



Welcome to...

Penny Price Academy
of Aromatherapy

Saturday Club

Stress Less with EOs

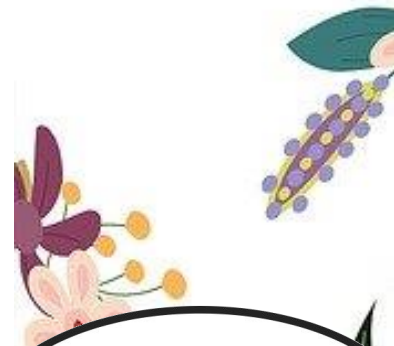


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How are we?

- ❖ Stress, anxiety and other mental states such as feelings of being overwhelmed, low depressed moods and more is something that everyone can recognise and may well have experienced at one time or another.
- ❖ In the UK we can be quite closed with our feelings & often reply I'm good when actually you are not.
- ❖ Stress is relative just because someone in your mind "has it worse" doesn't mean you're feelings aren't valid.





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4 Types of Stress

- ❖ Time stress - This type of stress is often caused by a feeling of being pressed for time or running late.
- ❖ Anticipatory stress – worrying about the varied outcomes of an event.
- ❖ Situational stress - It is the type of stress that we feel in response to a particular event or situation.
- ❖ Encounter stress - When face-to-face with a stressful situation. This could be anything from a job interview to public speaking to an upcoming test.





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Do we try to hard?

- ❖ According to a new World Health Organization study not only are depression rates significantly higher in affluent nations but cases of major depression are on the rise throughout the world.
- ❖ Stress is known to be one of the main triggers of depression, and in nations such as the UK a still growing number of men and women succumb to the pressures that seem embedded in our value system and social structure.
- ❖ Interestingly poorer nations aren't seeing the rise in mental illness that we do.



