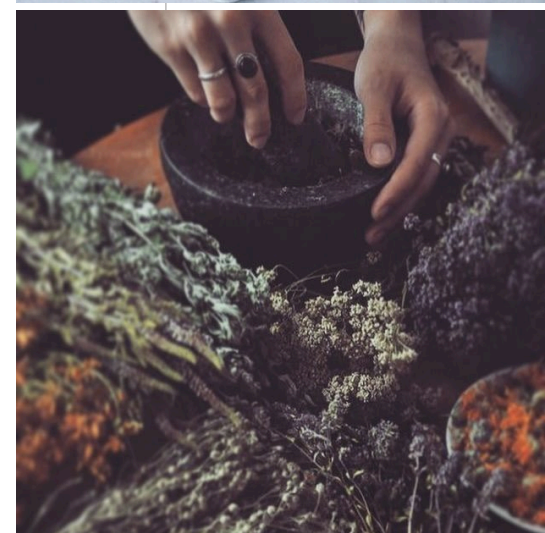
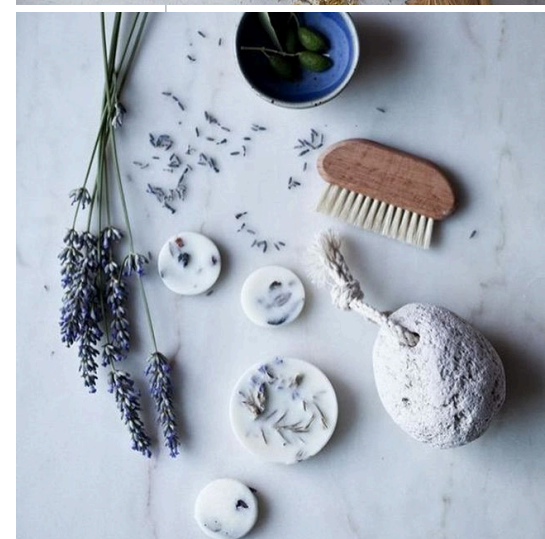




Welcome to...

Penny Price Academy of Aromatherapy
Saturday Club

Christmas Aromas

For lifting the mood and creating a festive
and cosy atmosphere



Penny Price Academy

Saturday Club
November 2025

Season of Comfort and Joy

Christmas scents usually fall into a few familiar categories:

Warm and Spicy – Essential oils such as Cinnamon and Clove provide warm and welcoming aromas

Cleansing Evergreen – Pine, Fir, and Spruce bring the fresh scent of a Christmas tree indoors.

Cheerful Citrus – Sweet Orange and other citrus oils add a cheerful sparkle that uplifts and energises.

Deep Resins – Frankincense adds a grounding and mystical richness, linking back to ancient tradition and ritual.

Cool Comfort – Peppermint rounds out blends with cosy sweetness. Think chocolate mints!





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Cinnamon Leaf – *Cinnamomum verum*

Plant family: Lauraceae

A lovely base note oil that is warming, spicy and a comforting aroma. The yellow-brown oil is steam distilled from the leaves.

Cinnamon is antibacterial. Ideal for visitors who may bring viral infections to the party! The warming properties can be used to relieve aches and chills.

Cinnamon is carminative and antispasmodic. This helps with relieving conditions such as flatulence, diarrhoea or other digestive issues which may result from a little overindulgence.

Ideal for use in diffusers for welcoming aromas of baking and mulled drinks. For poor circulation try adding a few drops of cinnamon to a carrier oil and add to a footbath.

Dilute well (0.5%) with other oils and carrier oils for use in massage blends for poor circulation and muscular aches and pains. Can be an irritant because of the cinnamaldehyde.





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Clove Bud – *Syzygium aromaticum*

Plant family: Myrtaceae

This base note oil is extracted from the dried flower buds familiarly used in cooking. Oranges studded with cloves make a fragrant table decoration.

The oil is pale yellow with a sweet, spicy and woody fragrance with proven antimicrobial, analgesic, anti-inflammatory, and immune-supporting benefits.

Clove bud oil has excellent antiseptic properties because of the eugenol content. It may be used for the prevention of colds and flu. Clove oil is used as pain relief for toothache and to sweeten the breath.

Clove aids mental fatigue and nervous strain and exhaustion. It is a physical and mental tonic and can be used with peppermint to ward off drowsiness.

It may cause irritation to the skin so use in low dilutions for topical use. Ideal for use in diffusers.





