

Welcome to...

**Penny Price Academy
of Aromatherapy**

Saturday Club

Relieving Headaches Naturally



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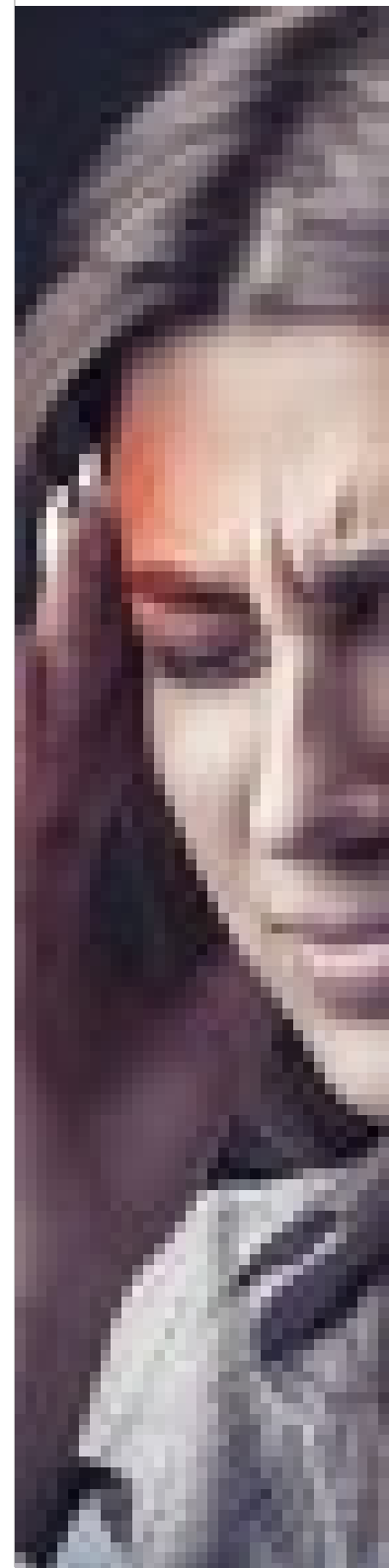
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Defining Headaches

- A headache is a pain felt anywhere in the region of the head and or neck, and headaches can vary in intensity, frequency and cause.
- Headache is the result of pain signals caused by interactions between the brain, blood vessels, and surrounding nerves.

There are 3 primary types of headache:

- Tension type (muscular contraction headaches)
- Migraine (vascular headaches)
- Cluster





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Defining Headaches

Headaches

Sinus:
pain is
behind
browbone
and/or
cheekbones



Cluster:
pain is
in and
around
one eye



Tension:
pain is
like a band
squeezing
the head



Migraine:
pain, nausea
and visual
changes are
typical of
classic form





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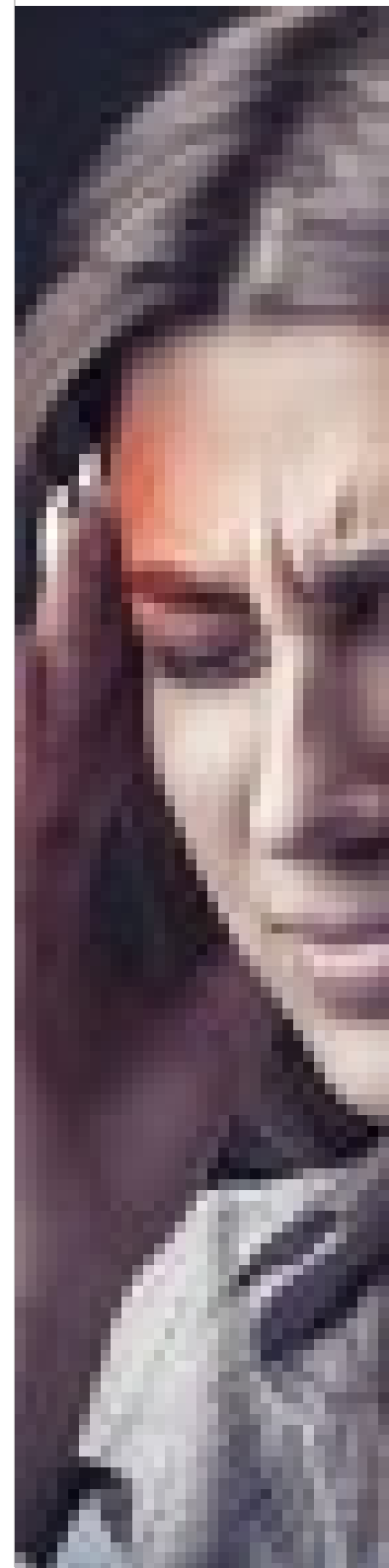
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Defining Migraines

