

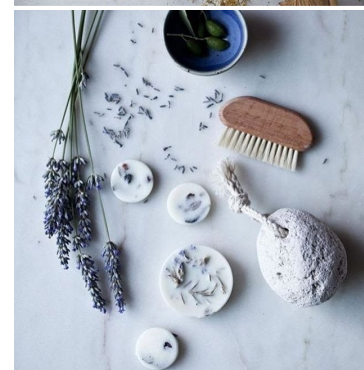


# Welcome to...

## Penny Price Academy of Aromatherapy

### Saturday Club

#### Embracing Autumn: Aromatherapy for Seasonal Renewal





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August 2025

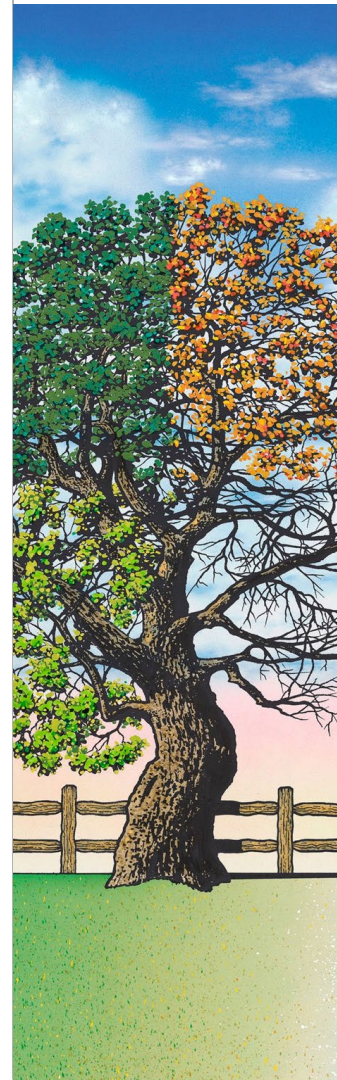
# Autumn

Autumn marks the transition from summer to winter.

It is a time for change - the trees shed their leaves, most flowers stop blooming, the days get shorter and colder, many animals start preparing for hibernation and some birds migrate.

It is also a time for harvest - traditionally collecting foods ready for winter.

The colours of autumn are red, yellow, brown, orange and gold.





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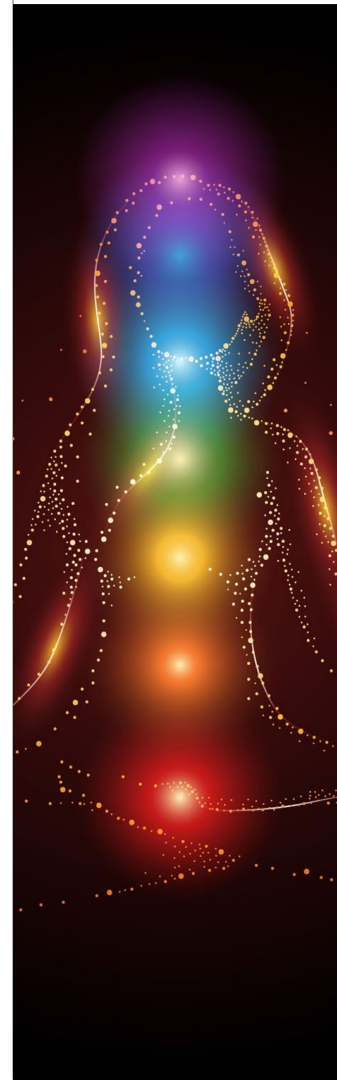
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# Autumn

Autumn is associated with the Root Chakra and the Sacral Chakra .

**The Root Chakra** is located at the base of the spine and governs our sense of security and grounding, which aligns with the season's focus on returning to our roots and finding stability.