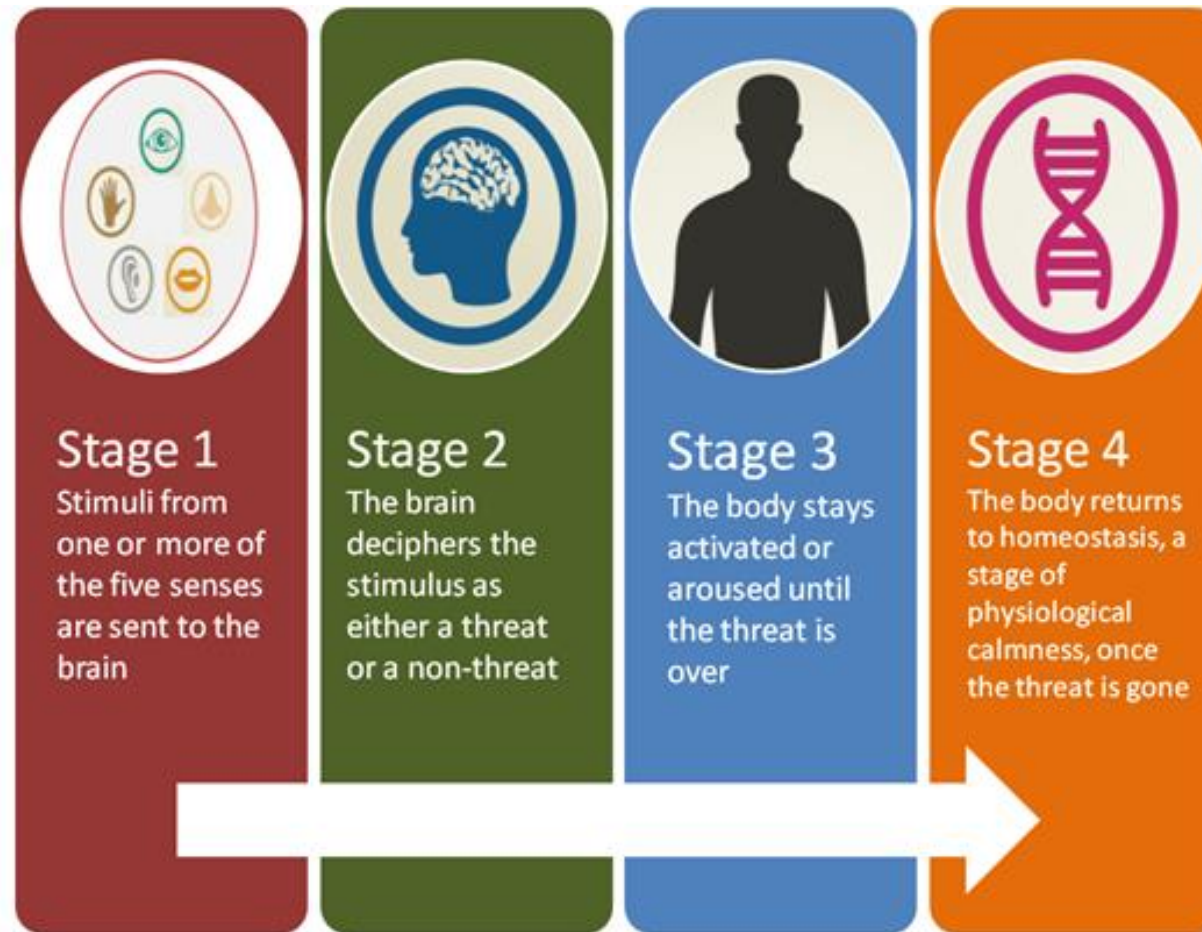


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Fight or Flight

- ❖ Stress occurs as a coping mechanism for our brains and bodies.
- ❖ The fight-or-flight response is also known as the acute stress response. It is essentially, the response prepares the body to either fight or flee the threat.





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It's all about the chemistry

- ❖ During fight or flight certain hormones like adrenalin and cortisol are released which have a huge impact on the body as a whole.
- ❖ Olfaction (the process of smell) is a chemical sense and it allows us to discriminate between the different molecules we breathe in.
- ❖ Essential oils directly influence the limbic system
- ❖ The hypothalamus itself directs the sympathetic and parasympathetic nervous system – the sympathetic system basically speeds things up, raising heart rate etc. and the parasympathetic slows things down.





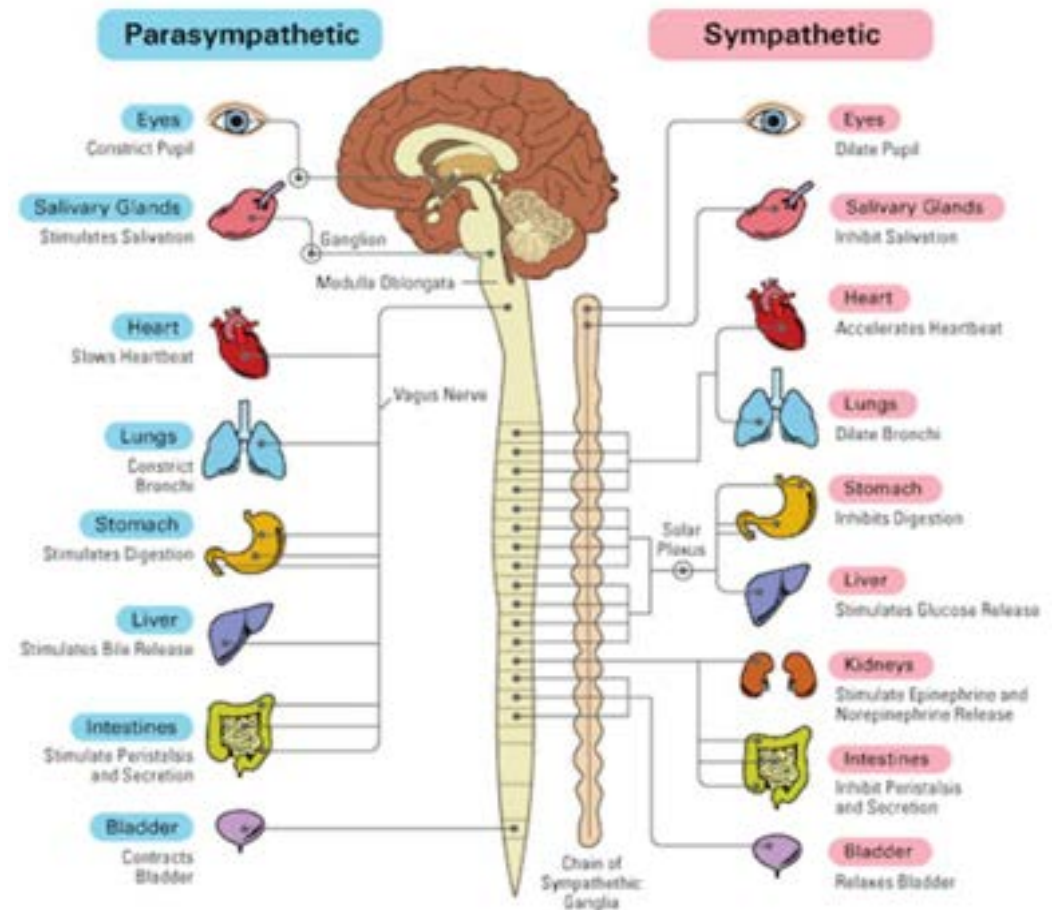
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It's all about the chemistry