- Migraines affect around 15% of adults in the UK. Although the exact cause is not known, many experts consider migraine to be an inherited condition where the brain and its serotonin-controlled blood vessels are involved.

Symptoms of migraine are:

- Throbbing head pain
- Nausea and vomiting
- Photophobia (increased sensitivity to light)
- Phonophobia (increased sensitivity to sound).
- The combination of disabling pain and associated symptoms often prevents sufferers from performing daily activities.



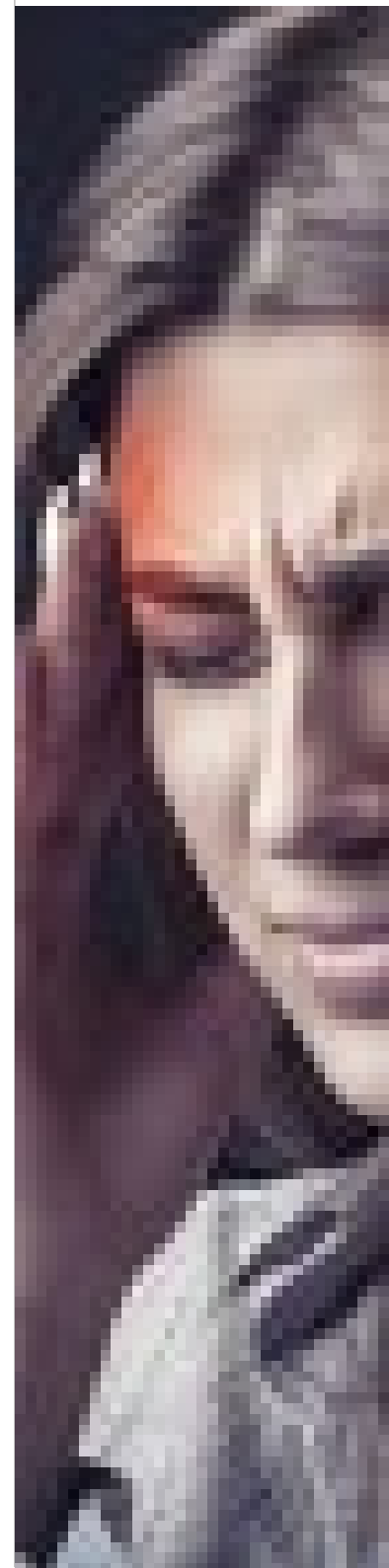


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Female Hormones & Migraines

- Ovarian hormones have a significant effect on the central nervous system. Reproductive hormones such as menarche, pregnancy and menopause can be linked to causes of headaches and migraines.
- According to Dr Anne MacGregor at the National Migraine Centre, more than half of women who get migraines notice a link with their periods.
- “Migraine is most likely to develop in either the two days leading up to a period or the first three days during a period. This is because of the natural drop in oestrogen levels at these times.





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Common methods of relief

- Common medications for headaches and migraines include over-the-counter pain relievers like ibuprofen, paracetamol, and aspirin, and prescription medications such as triptans (e.g., sumatriptan) for migraines. Anti-sickness medicines can also help.
- There however needs to be some consideration with how these are used for example timing and frequency/overuse.
- Pain relievers are most effective when taken at the first sign of a headache or migraine attack.
- Some painkillers can cause medication overuse headaches if taken too of





