



Welcome to...

**Penny Price Academy
of Aromatherapy**

Saturday Club

**Aromatherapy for Caregivers
Oils to restore & support**



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Saturday Club
March 2026

Defining caregiving

Based on estimates from Carers UK and related research in late 2024 and 2025, there are approximately 5.8 million people providing unpaid care in the UK. Other estimates,, including those from polling, suggest this number could be as high as 7 million depending on the definition of care.

A caregiver is an individual, either a paid professional or an unpaid family member/friend, who provides assistance with daily living activities, personal care, and emotional support to someone with physical, cognitive, or mental limitations





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The women's issue?

Women are more likely to be caregivers primarily due to entrenched gender roles, societal expectations, and economic structures that position care as "women's work".

Women are socialised from a young age to nurture, often leading to them taking on the majority of unpaid, informal care for children, elderly parents, or disabled family members.

Women often have lower earnings or are already in part-time work, making them more likely to reduce working hours or leave the workforce entirely to provide care.





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Therapists

Many of us attending Saturday club are trained therapists.

We do what we do because we want to help people in a holistic way. We are an unbiased ear when listening to our clients and often attract people with our energy.

We provide comprehensive support that addresses the whole person—physical, mental, emotional, and spiritual—rather than just treating labels.

Our goal is to improve quality of life, reduce stress, and manage pain, often serving as trusted people with client's lives.





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Cardomom

Eletarria cardamomum

Good for problems to do with the Earth Element

Ideal for persons burdened by worries and responsibilities that test their endurance.

Cardamom personalities are strong, forthright, motivating and enthusiastic.

Said to help you step back from a situation to see it more clearly from a less attached perspective. It might also help you to make changes that require you to be honest with yourself and take responsibility for things you have either created or have the power to change





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Clove

Syzygium aromaticum

A clove personality is dynamic, self assured and full of energy.

Clove is the oil of boundaries.

It supports individuals in letting go of victim mentality or victims feel overly influenced by other people and the outside circumstances.

Clove helps individuals to stand up for themselves, be proactive, and feel capable of making their own decisions, regardless of others' opinions.

It gives individuals the courage to say "no" and insists individuals to live true to themselves

Physically clove is great the immune system.





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Elemi

Litsea Cubeba

Elemi is antiseptic, cicatrisant, expectorant and stimulating.

The oil is used for aged skin and wrinkles, infected cuts and wounds and other inflammations, bronchitis, catarrhal conditions and nervous exhaustion and stress-related conditions.

Used in emotional healing to encourage soothing feelings, calm, stillness, contentment, compassion and peace

Elemi moves energy and increases circulation, connecting and balancing the energy centres throughout the nervous and circulatory systems.





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Ho Wood/Leaf

Cinnamomum Camphora

Ho wood has a beautiful, light, woody-scent that is calming, relaxing and peace-inducing for the mind and body.

The main chemical component is linalool, which has been found to have a relaxing effect upon the central nervous system one study from a small trial of 24 human subjects, using physiological parameters of heart rate, blood pressure, electrodermal activity and salivary cortisol, suggests that linalool has an anxiolytic effect (Hofel, Christ and Buchbauer, 2006).





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Lime

Citrus Aurantifolia

Has a very fresh, juicy and zesty scent that really makes your mouth water. Not surprisingly it is recommended for digestive problems.

The oil is a good lymphatic stimulant and ideal for fatigue and a tired mind especially where there is apathy, anxiety and depression involved.

Works wonderfully well to bring up blends that smell too heavy or have too many base notes in.

Citruses are always an inexpensive way to lift a blend.

We always have a favourite citrus and Lime is probably mine.





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Litsea

Litsea Cubeba

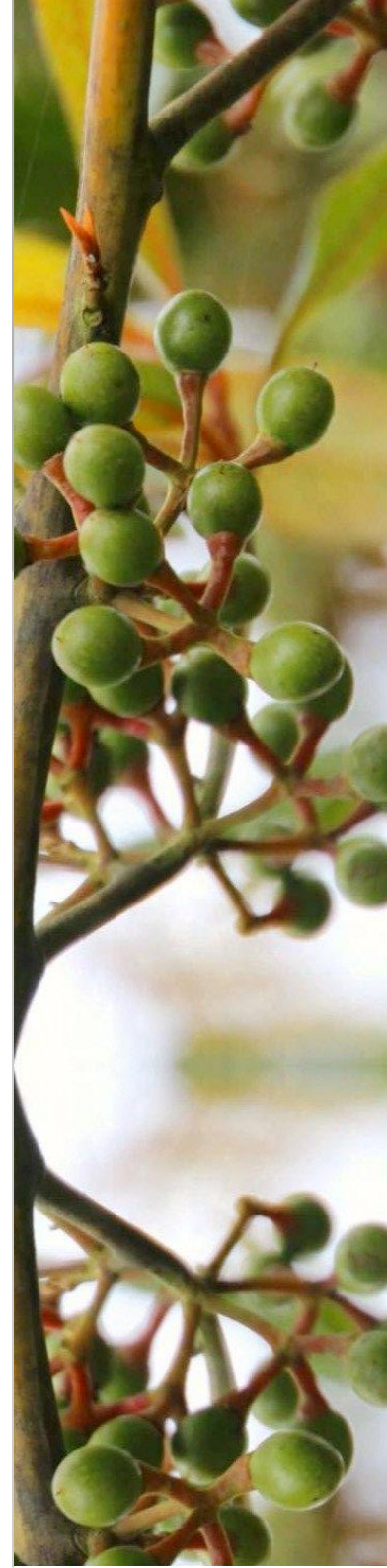
Litsea is antimicrobial, anti-inflammatory, deodorising, digestive, insecticidal and sedative.