- ❖ The sympathetic branch is commonly known as the fight or flight response, preparing the body in times of fear, stress, anxiety and exercise.
- ❖ The parasympathetic branch is concerned with the recovery, bringing the body back to normal.

Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs



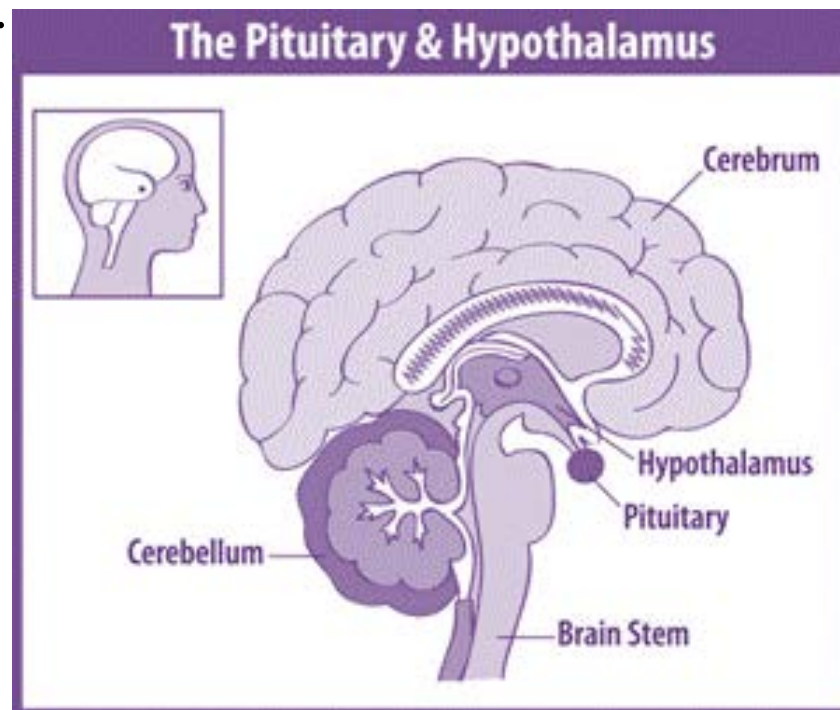


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It's all about the chemistry

- ❖ The hypothalamus directs the pituitary gland and thus hormone production.
- ❖ The effect of smell on the activity of the hypothalamus does assume that aromatherapy can have such a significant result on the treatment of conditions such as stress/anxiety and as a result its calming outcome the sympathetic nervous system.





