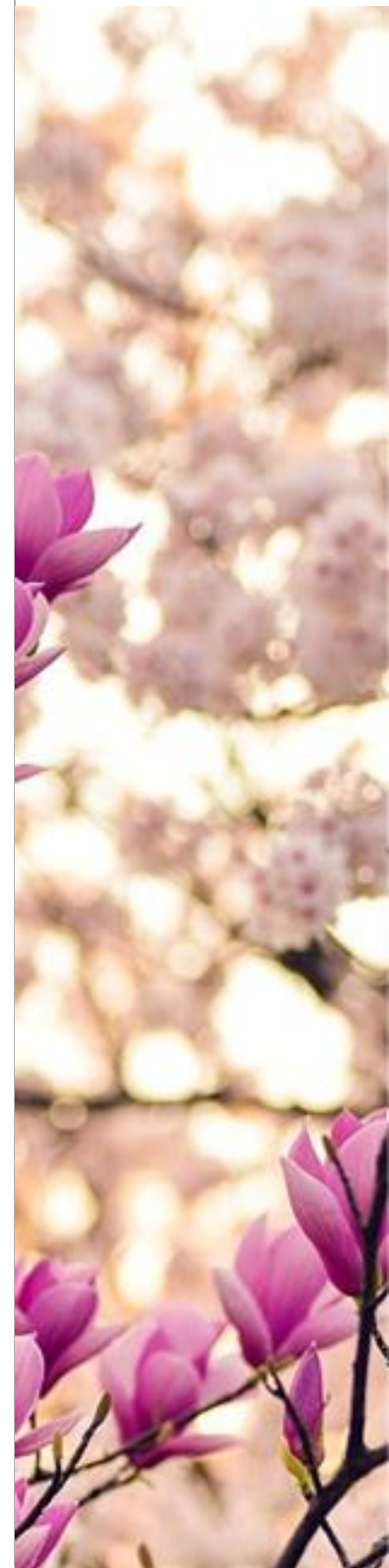


A few more recipes

Sunburnt skin - add a total of 10 drops of lavender, G. chamomile and carrot essential oils to 50 mls aloe vera gel and apply to the burn

Cream for sun damaged skin - add a total of 6 drops of R. chamomile, lavender and rose essential oils to 20 mls cream base for a soothing cream

Cream for dry cracked skin - to 20 mls of white lotion add $\frac{1}{2}$ teaspoon of avocado carrier oil and two drops each of ylang ylang, R. chamomile and patchouli essential oils