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Sweet Orange - *Citrus aurantium var. sinensis*

Plant family: Rutaceae

Expressed from the peel, Sweet Orange is a top note oil with a fresh, dry, orange scent with floral undertones.

Orange essential oil contains limonene, a naturally occurring compound known for its antioxidant and detoxifying properties. This active ingredient helps brighten skin, boost mood, and eliminate toxins.

It is great for maintaining a healthy digestive system and is uplifting. It is also known for being anti-inflammatory, antiseptic, antispasmodic, diuretic and a tonic – the happy oil!

Ideal for the relief of anxiety, irritability, stress and nervous tension and strengthens the heart and soul. Its uplifting scent inspires joy and positivity – perfect for the season of goodwill.





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Frankincense – *Boswellia carterii*

Plant family: Burseraceae

A beautiful base note essential oil which is derived from the tree resin. Small cuts are made in the bark to extract the milk-like resin. The resin hardens in contact with the air and the essential oil is extracted by steam distillation.

It is analgesic. It is anti-catarrhal so good for calming coughs and other respiratory infections. It slows and deepens the breathing so is good for asthmatics and bronchitis;

It is anti-infectious, so it is effective at killing some types of bacteria and yeast. It is anti-inflammatory which makes it effective for rheumatism and arthritic conditions;

It has a calming effect which helps with depressive symptoms and calming the mind with its meditative properties

Frankincense helps promote sleep when the mind is overactive, especially when thinking about that to-do list.





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Pine Scotch – *Pinus sylvestris*

Plant family: Coniferae

A beautiful crisp, refreshing essential oil with a middle note. The oil is colourless or pale yellow and is obtained by distillation of the needles. It is cleansing and invigorating and commonly used in soaps and detergents.

It is antibacterial and an expectorant making it perfect for clearing congestion and respiratory difficulties so use it in steam inhalations for colds and coughs and supporting the immune system.

Pine has a stimulating effect on the circulation and can be used for rheumatic and arthritic pain when used in a massage blend.

Mojay suggests that Pine is effective for combating fatigue and nervous exhaustion. Battaglia states that it can be used topically over the kidneys to support the adrenals.





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Juniper needle/berry

– *Juniperus communis* ram/fruct

Plant family: Coniferae

A very pale oil with a woody, balsamic aroma. The berry oil is slightly sweeter. Mostly famously used to make gin.

It is well known for its diuretic and detoxifying properties to reduce levels of uric acid in the body. Use in a footbath for gout and in a carrier oil or lotion for rheumatism or arthritic pain.

It is exceptionally good for the skin to revitalise tired skin and treat oily skin and acne.

The cleansing properties of Juniper also work on the emotions. Patricia Davis claims that she has used the oil when she is overwhelmed by large groups of people or emotionally drained by constant demands. Inhaling the oil on a tissue or smell stick will clear the mind of 'waste' just as it does in the body.





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Bergamot – *Citrus bergamia*

Plant family: Rutaceae

The essential oil is obtained through cold expression. The coloured part of the rind of the fruit goes through a process where the essential oil glands are crushed or broken to release the oil.

The characteristics are generally uplifting, invigorating and energising while also being relaxing and sedative.

It is antiseptic and diuretic and this is good for urinary tract infections and inflammation such as cystitis, good for use in the bath;

It is carminative and digestive which is good for relieving indigestion and flatulence;

It is good for dry skin conditions such as psoriasis and dermatitis, as well as oily skin and acne where it can be used in facial oils or blended into a lotion;

For more emotional and psychological issues, it is good for depression and anxiety as it can be described as uplifting and can be used in massage oils or a diffuser to add to that sense of self-care.





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Peppermint – *Mentha x piperita*

Plant family: Lamiaceae

A pale yellow middle note oil with a grassy, minty and refreshing aroma. The oil is distilled from the leaves.

Peppermint is a very versatile oil. It is analgesic and is said to be beneficial for headaches through inhalation or topical application around neck and shoulders in a carrier oil or lotion, or a compress across the forehead.

It is good for digestive issues. Often used in tea to finish a meal. It is antispasmodic so use in massage the stomach and abdomen. Add a few drops to a tissue to relieve nausea.

It is cephalic so it stimulates the brain and aids clear thinking. It boosts energy and is uplifting in a blend with Bergamot.

Patricia Davis advises not to use it in the evenings as it is a stimulant.

Not suitable for babies and young children because of the high menthol content.





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My Favourite Recipes

Cosy Spice (the sixth Spice Girl?)