**The Sacral Chakra** is situated below the navel and is linked to creativity, sensuality, and joy, and can be nurtured by the vibrant colours and energies of autumn





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# Essential oils for Chakras

## Oils for the Root Chakra

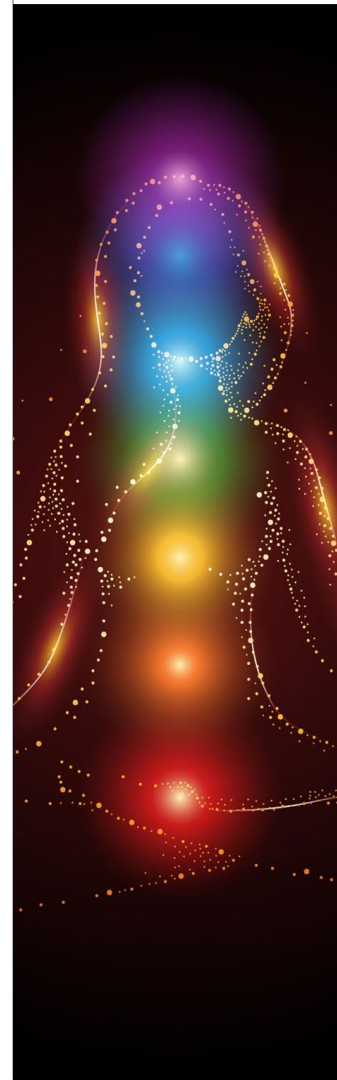
When the root chakra is in alignment and open, we feel grounded, secure and content.

Frankincense  
Myrrh  
Vetiver  
Patchouli

## Oils for the Sacral Chakra

When this chakra is balanced, we can expect our relationships – both with others and with ourselves – to feel healthy and harmonious.

Cinnamon  
Clary Sage  
Sweet Orange





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# Physical and Emotional issues in Autumn

Autumn can be a negative time for some as it brings darker, shorter days and long winter nights, this can start to trigger seasonal affective disorder (SAD) and low moods.

It can be a season where we start to experience more coughs, colds and respiratory issues due to staying indoors, breathing in more 'dry air' and even changing your diet

Joints can start to ache with the colder, wetter weather.

Our skin can feel drier.







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# Why Use Essential Oils in Autumn?

- Support immune system
- Support respiratory health
- Support joint health
- Help with better sleep
- Nourish dry skin
- Improve mood during shorter days





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# Essential oils for Immunity



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## Niaouli (*Melaleuca viridiflora*)

Niaouli is high in 1,8 cineol which stimulates the immune system as it reduces the inflammatory response

Among all of the anti-infective oils, it is probably able to catch the widest spectrum of microbes as it is a broad spectrum anti-infective so can help kill viruses, bacteria and fungi

It also helps to generally strengthen the immune system, it is good for chronic immune deficiency with recurrent infections

Niaouli also prevents or addresses a wide range of upper respiratory infections which are common as autumn moves into winter- it is a decongestant, expectorant and antitussive (stops coughs)







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## Black Spruce (*Picea mariana*)

Research indicates that Black Spruce may stimulate thymus activity, thus stimulating the immune system.

It is useful for recurring infections and imbalances and can act as a tonic to the immune system.

In common with other tree oils Black Spruce can be used in the treatment of respiratory conditions such as catarrhal coughs, bronchitis and asthma, for its mildly expectorant and antitussive properties, it is also a decongestant.

Holmes suggests that Black spruce has a deep restorative and systemic revitalizing action' He states that this oil should be selected for chronic weak, congestive bronchial conditions of any kind.





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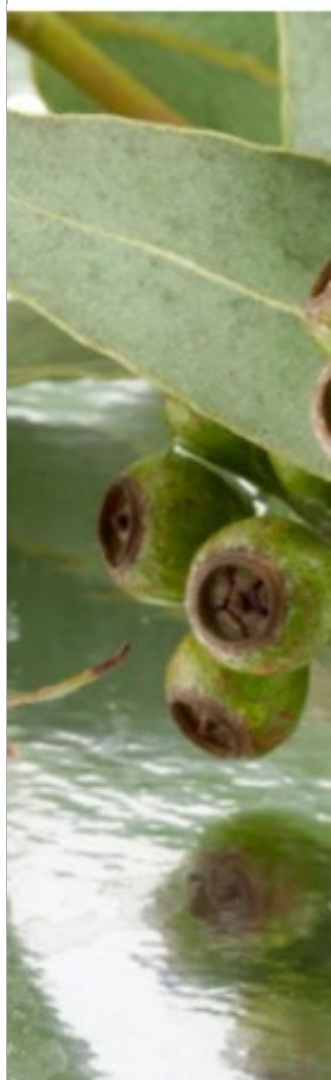
# Eucalyptus Radiata

Eucalyptus Radiata is strongly antiviral and is good at treating the early or onset stage of infections and especially upper respiratory infections.