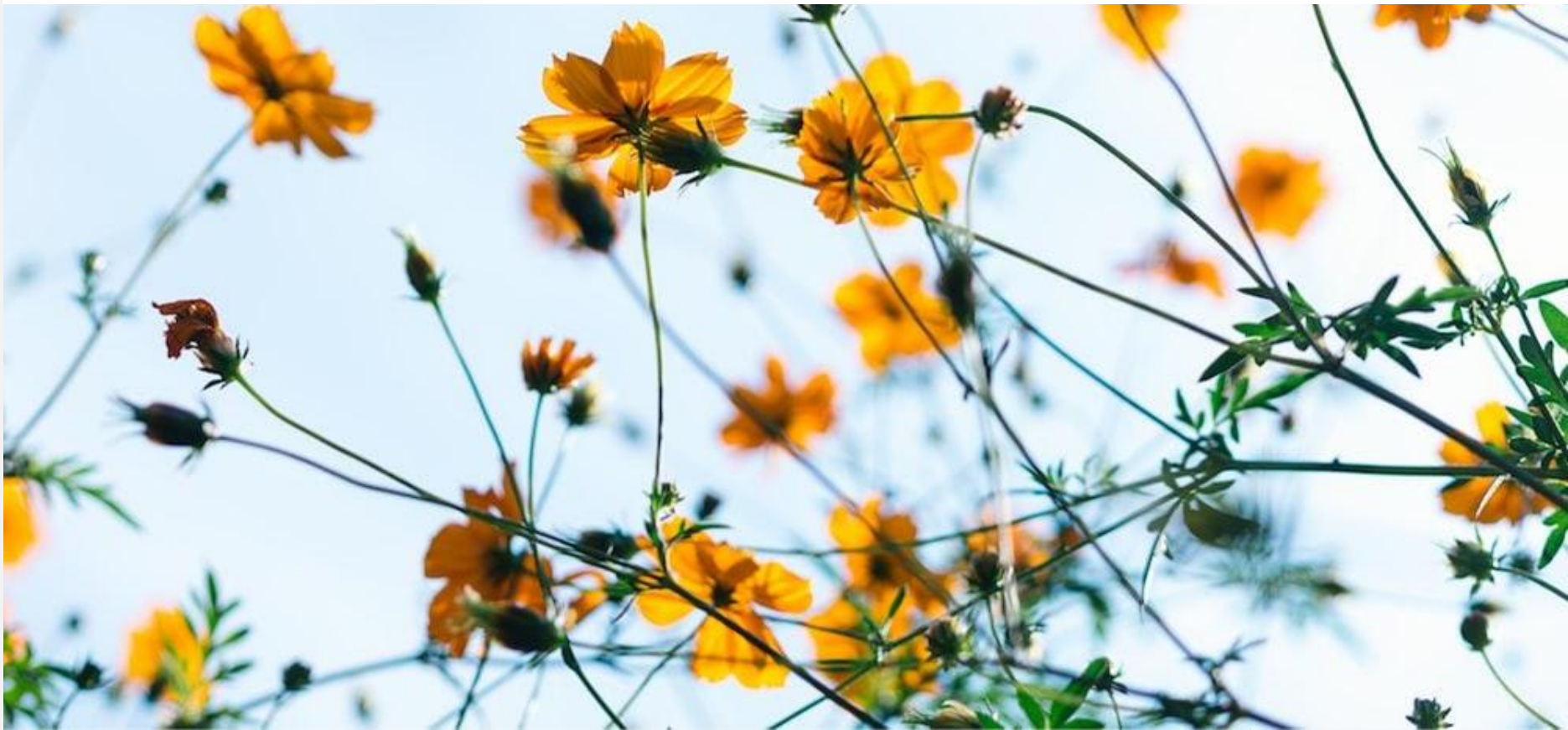




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Three more Essential Oils for Summer ...





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Ylang Ylang (*Cananga odorata*)

In terms of oriental medicine Ylang Ylang is a Yin oil – cool and moist and is known to cool down states of **restlessness and agitation**.

Ylang Ylang contains valerianic acid which is found in large amounts in Valerian. It is this chemical compound which makes Ylang Ylang particularly useful for insomnia as it has the ability to relax and aid **sleep**.

This oil has antioxidant properties which means it can help fight off the free radicals that are responsible for **premature ageing** often due to sun damage. It is also good for dry skin.

Ylang Ylang can be used to treat hot emotional conditions such as irritability, anxiety and anger.





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Rose oil (*Rosa damascena*)

The essential oil of Rose has symbolised feminine strength in most cultures for millennia . Interestingly it is a well documented **women's remedy** both physically and psychologically.

It is a cooling and soothing oil, fantastic in skin preparations for **dry, ageing and sensitive skins**. It is a cell regenerator and rehydrating and therefore, it is useful for dehydrated, dry, cracked skin and conditions such as dermatitis, eczema and psoriasis.

It is also an antiseptic so can be useful for treating **bacterial infections** of the skin perhaps caused by bites and cuts from the garden

Rose oil is used in a lot of summer blends where its smell is reminiscent of gardens and warm summer days.





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Vetiver

(*Vetiveria zizanioides*)

Known as the oil of tranquility in India the thin roots were woven into screens to protect people against the hot sun.

Calming and soothing, it is a sedative of the central nervous system and therefore will help with **agitation and insomnia**.

It is also **cooling and grounding** can be used to reduce fever, hot flushes and heat.

Vetiver is anti-inflammatory, nourishing, moisturising and a cell and tissue regenerative and is therefore good for **sun damaged, dry and dehydrated skin**.

