



Welcome to...

Penny Price Academy
of Aromatherapy

Saturday Club

The Physical Impact of Stress



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April 2025

The Definition of Stress

- ❖ Stress can be defined as a state of worry or mental tension caused by a difficult situation.
- ❖ Stress is a natural human response that prompts us to address challenges and threats in our lives.
- ❖ Everyone experiences stress to some degree.
- ❖ Stress affects both the mind and the body. A little bit of stress is good and can help us perform daily activities. Too much stress can cause physical and mental health problems.



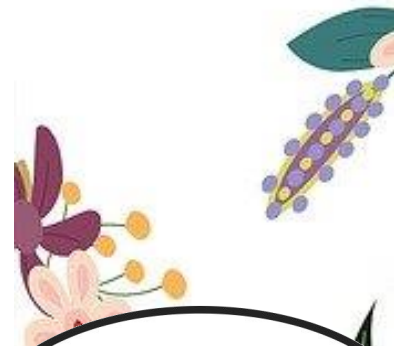


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How are we?

- ❖ 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 your feelings aren't valid.





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The Physical Impacts of Stress

- ❖ Difficulty breathing
- ❖ Panic attacks
- ❖ Blurred eyesight or sore eyes
- ❖ Sleep problems
- ❖ Fatigue
- ❖ Muscle aches and headaches
- ❖ Chest pains and high blood pressure
- ❖ Indigestion or heartburn
- ❖ Constipation or diarrhoea
- ❖ Feeling sick, dizzy or fainting
- ❖ Sudden weight gain or weight loss
- ❖ Developing rashes or itchy skin
- ❖ Sweating
- ❖ Changes to your period or menstrual cycle
- ❖ Existing physical health problems getting worse





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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.