It is also anti-catarrhal, expectorant and anti-infectious making it useful for a variety of respiratory infections.

Recent studies have found that Eucalyptus Radiata can switch off the quorum-sensing system which means it stops bacteria from communicating with each other

It is gentler than other Eucalypts therefore it is good for children and the elderly.





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## Immunity Blends

To kill airborne viruses try spraying thyme hydrolat around the house. You can also diffuse essential oils such as eucalyptus or tea tree.

If you are feeling like you are catching a virus try having a warm bath to which you have added 3 drops of lavender, 2 drops of marjoram and 2 drops of tea tree.

If you have a respiratory virus you can either add 2 drop each of **niaouli**, **black spruce** and **eucalyptus radiata** to a bowl of hot water then lean over the bowl place a towel over your head to seal in the steam. Keep your face approximately 30cm above the bowl then close your eyes and breathe deeply for at least 5 minutes.

Try making a blend of one drop each of lavender, E Radiata and niaouli in 10 mls of carrier oil and rub into the chest.







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# Essential oils for Joint Health





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# Cinnamon Leaf

Cinnamon is stimulating and tonifying and can be used for strengthening and toning the circulatory, respiratory and digestive systems. It can also act as a restorative for weak, tired and cold people.

Cinnamon can be used to treat arthritic/rheumatic pains when they are aggravated by cold damp weather. Try combining it with lemon and juniper.

For poor circulation try adding a few drops of cinnamon to a carrier oil and add to a footbath.

Valnet recommends using cinnamon oil for general debility and older persons during the winter months as a tonic.

**Do not use Cinnamon on pregnant women or on anyone on blood thinning medication. Use with care on the skin as it can be an irritant.**





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## Juniper Berry (*Juniperus communis*)

Juniper's main property is to help the body to eliminate toxins, in particular, uric acid and is therefore an important oil in treating arthritis, gout and rheumatism especially when the pain is of a cold, cramping nature.

It is also a diuretic which helps detoxification. It can be used in baths, compresses and as a massage oil for affected joints, where the rubefacient effect will be very comforting. It also has a mild analgesic effect.

Peter Holmes recommends juniper berry for 'the cold congested type of individual who feels worse in cold damp weather; who suffers from poor elimination of metabolic toxins with the resultant fatigue, malaise, aches and pains'.





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## Rosemary (*Rosmarinus officinalis*)

Rosemary can be used for muscular pain especially for 'overworked' muscles following sports, gardening etc. It is also very helpful for pain relief in arthritis and rheumatism particularly for joint pain of a cold, fixed and cramping nature.

A study in 2015 found that when people with rheumatoid arthritis were given 15-minute knee massages using a rosemary oil blend three times weekly, they had a 50% decrease in inflammatory knee pain in two weeks, compared to a 12% decrease in those not given the oil

A study from the Catholic University of Korea in Seoul showed that people with arthritis who sniffed a fragrant blend that included lavender, eucalyptus and rosemary experienced less pain and better moods than those who didn't.