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Basil

Ocimum Basilicum Linalool

A beautiful top note oil that is sweet smelling due to being distilled from leaves and flowering tops.

Basil essential oil warms yang energies and lifts the spirits, cheers and strengthens the mind and it relaxes everyone I have ever used it on. Chemically sweet basil is mainly Alcohols (linalool) which are pain relieving and emotionally alcohols can help a person feel protected and give them the courage they need to express themselves or to move on from a situation. Alcohols can be stimulating to the mind so make good memory aids and help clear mental chatter.





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Eucalyptus Staigeriana

Eucalyptus Staigeriana

A lovely fruity scented eucalyptus that is low in oxides but high in aldehydes. This eucalyptus appears to have a profound uplifting effect on the mind and immune system.

Aldehydes are very calming to the nerves and emotions whereas other components are stimulating they are more nurturing to the mind.

Aldehydes are useful for stress relief, reducing irritation and controlling temper and rage. I am yet to find anyone who does not enjoy this oil.





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Ho Wood/Leaf

Cinnamomum Camphora

Ho wood has a beautiful, light, woody-scent that is calming, relaxing and peace-inducing for the mind and body.

The main chemical component is linalool, which has been found to have a relaxing effect upon the central nervous system one study from a small trial of 24 human subjects, using physiological parameters of heart rate, blood pressure, electrodermal activity and salivary cortisol, suggests that linalool has an anxiolytic effect (Hofel, Christ and Buchbauer, 2006).





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Lavender

Lavandula Angustifolia

Linalool also constitutes up to 45% of lavender so can explain why for so many centuries many have turned to its comforting scent for stress.

Traditionally lavender has been used for its sedative purposes along with being a great skin rejuvenator. Now science is catching up to create evidence to substantiate our aromatic claims.

One recent study even showed it had a powerful anxiolytic effect and brought about a similar behavioural profile to treatment with diazepam.

Esters are very good for relieving the mind of guilt or embarrassment and helps heal those worries. They too help with irritation, anger and unreasonable behaviour. Esters encourages renewal and growth and promote feelings of warmth such as love and kindness.





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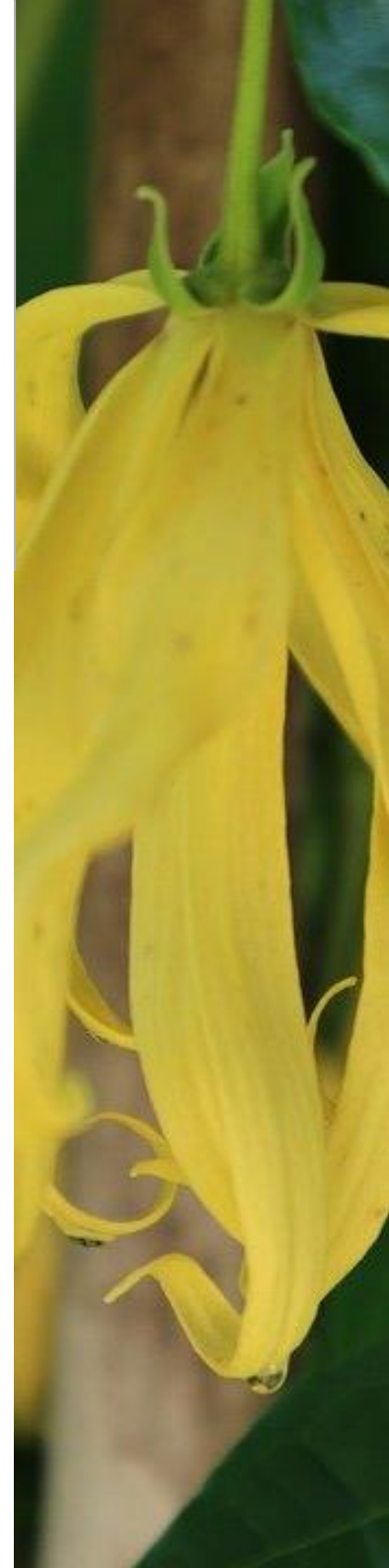
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Ylang ylang

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 also happens to be one my favourites!