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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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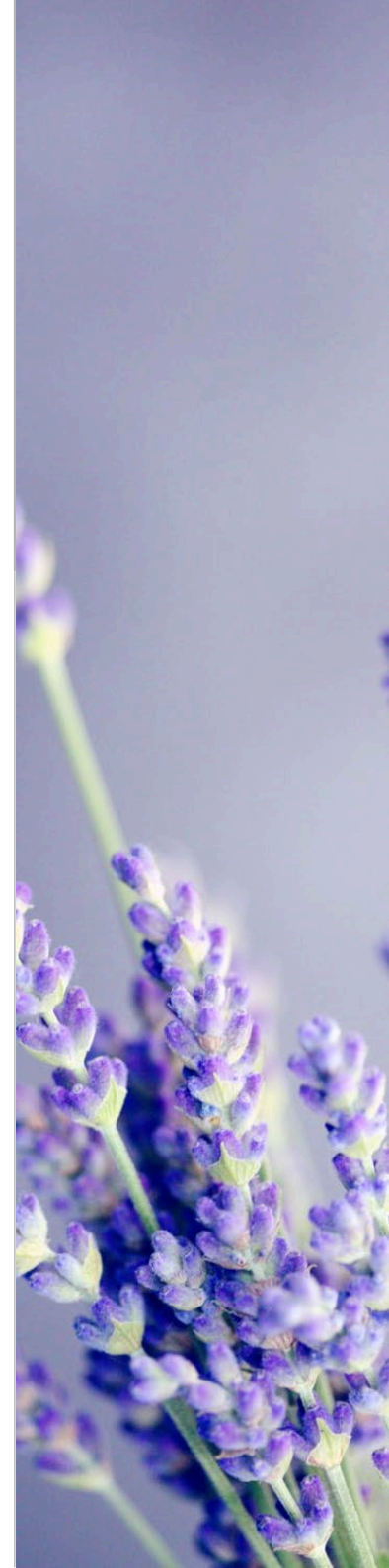
Lavender

Lavandula Angustifolia

Linalool also constitutes up to 45% of lavender so this information can be applied to this oil too.

A 2012 study (Payam Sasannejadi, Morteza Saeedi et al) on participants inhaling lavender for 15 minutes had a great response. From 129 headache attacks in cases, 92 responded entirely or partially to lavender. This suggests that inhalation of lavender essential oil may be an effective and safe treatment modality in acute management of migraine headaches.

Linalyl acetate makes up 40% of lavender which is an Ester. This chemical family is well known for its balancing and analgesic properties.





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Plai

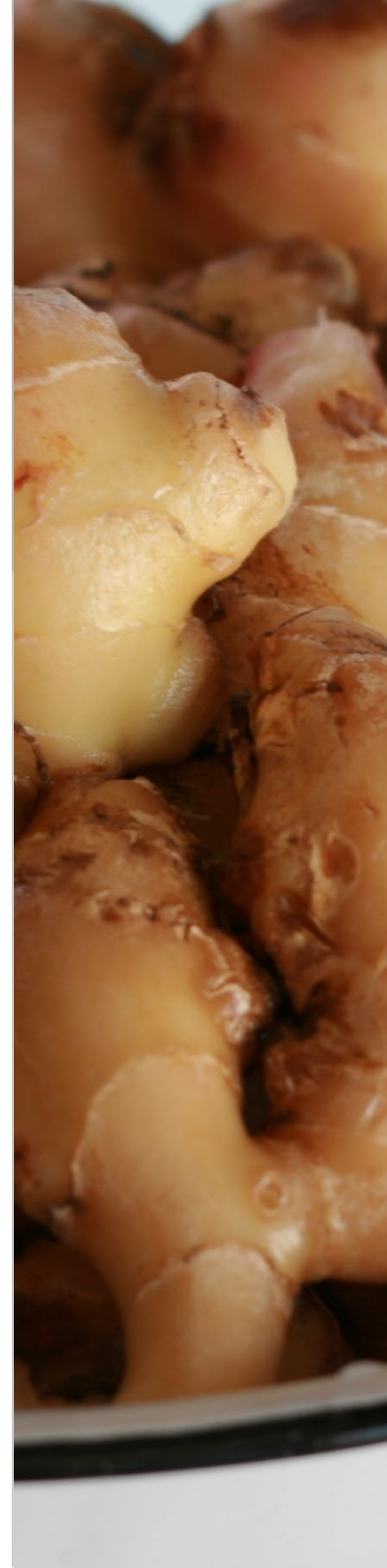
Zingiber montanum

Plai is widely used by massage therapists to combat joint and muscle pain but could be incorporated into a home use product for headaches.