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## A blend to relieve pain in muscles and joints

Make up a pain relieving blend with:

2 drops of Rosemary

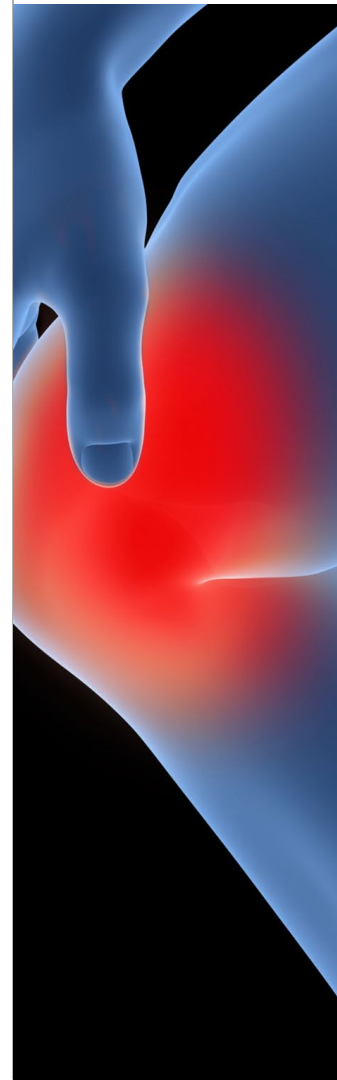
2 drops of Juniper

1 drop of Cinnamon

And mix into 10 mls of carrier oil or white lotion and apply to the affected part.

You can substitute Ginger for Cinnamon.

If you have high blood pressure try using Marjoram or Roman Chamomile instead of Rosemary.







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# Essential oils to Improve Sleep



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## Clary Sage (*Salvia sclaria*)

Clary sage is deeply relaxing and excellent for insomnia. When combined with lavender it can help with an overactive mind.

Peter Holmes states that Clary Sage can relax a tense wound up system where it is calming and stabilising.

Clary sage is also a muscle relaxant and is excellent for muscular stiffness and spasm and tired aching legs. It is recommended when muscular tightness and pain originates from mental stress, though it can also bring speedy relief from muscular pain of a purely physical origin.

It may also be useful to help people deal with change at this time of year as Mojay describes it as indicated for 'nervous anxiety and depression characterised by changeable moods, indecision and emotional confusion.'





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## Mandarin (*Citrus reticulata*)

Mandarin is a highly sedative oil as it contains a small amount of an ester, anthranallic acid. It is also very gentle so can be used for children, the elderly or vulnerable suffering with anxiety, nervousness or stress.

This beautiful oil has an uplifting action on the mind and its particular use is to clear the mind and to blow away the cobwebs. This combined with its slightly hypnotic action makes it ideal for insomnia where the mind is overactive, or whenever there is a need to 'switch off'.





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## Marjoram (*Origanum majorana*)

The outstanding property of marjoram oil is its warming quality, whether inhaled or applied to the skin. This quality is very useful as the days get cooler and people start to dread winter and the colder

Holmes states that marjoram 'is a dependable cerebral sedative for acute episodes of mental agitation, whatever the cause and never fails to procure rest and sleep.

It is both a relaxant and restorative and will help when there is mental fatigue after effort

It is also excellent when someone is in pain whether it is physical or emotion where it can be very comforting.







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## A beautiful blend to help you sleep

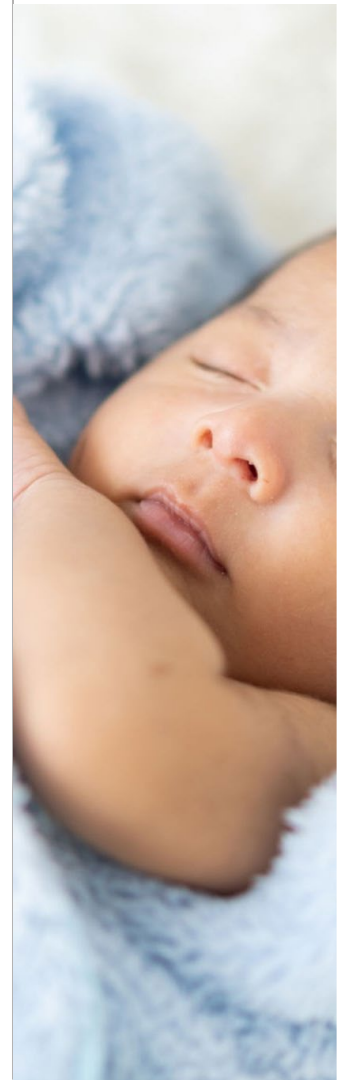
Add a total of 4-7 drops of any of the following oils to warm not hot bath and relax. Alternatively you could diffuse some of these oils before bedtime and perhaps use them for meditation.