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Vetiver

Vetiveria Zizanoides

A heady scent that isn't always favoured but can be very effective.

It is recommended for physical, mental and emotional exhaustion as it completely calms the mind.

It contains mostly vetiverol which is an alcohol so it has similar benefits to other alcohol full oils of aiding relaxation of the mind and giving the person a feel of comfort.

Energetically it clears heat, nourishes calm and uplifts.





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Methods of Use

- ❖ Diffuser or nasal inhaler
- ❖ Combined with a meditation practice
- ❖ Creating bespoke blends such as bath oils or pulse point rollerballs
- ❖ In Massage or other holistic treatments





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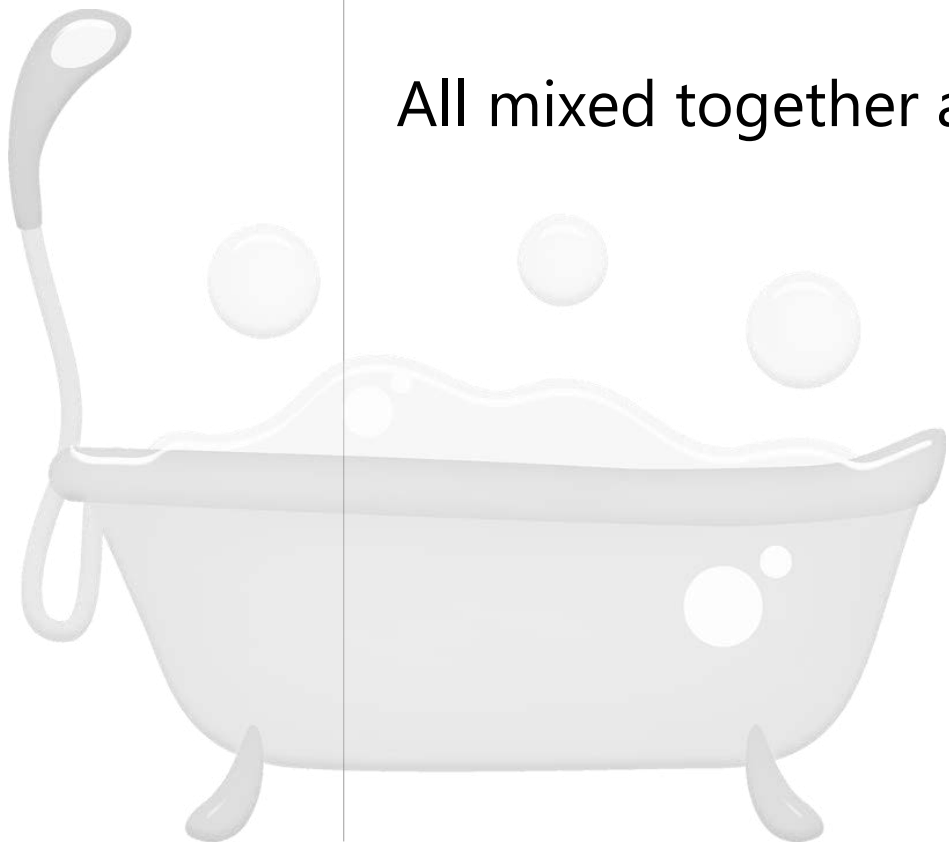
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My Go To Recipe

Louise's Stress Busting Bath Oil

- ❖ **100ml Coconut carrier oil**
- ❖ **15 Drops Ylang Ylang**
- ❖ **15 Drops Basil**
- ❖ **15 Drops Eucalptyus staigeriana**

All mixed together and add some to a hot bath.





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Conclusion

EXCLUSIVE 10% OFF ALL PRODUCTS!

Use Code **MarchSat**

Valid until 11/04/25

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





Thank you...

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