It is most used for acne, dermatitis, greasy skin and spots, nervous tension and stress.

Its enticing scent soothes the nervous system and helps us express our emotions in a more constructive manner.

Litsea Cubeba is the perfect antidote for seasonal blues, stress, anger and irritability.

It helps get rid of negative emotions and promotes relaxation, mental clarity and restful sleep.





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Lemon Myrtle

Backhousia Citriodora

Started being commercially produced in 1993 and has very high amounts of citral (mostly geranial and neral).

Has brilliant anti microbial activity indicating it is beneficial for flu, bronchitis and cold sores. It also helps with improving concentration and has an uplifting aroma.

Helps those with addictive or self destructive behaviour or tendencies and helps with forgiveness

Gives a feeling of support to those who feel unsupported.





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Ravensara

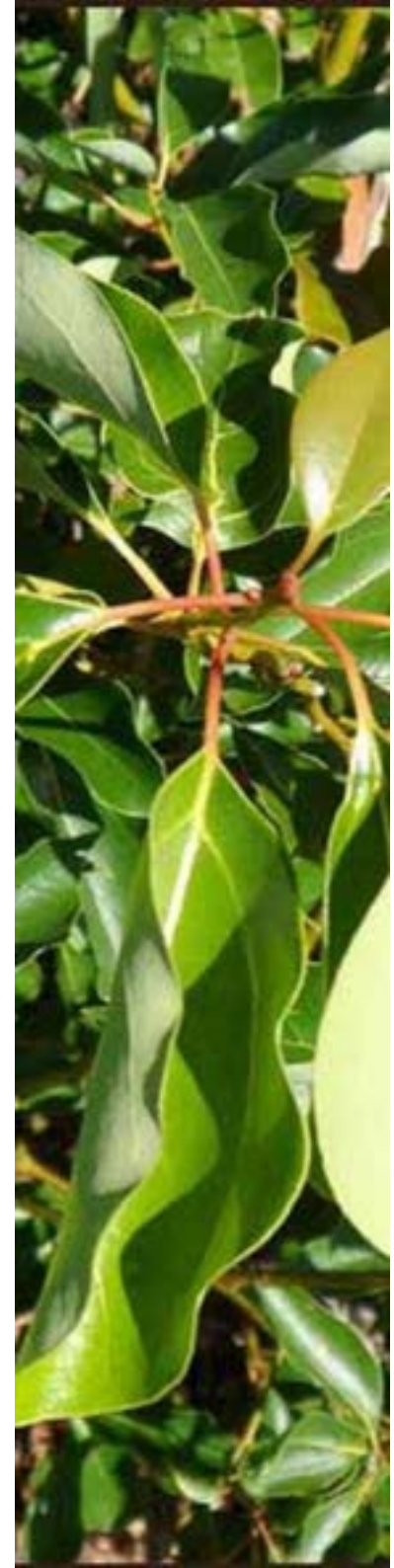
Ravensara aromatica

A nerve tonic that can be used to revitalise people suffering from physical and mental fatigue

Ravensara essential oil may be inhaled to relieve sadness.

The oil uplifts the mind and allows the mind to be less attracted towards negative thoughts. Increases concentration and allows the brain to utilise for activity.

Good for the immune system.





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How to use the EOS

Combine them with existing tools or skills you have e.g. self massage, reiki etc.

Create a blend for the diffuser to use while meditating or journaling

Apply a high dilution to different chakra points to help release. Use with energy healing if you can.

Create a specific body oil blend for a specific part of the body i.e. lower back for pain and feelings of lack of support

Use hydrolats and essential oils to create grounding / aura sprays.





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XXXX 2023

Conclusion

EXCLUSIVE 10% OFF ALL PRODUCTS!

Use Code:

MARCHSAT10

until 13/03/26

Cardamon | Clove Bud | Elemi | Ho Wood/Leaf | Lime
Litsea | Lemon Myrtle | Ravensara

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





Thank you...

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MARCHSAT10