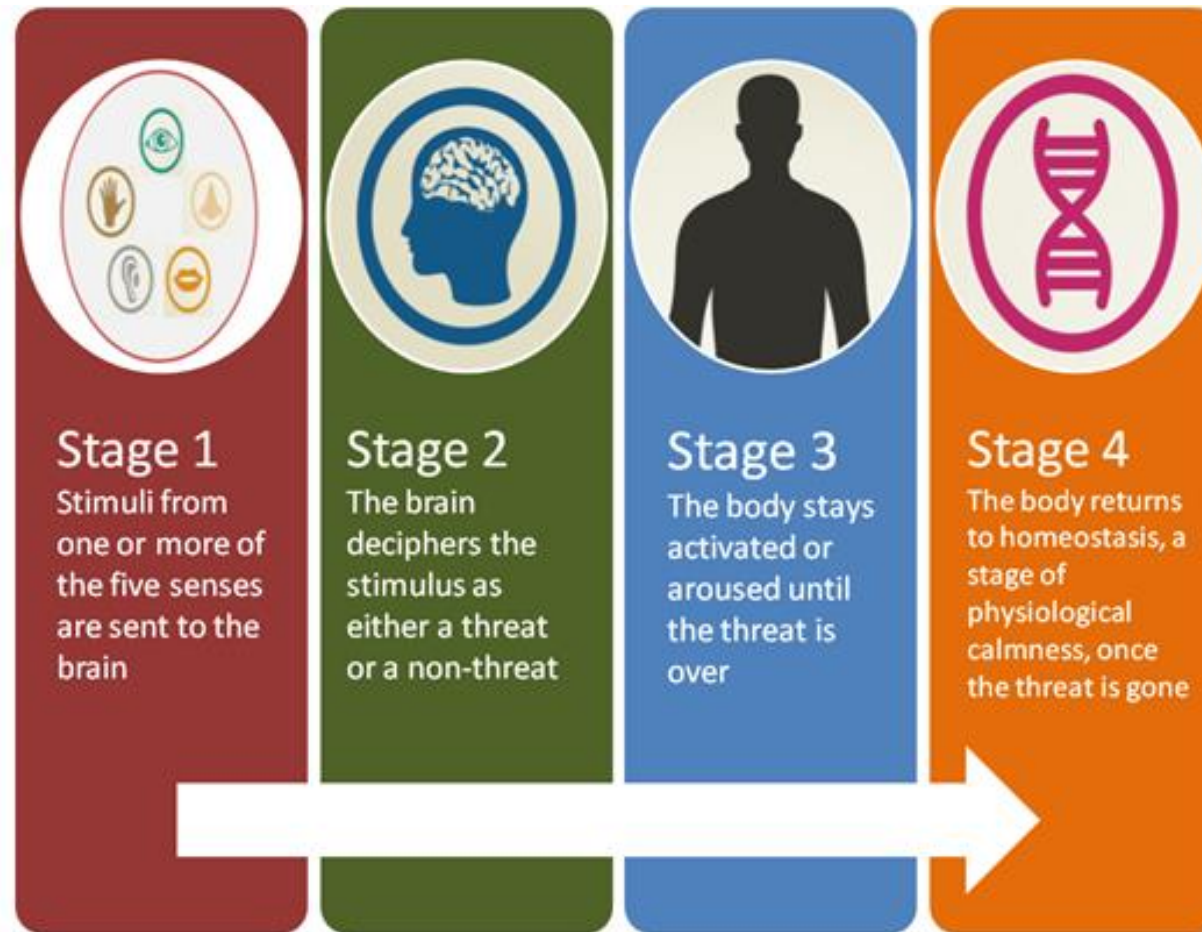


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Fight or Flight

- ❖ 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.