Clary Sage - a muscle relaxant, calming and stabilising

Mandarin - a powerful but gentle sedative

Marjoram - warming and comforting

Also don't forget oils like Lavender, Roman Chamomile, Frankincense, Sweet Orange and Cedarwood.





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# Essential oils to Nourish Skin



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## Myrrh (*Commiphora myrrha*)

In Egyptian times Myrrh was reputed to reduce wrinkles and preserve a youthful complexion.

This oil can help heal cracked and chapped skin which is useful in Autumn as you are more exposed to inclement weather and the heating is turned on. It is excellent in a cream for gardeners hands.

Holmes describes it as 'one of the finest astringents for weak, loose or boggy tissues'. It is like a 'healing, strengthening and protecting bandage.' It also reduces inflammation and prevents infection.

The words that Mojay uses to describe Myrrh is 'tranquil solitude and transcendent peace'. He says that its effect on our nervous system is a gentle calming one and 'it is able to install deep tranquility of mind.'





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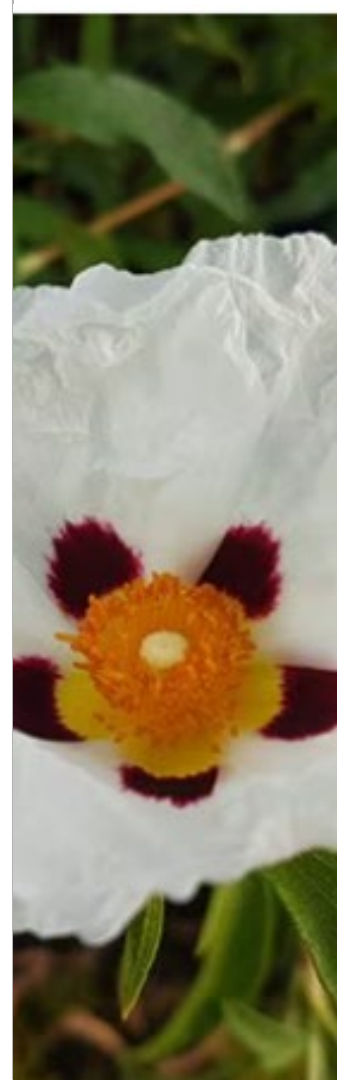
## Cistus (*Cistus ladaniferus*)

Cistus is anti-inflammatory and antiseptic making it highly soothing for the skin. These properties make it useful in the treatment of conditions such as eczema, psoriasis or irritated skin. The key action of cistus is tissue regeneration making it useful for any wounds or ulcers.

It is also said to be very effective in reducing fine lines and wrinkles.

Holmes states that cistus is a sedative for anxiety and insomnia.

It is an emotionally warming oil and can help with trauma or grief.







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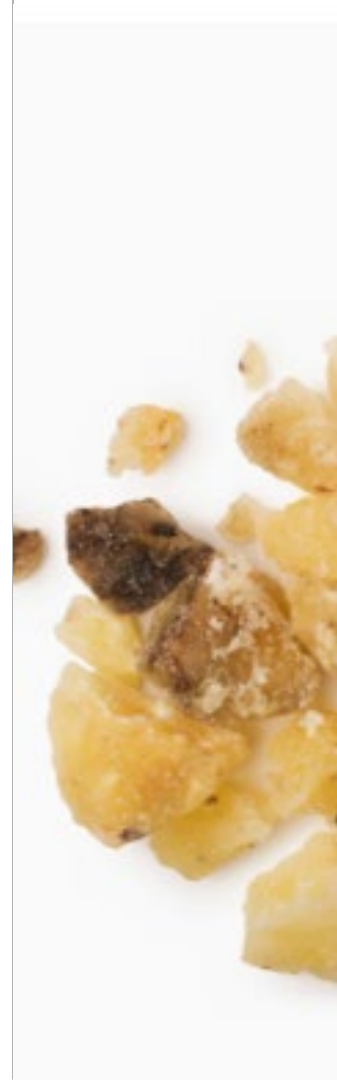
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## Elemi (*Canarium luzonicum*)

Elemi is considered a rejuvenating oil for all skin types, particularly mature skin. It can also help reduce the appearance of fine lines and wrinkles, making it a useful ingredient in anti-aging blends.

