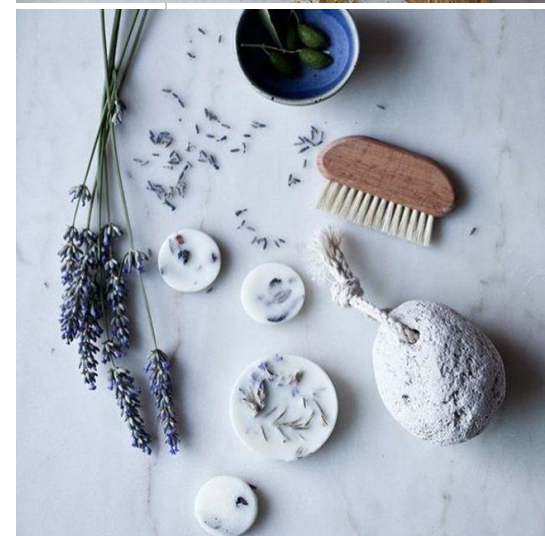




Saturday Club Beat the Heat?



July 12th 2025





Penny Price
Academy

Saturday Club
XXXX 2023

Loving the Summer weather?

Here's hoping we are enjoying some sunny, warm weather....

However, sometimes the warmer summer months come with a little extra stress. There are times when warmer temperatures can be troublesome, but fear not, our essential oil kit can bring relief!





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Extra heat can exacerbate some hormonal or skin conditions, today we're going to focus on oils that can help to relieve some of these issues.

We will be focusing on finding relief from excess heat caused by the dreaded hot flushes, then looking at relieving excess heat in the skin, which may be caused by overexposure to the sun!





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Cornmint

(Mentha arvensis)

The Mint family are all Menthol-rich, a chemical element well known for its analgesic and cooling properties. It is also anti-inflammatory, digestive and mucolytic so can be useful for headaches, sinusitis, indigestion and coughs and colds.

Due to the high menthol content, it is not recommended for babies and young children, but in adults, it can be used in a stronger dilution to ease headaches and to provide instant cooling for hot flushes.

The mint family have been used through the centuries to cool, calm and freshen- the remnants of leaves have been found in the Mummies of ancient Egypt and its properties have been referenced in ancient Greek text.





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Lavandin

(Lavandula x intermedia 'Abrialis')

A hybrid of true lavender, Lavandin has more oxides, and has a slightly camphorous, fresh scent, but has some similar properties. Due to the higher oxide content, this is more useful for respiratory and circulatory conditions, while being balancing for hormonal conditions. Like Lavender, Lavandin is ciccatrissant, so healing for damaged skin.

Lavandin is used extensively in the cosmetic industry, as it produces more flowers and so yields more essential oil per plant. There are no known contra-indications.





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Chamomile Roman

(Chamaemelum nobile)

The chamomile family are fantastic anti-inflammatory and calming oils.

Chemically, this family of oils are rich in esters, with some alcohols ketones and oxides. They are useful for menstrual conditions, skin conditions and digestive issues. This oil has a warm, sweet, apple aroma....

Being ester-rich, the chamomile family are suitable for sensitive and damaged skin.

Roman chamomile is the only member of the family cultivated in England (one of the common names is English chamomile). The chamomile family have been used for over 2000 years, especially in the Mediterranean region.





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Clary

(*Salvia sclarea*)

Alcohol and ester rich, Clary has a sweet, nutty and herbaceous scent. Most used for menstrual issues, PMT and labour pains, this oil is also helpful for the skin, high blood pressure, asthma and muscular aches and pains. The herb (and thus the oil) can be cooling for inflammation and is helpful for throat and respiratory conditions.

It was widely used in the middle ages, but has fallen out of general (herbal) use. It was used for digestive complaints, menstrual issues and as a general nerve tonic.





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Grapefruit

(Citrus x paradisi per)

Grapefruit (like most of the Citrus family) is chemically almost entirely Terpenes, so is balancing, helpful for infections and inflammation.

Grapefruit is stimulating for the circulation and lymphatic system, which make it useful for water retention.

Its clean fresh aroma make it popular in the fragrance industry.

There have been studies which show that Grapefruit should be avoided by people who take Statins- the enzymes in grapefruit have been shown to breakdown the medication too quickly, leading to possible side effects.





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Fennel sweet

(Foeniculum vulgare var dulce)



Fennel oil has a sweet, aniseed aroma with hints of pepper and spice, and is phenol and terpene rich. This oil is analgesic, anti-inflammatory and hormone-like, mimicking oestrogen in the body. It can be useful for digestive issues, as a respiratory tonic and a number of menstrual issues, including PMT, scanty menstruation and support in breast feeding.

Traditionally, Fennel has been used for the digestion and for obstructions of the liver, spleen and gall bladder, as well as in treating obesity! (This may be due to its oestrogenic action)



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Melissa true

(*Melissa officinalis*)

Melissa oil is mostly aldehydes, chemically, and has a rich, lemon scent with earthy grounding undertones. It is antihistaminic, antispasmodic and a uterine tonic. It is helpful for allergic conditions, nausea, menstrual problems and menopausal symptoms.

Traditionally, Melissa was called the 'elixir of life' (by Paracelsus) and was associated with nervous disorders, the heart and the emotions.

There is a slight risk of skin irritation with Melissa, so always use in the correct dilution.





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Many of the oils we can use to ease menstrual problems are also fabulous for the skin, so can be used safely to relieve the residual heat when we've overdone our exposure, for cooling and healing, blending into white lotion will give a blend which is readily absorbed, getting to work quickly.

Or make a spritz with a small spray bottle, diluting the chosen oils in hydrolat (peppermint works well) to carry with you and apply when the heat gets a bit too much.





Thank you for joining us today, Stay cool....

Today's featured oils are
Cornmint,
Lavandin
Chamomile Roman,
Clary,
Grapefruit
Fennel sweet,
And Melissa

Enjoy.....

