



**Welcome to...**  
Penny Price Academy  
of Aromatherapy  
**Saturday Club**



Renew



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January 2026

# Our Environment

- The environment around us holds an energy (good or bad), so it makes sense to curate a space that makes us feel good.
- This morning, we will be focusing on how aromatherapy is experienced: how smells influence our emotions, focus, and overall atmosphere.
- Scent is closely linked to the brain's limbic system, which plays a role in memory and emotion. That's why a single smell can remind you of a place, a person, or a feeling almost instantly.





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# Renewing Space & the Power of it

- There are many benefits to having a space curated for your needs including:
  - Reduced Stress and Anxiety
  - Enhanced Mental Clarity and Focus
  - Improved Mood and Emotional Well-being
  - Better Sleep Quality
  - It activates the parasympathetic system
- A peer reviewed study from the journal of psychology by Fu, Yang Et al (Nov 25) looked at 40 different studies and found positive benefit to having calm environments.





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# Renewing Yourself: Emotional and Mental Effects

- Renewing yourself, which encompasses practices like self-care, personal growth, and self-compassion, offers numerous significant benefits for mental wellbeing.
- These practices help prevent burnout, build resilience, and foster a more positive and purposeful life.
- A new year is a common time for many to take up a resolution or fresh start, but Spring is a natural time of awakening.
- We all have habits that we would like to shed or incorporate into our daily lives.





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## How Essential oils help

- Our body is constantly trying to keep in the perfect homestastis through feedback loops. An example is the stress response.
- During fight or flight certain hormones like adrenalin and cortisol are released which have a huge impact on the body as a whole.
- 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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# The Essential Oils





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# Black Pepper

(*Piper nigrum*)

Black pepper is full of terpenes and so it stimulating to the digestive system. It can help get things moving. It is said to stimulate the spleen into creating new blood cells.

A very warming and rubefacient oil makes it perfect for using in muscle/joint pain blends.

On an energetic level it will help us "get a move on" when we feel stuck in our lives.

Lembo states that Black Pepper promotes physical endurance and energy.





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# Frankincense

## *Boswellia carteri*

In addition to alleviating and eliminating low moods, Frankincense is known as the “Oil of Truth”, revealing deceptiveness and false truths.

It invites the individual to let go of lower vibrations, insults, and negativity. This oil helps create new perspectives based on integrity and enlightenment.

Mojay recommends Frankincense to help cease mental chatter and for stilling the mind.

Frankincense hydrolat is a fantastic room spray for refreshing spaces between clients to help clear energy from each person.





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# Ginger

(*Zingiber officinale*)

Ginger Essential Oil has earned the nickname “The Oil of Empowerment” for the feeling of confidence that it is known to inspire.

Used in aromatherapy applications, Ginger Essential Oil is stimulating and warming.

It can enhance concentration and it can soothe and reduce feelings of stress, sadness, anxiety, lethargy, agitation, dizziness, and fatigue.

Ginger is good for blood flow hence the warm feeling.

Worwood states the character of ginger is warming, strengthening and encouraging.





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# Lemon

*(Citrus limonum)*

Lemon essential oil is a lymphatic decongestant and can be used in a blend to help treat cellulite or to boost the lymphatic system if it is sluggish and the immune system is poor.

It is an antiviral oil and can be diffused to kill airborne viruses

A Japanese study found that diffusing lemon oil could improve concentration and focus

Mojay states that Lemon 'rescues a mind bogged down by burdens decisions and obstacles'.





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# Patchouli

*(Pogostemon cablin)*

A very grounding base note oil that also has great benefits for the skin.

Inhalation of patchouli essential oil was associated with a 40% decrease in sympathetic nervous system activity in one study on 43 healthy women (Haze, Sakai and Gozu, 2002).

Suggesting patchouli oil is relaxing as elevations in sympathetic nervous system activity is associated with stress.

Warner states that patchouli has a solid low vibration that creates a steady environment & is best used when we have overstretched ourselves and feel fragile.





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# Yarrow

*(Achillea millefolium)*

A sesquiterpene rich oil so balancing both emotionally and energetically. The anti-inflammatory properties are both physical and emotional.

Warner states that yarrow helps heal our soul wounds specifically the raw areas of our psyche.

Yarrow is known to be protective and strengthen the aura making it excellent for emotional and highly sensitive people as well as empaths.

The oil helps guard against absorbing others energy especially when giving them healing or caring for them.





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# Methods of Use

- ❖ Diffuser or nasal inhaler
- ❖ Combined with a meditation practice
- ❖ Creating bespoke blends and incorporating into room sprays or pulse point rollerballs.
- ❖ In Massage or other holistic treatments





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## Conclusion

**EXCLUSIVE 10% OFF ALL PRODUCTS!**

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until 06/02/26

**Black Pepper**

**Frankincense**

**Ginger**

**Lemon**

**Patchouli**

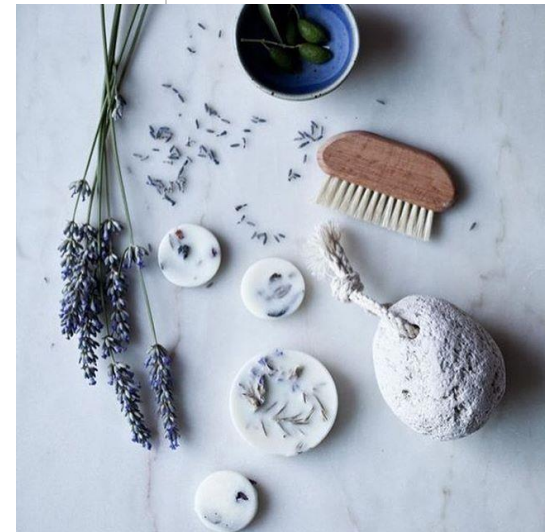
**Yarrow**

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





**Thank you...**  
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