2 drops Cinnamon

2 drops Clove

3 drops Sweet Orange

Method of use:

Add to water into a diffuser (manufacturer's recommendations)

Add the essential oils and diffuse for 30 minutes in a ventilated room for warm, welcoming aromas

Christmas Charm

3 drops Pine

2 drops Sweet Orange

2 drops Peppermint

Method of use:

Diffuser or add to dried flowers and pine cones for room freshness

Add to a carrier oil and apply via a rollerball for renewed energy



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My Favourite Recipes

Frosted Forest

3 drops Pine

2 drops Juniper

2 drops Frankincense

Method of use:

Add to a hydrolat and put into a pump bottle to create a room spray to cleanse and freshen

Calm and Collected

2 drops Frankincense

3 drops Bergamot

2 drops Juniper

Replace Juniper with Lavender if you have it

Methods of use

Add to 10mls of carrier oil and put them in a roller ball to apply to pulse points or use as a massage oil to help with a variety of issue

To make a massage blend add a total of 3 drops (1 drop each) of the oils to 10mls of carrier oil or lotion.



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Essential Oil Safety

Dilute properly for topical application – Strong oils like cinnamon and clove should always be diluted if used on the skin. Use carrier oils, lotions etc..

Names are important – Similar oils or oils from the same family can have different properties

Less is more – A few drops go a long way. Start small and add more if needed.

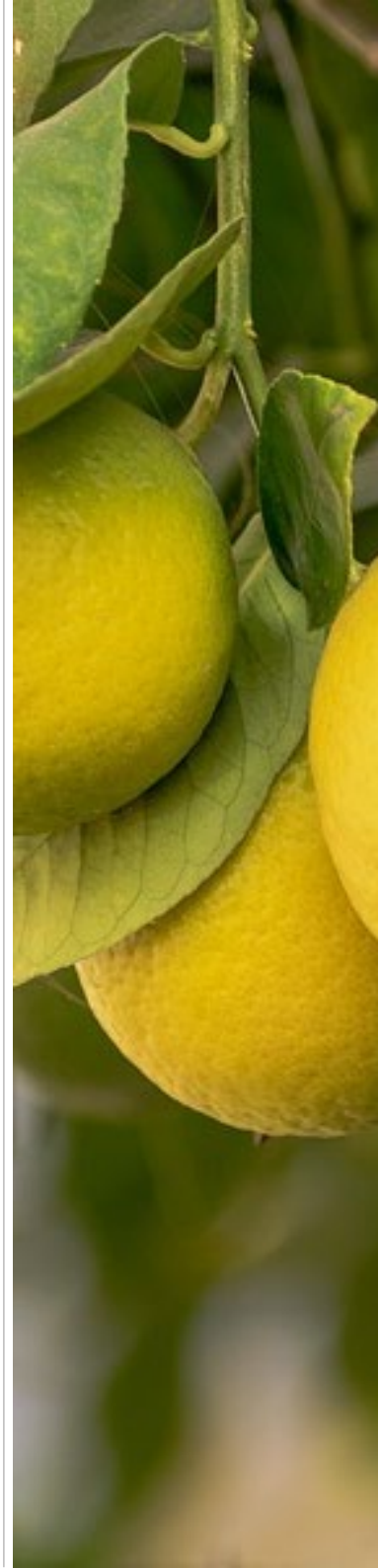
Use in open spaces – Diffuse in well-ventilated rooms for the best experience and to circulate the aroma.

Care around pets and children – Some oils may not be suitable around pets or very young children.

Always use with care and ensure proper ventilation.

Storage – Store essential oils in dark glass bottles away from direct sunlight or heat to preserve their freshness.

Have fun and enjoy experimenting!!



Recommended reading

Books

Salvatore Battaglia - The Complete Guide to Aromatherapy

Patricia Davis - Aromatherapy an A-Z

Julia Lawless – The Encyclopaedia of Essential Oils

Gabriel Mojay- Aromatherapy for Healing the Spirit:
Restoring Emotional and Mental Balance with
Essential Oils

Shirley, Len and Penny Price – Aromatherapy for
Health Professionals

Valerie Worwood - The Fragrant Pharmacy

Blogs

www.penny-price.com

The website is a wealth of information



Save 10% on the following essential oils

Code: **christmasaromas**

Cinnamon Leaf

Clove Bud

Sweet Orange

Frankincense

Pine Scotch

Juniper Berry/Needle

Bergamot

Peppermint