The oil is a great **immune booster** and can protect you all year round.





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Hydrolats

Rose - Rose hydrolat is suitable for all skin types but is especially good for dry, irritated and ageing skin. It has antiseptic, anti-inflammatory and soothing properties which can help various skin problems including acne, eczema, sunburn, insect bites and other allergic skin conditions.

It can also be used as a hydrating facial spritz for hot summer days.

Chamomile - ideal for dry, sensitive and problem skin types. Its gentle anti-inflammatory and antiseptic action also helps to soothe inflamed, irritated skin conditions including acne, blemishes, nappy rash and skin allergies such as eczema.

Peppermint - cooling and refreshing, it can be sprayed on tired feet on a hot day or used as a facial toner after your cleansing routine to close the pores and revitalise your skin.





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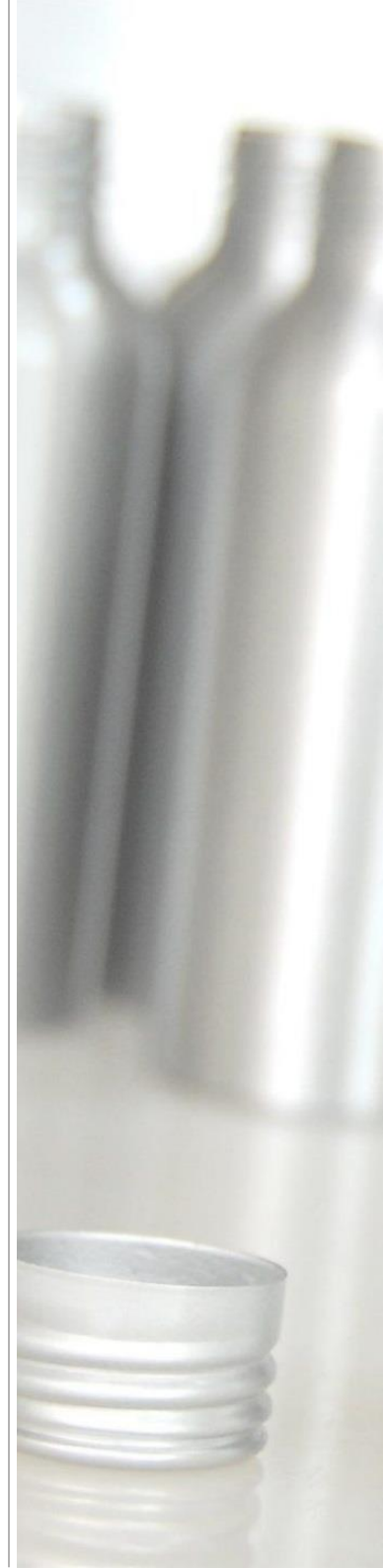
Some recipes using Hydrolats

Cooling nights– Lavender or Peppermint hydrolats (you can also add 30 drops total of lavender, ylang ylang and bergamot essential oils to 100 mls of lavender hydrolat and spray it on the skin.

Dry skin or sunburn – Neroli or Chamomile hydrolats (you can add 30 drops total of rose and lavender to 100 mls of hydrolat for sunburn).

Cooling spray – Chamomile, Peppermint or Lavender hydrolats. Try mixing them together and keep it in the fridge and spray on the body when you are hot

Air-freshener– Rose or Bergamot hydrolats. (Try adding 30 drops total of cornmint, geranium and ylang ylang essential oils to 100 mls of rose otto hydrolat and spray into the air)





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Conclusion

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TODAY!

USE CODE: **AROMASUN**
VALID UNTIL: 20/08/2023

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





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Chamomile Roman Hydrolat
Chamomile German Hydrolat
Rose Hydrolat
Peppermint Hydrolat

Avocado Carrier Oil
Carrot Carrier Oil
Raspberry Seed Carrier Oil

Lavender true Essential Oil
Cornmint Essential Oil
Eucalyptus citriodora Essential Oil
Chamomile Roman/German Essential Oil
Lemongrass Essential Oil
Carrot Seed Essential Oil
Jasmine Essential Oil





Thank you...

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