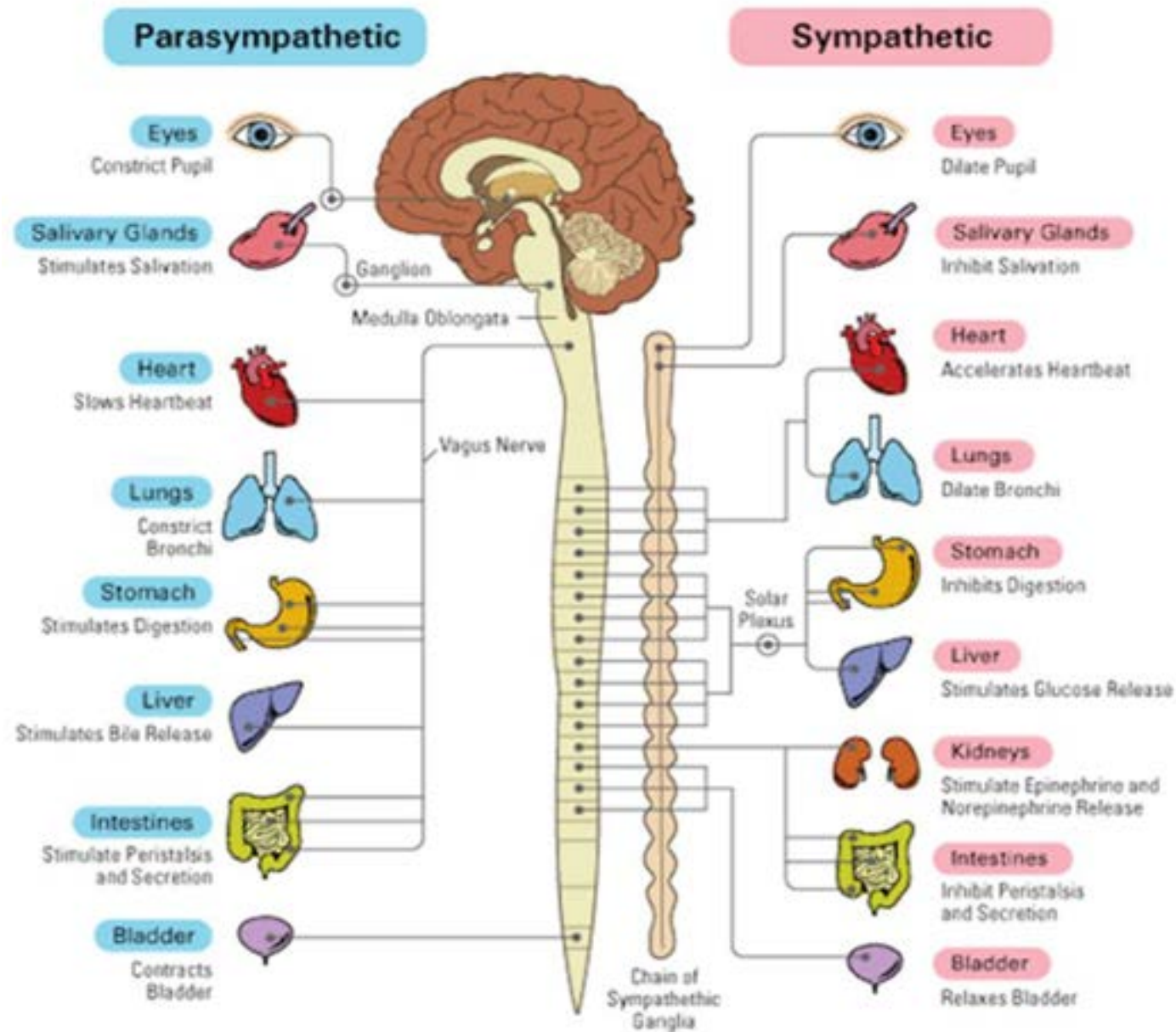


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It's all about the chemistry

Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs





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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.



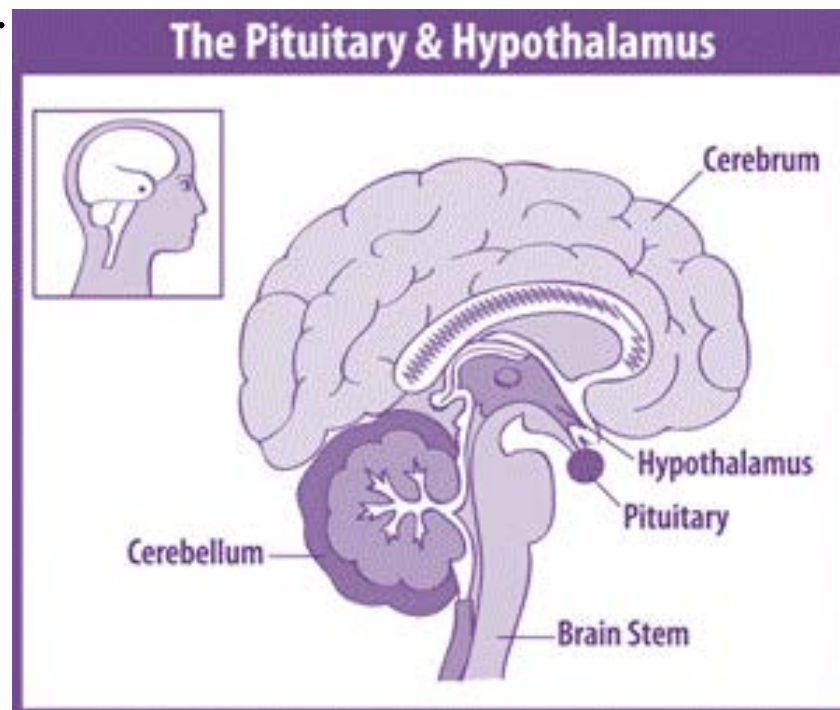


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It's all about the chemistry

- ❖ The 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.

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.

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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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.

This could be a good oil for those who have stress reactive eczema or other skin conditions.





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Clove

Syzygium aromaticum

A strong-smelling oil that is full of phenols which are good for depressive conditions and for promoting the body's own healing response.

Phenols have been shown to depress sensory receptors involved in the pain perception too.

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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Petitgrain

Citrus aurantium amara fo

Petitgrain is 45-50% linalyl acetate which has been shown to be anxiolytic and anti inflammatory.

It is one of the top oils used for sudden stress and panic attack.

This oil is renowned for its uplifting and calming properties, promoting a sense of balance and well-being.

Its fresh, slightly sweet aroma with hints of orange blossom makes it ideal for diffusing in spaces to elevate the mood and create a peaceful atmosphere





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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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Spearmint

Mentha spicata

Physically mints are analgesic so great for muscular aches and pains and headaches.

Mint oils can also help with nausea or other digestive discomfort that comes from stress.

Spearmint oil opens and releases 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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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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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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Conclusion

EXCLUSIVE 10% OFF ALL PRODUCTS!

Use Code

Sat-Club-April

until 09/05/25

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





Thank you...

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