Battaglia states that Elemi is recommended for aged skin, infected cuts and wounds, inflammation and wrinkles. He says that it is cooling and drying to the skin.

Holmes suggests that this essential oil is wound healing. It regenerates tissue and is particularly useful for non healing wounds, ulcers and scar tissue. For any of these issues mix with green clay which draws toxins, bacteria and impurities from deep within the skin (mix 1 tbsp of green clay with enough water to make a paste and add a total of 3 drops of essential oil).





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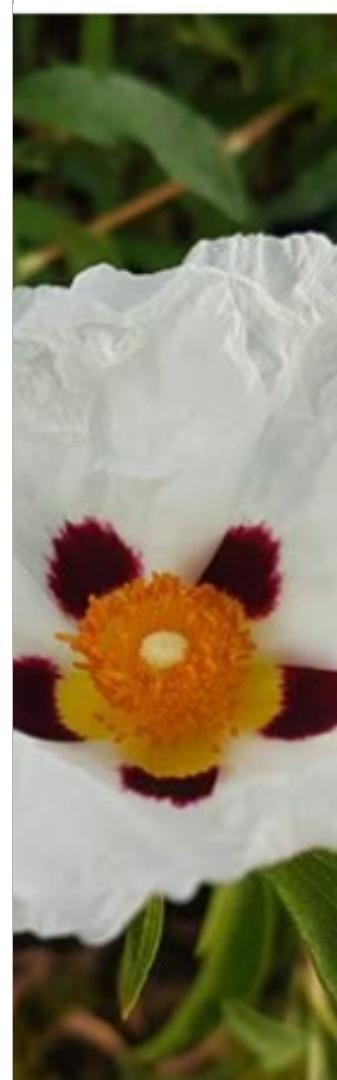
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## Hemp Seed Carrier oil (*Cannabis Sativa*)

Hemp seed carrier oil is rich in vitamins such as A and E as well as fatty acids (linoleic, alpha-linolenic and gamma-linolenic acid to name a few) and is thought to have the ideal ratio (3:1) of omega-6 to omega-3. Vitamin A is good for the skin and vitamin E protects skin cells from damage.

This carrier oil is excellent for damaged skin as it is nourishing, moisturising and will calm irritation and inflammation.

Hemp seed oil is said to help heal and regenerate itchy or dry skin.





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# Blends to help with skin issues

To make a cream for skin issues use 10 mls of white lotion or hemp seed oil and add a total of 5 drops of any of these oils

## For dried chapped skin

Benzoin - warming, healing and also good for chilblains

Myrrh - healing

Cistus - anti-inflammatory and antiseptic

Elemi - vulnerary, gentle on the skin

## To help with eczema and irritated skin

Cistus - anti-inflammatory and antiseptic

Roman or German Chamomile - cooling and anti-inflammatory

## For wrinkles

Myrrh

Elemi

Carrot seed or Frankincense





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# Uplifting Autumnal Essential oils







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## Ginger (*Zingiber officinalis*)

Physically the essential oil of ginger is known for its warming qualities and is therefore indicated for conditions such as arthritis where it is also anti-inflammatory and pain relieving. It is antiviral and an immunostimulant therefore, can be used for coughs and colds.

It is also psychologically warming and comforting.

Peter Holmes describes how it infuses 'warmth and passion into the soul'. He states that it is for 'the person who has become apathetic, unmotivated and discouraged to the point of indifference, emotional coldness and downright depression.'

Mojay says that ginger enhances the 'vital fire' helping to spur people on.