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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Cornmint

Mentha arvensis

Cornmint is around 80% menthol so can give an instantly cooling effect.

Alcohols are analgesic, uplifting, and tonic both physical and spiritual.

They are also uplifting and stimulating in their effects and gentle yet powerful in their actions so better suited to a more fragile person.

Cornmint properties include anaesthetic, analgesic, antispasmodic, digestive, expectorant, mucolytic, neurotonic and stimulant.

This oil is ideal for use on headaches linked to colds & flu.





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Rosemary

Rosmarinus officinalis

Rosemary is a versatile essential oil. It is analgesic, antibacterial, antifungal, anti-inflammatory, antispasmodic, decongestant, diuretic, mucolytic and neurotonic.

Rosemary may be an effective analgesic, as a study found oral rosemary extract to significantly reduced both neurogenic and inflammatory pain, suggesting analgesic and anti-inflammatory activity (Gonzalez-Trujano et al., 2011).

The inhalation of rosemary oil in 144 healthy volunteers induced subjective effects on mood as well as objective effects on cognitive performance (Moss et al, 2003). In another study, the aroma of rosemary oil improved performance in exam students by enhancing free radical scavenging activity and decreasing cortisol levels (Mcaffrey et al,2009).





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Considerations

- Think about the best possible application method. Nasal inhalers and rollerballs work well.
- Heat or cold sources can help with pain perception and muscle stiffness/cramps.
- Try to identify triggers, common ones include caffeine, chocolate, alcohol, hormonal cycles, stress and lack of sleep or hydration.
- A person's sense of smell can be more sensitive when having a headache or migraine attack.





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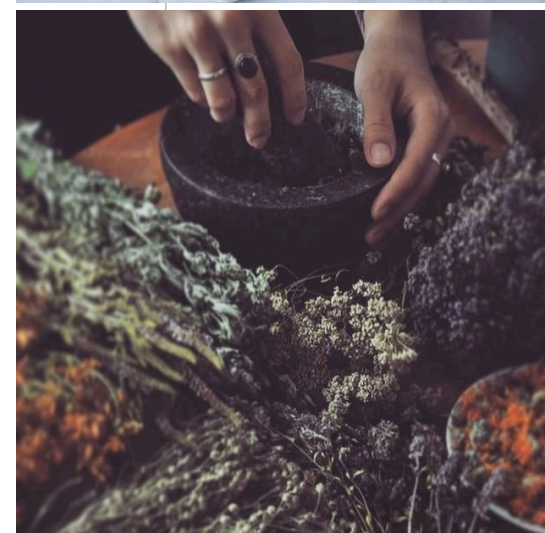
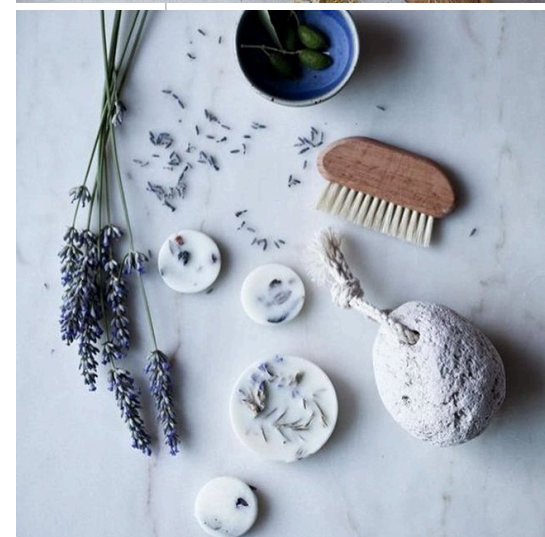
Conclusion

EXCLUSIVE 10% OFF:
Basil, Lavender True, Plai, Cornmint and
Rosemary

Use Code SeptSat10
until 30/09/25

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





Thank you...

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