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## Bergamot (*Citrus bergamia*)

The three words that Mojay uses to describe the actions of bergamot are 'release, relax and uplift.' He says that it releases stagnant energy and pent up feelings. 'Bergamot oil helps us relax and let go.'

A study in 2011 looked at a blend of essential oils consisting of lavender and bergamot in the treatment of stress. Forty healthy volunteers participated in the experiments. The blend was applied topically to the skin of the abdomen of each subject. Compared with placebo, the blend caused significant decreases of pulse rate, and systolic and diastolic blood pressure. At the emotional level, subjects in the blended essential oil group rated themselves as 'more calm' and 'more relaxed' than subjects in the control group





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## Bergamot (*Citrus bergamia*)

Holmes describes Bergamot as 'exceptionally harmonising and balancing' making this an ideal oil for use at a time when people often feel unbalanced and irritable.

It is an ideal oil for anxiety and stress as it is so calming and uplifting.

It can also be used to tackle insomnia but will also fight tiredness, a common problem when people are getting used to the shorter days. It is said to be ideal for moments of emotional overwhelm or nervous fatigue.





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## Helichrysum (*Helichrysum italicum*)

Helichrysum is said to support mental and emotional clarity and aiding concentration. It is also recommended for alleviating stress and anxiety as it is soothing, with mood-elevating effects.

Holmes suggests that that Helichrysum is emotionally calming, softening and stabilizing 'helping one cope with deep frustration and long bottled up resentment'.

Mojay states that Helichrysum can 'loosen the very hardest of knots lying deep within the psyche' it can 'break through the the deepest, most stuck of negative emotions'.

Therefore it can be seen as the ideal oil to help you let go







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## An Uplifting Blend for Autumn

You can employ any of the methods of use to make this blend. Try combining these oils for an uplifting but relaxing experience:

Ginger - warming and supporting

Bergamot - 'release, relax and uplift'

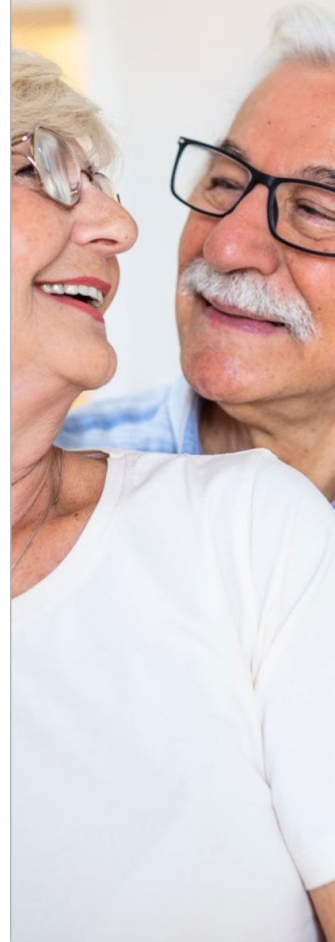
Helichrysum - mood elevating and helps release pent up emotions

You can substitute Bergamot with Sweet Orange.

Remember Clary Sage is calming, stabilising and help us get moving.

Cedarwood is soothing and grounding.

Frankincense is soothing as well as stimulating.





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# Beautiful blends for Autumn





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# How to make potpourri

## Step 1: Gather & prep ingredients

Start by selecting your mix of dried flowers, citrus peels, herbs, and spices. Slice citrus peels into thin strips and pat them with a paper towel to remove excess moisture. If using fresh flowers or herbs, trim stems and spread petals out evenly—this will help them dry properly without browning.

## Step 2: Drying out your ingredients (two ways)

**Air-drying:** Spread out flowers, herbs and citrus peels on a wire rack or parchment paper in a warm, dry space. Turn them every few days to ensure even drying. This method takes one to two weeks but helps retain natural colour and scent.

**Oven-drying:** If you're short on time, arrange ingredients on a lined baking tray and dry them at 80°C (175°F) for 1-2 hours, checking regularly. This method works well for citrus peels and spices but can be too harsh for delicate florals.





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# How to make potpourri

## Step 3: Mix your blend

Once fully dried, combine florals, citrus, herbs, and spices in a large bowl. Start with a floral base, then layer in complementary notes, such as lavender with rosemary and lemon peel or jasmine with star anise and orange. Toss gently to mix. If you prefer a finer texture, crush some of the dried ingredients slightly to release more fragrance.

## Step 4: Add your essential oil

Add a few drops to your dried ingredients—start small and build up to enhance the scent without overpowering. Mix well and let it sit for 24 hours before sealing, allowing the fragrance to fully absorb. Refresh with a few drops of the blend every few weeks if needed.

Store your finished potpourri in an airtight container or a sealed paper bag for at least a week to allow the scents to blend.







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# Some recipes for diffusers

## Cozy Evening Blend

3 drops Orange

2 drops Clove

1 drop Cinnamon

## Crisp Morning Blend

2 drops Eucalyptus

2 drops Peppermint

1 drop Lemon

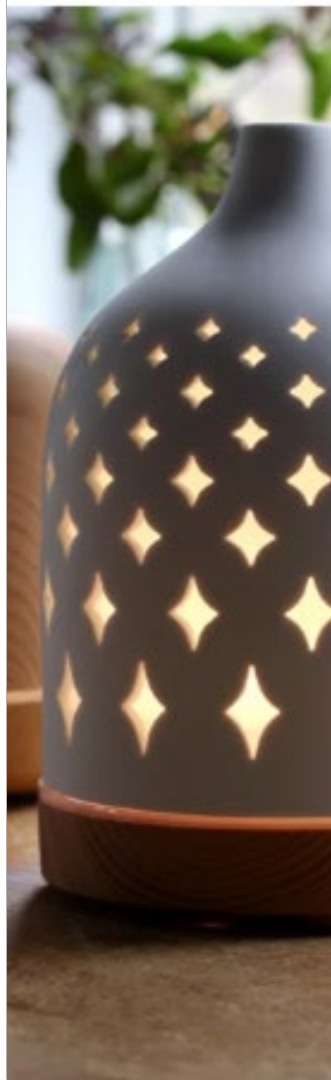
## Spicy Autumnal Days

2 drops Ginger

2 drops Cinnamon

1 drop Nutmeg

1 drop Benzoin





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# Recommended books

**Salvatore Battaglia** - The Complete Guide to Aromatherapy

**Patricia Davis** - Aromatherapy an A-Z

**Peter Holmes** - Aromatica: A Clinical Guide to Essential Oil Therapeutics

**Patricia Mercier** - The Chakra Bible: The Definitive Guide to Working with Chakras

**Gabriel Mojay** - Aromatherapy for Healing the Spirit.





# 10% off for Saturday Clubbers!

## Code: AUG2025

**Niaouli (*Melaleuca viridiflora*)**

**Black Spruce (*Picea mariana*)**

**Eucalyptus Radiata**

**Cinnamon Leaf**

**Juniper Berry (*Juniperus communis*)**

**Rosemary (*Rosmarinus officinalis*)**

**Clary Sage (*Salvia sclaria*)**

**Mandarin (*Citrus reticulata*)**

**Marjoram (*Origanum majorana*)**

**Myrrh (*Commiphora myrrha*)**

**Cistus (*Cistus ladaniferus*)**

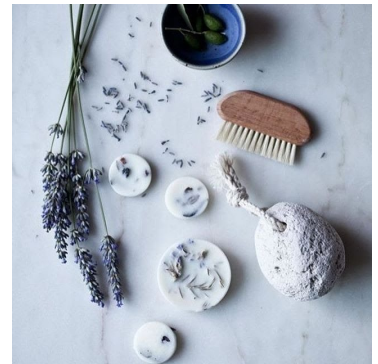
**Elemi (*Canarium luzonicum*)**

**Hemp Seed Carrier oil (*Cannabis Sativa*)**

**Ginger (*Zingiber officinalis*)**

**Bergamot (*Citrus bergamia*)**

**Helichrysum (*Helichrysum italicum*)**





**Thank you...**

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of Aromatherapy**

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