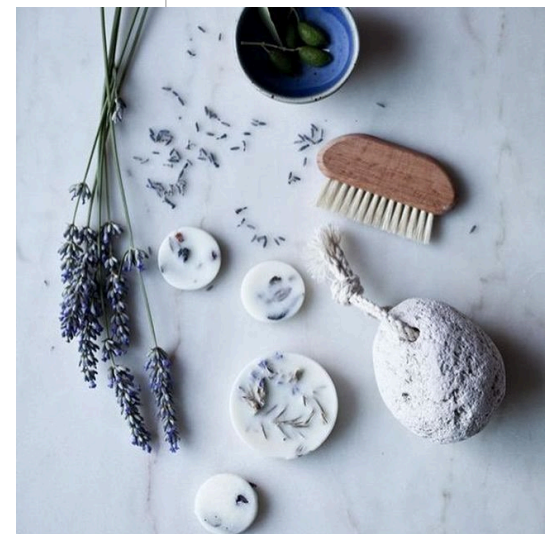
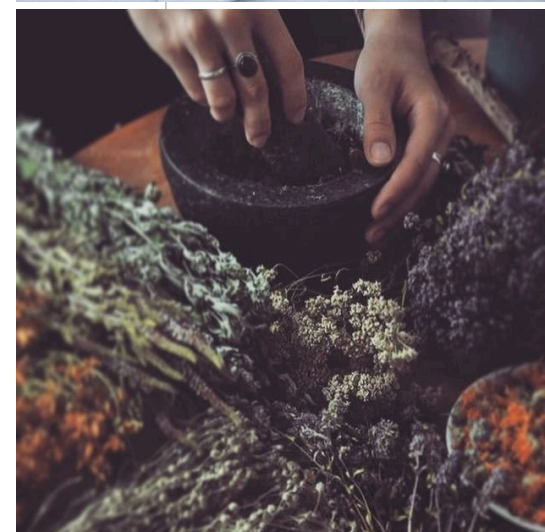




Saturday Club 11th April 2026



“Celebrating the Scents of Spring”





Penny Price Academy

Saturday Club
XXXX 2023

Scents of Spring

Warmer and brighter days herald the end of Winter's hibernation and the new life that Spring brings.

Cherry and apple blossom just begging to be admired, Magnolia trees in full flower, spring bulbs colouring the borders and verges.... This season really is like an awakening.

Unfortunately (for me!) most of the florals which herald this Springtime don't produce aromatic oils, but there are signs of life in many of the aromatics which we rely on....





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Scents of Spring

So today we are celebrating those floral and citrus oils which can uplift the spirits, nourish and brighten our days, awaken our lust for life....

While diverse, our floral oils are often rich in esters, making them kind and gentle, anti-spasmodic and calming; many floral and citrus oils are monoterpene-rich, also a gentle component, with antimicrobial and mildly analgesic with a pleasantly uplifting aroma. Adding floral or citrus oils to a blend can moderate some of the more active or aggressive oils available to us.





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Florals and Citrus's





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Saturday Club
11/04/2026

Lavender

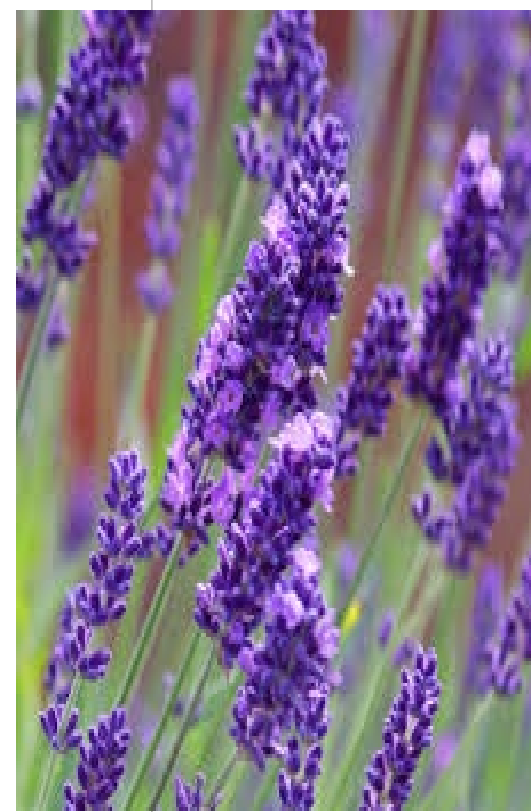
(*Lanvendula angustifolia*)

If in doubt.....

This pale, evergreen shrub is cultivated all over the world, with many varieties, most of which are aromatic (but differing in chemistry, one of the reasons to be familiar with the Latin names and always buying from a reputable supplier!)

Lavender true is gentle, good for numerous skin and nervous conditions (too many to list!)

Be aware that a little Lavender can be mildly sedative, while in higher concentrations can be stimulating....





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Lemon

(*Citrus limonum*)

Lemon trees were native to Asia, now growing throughout the Mediterranean region and cultivated world-wide.

The essential oil produces an alkaline reaction in the body and reduce the accumulation of uric acid in the joints or soft tissues. It is also a lymphatic decongestant, and stimulant to the immune system. It can help treat cellulite and poor circulation. The antiviral properties can be helpful 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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Germanium

(*Pelargonium graveolens*)

Another plant found throughout the world, the oil producing regions are mainly Reunion, Russia and Egypt. The whole plant is aromatic with leaves, flowers and stalks used in distillation. Geranium is another oil with multiple uses, being beneficial for numerous skin conditions, circulation and viral infections. Popular with women, the oil has benefits for menopausal and menstrual issues. Emotionally, Geranium can ease frustration and irritability. (Note- Pelargoniums and Geraniums are different plants- confusing!!)





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11/04/2026

Petitgrain

(Citrus aurantium amara fol)

A Citrus oil produced from the leaves and twigs of the Bitter orange tree, native to China, the best quality oil is now produced in France. This oil has a fresh and green aroma and chemically is mainly esters and alcohols.

The actions of this oil include antibacterial, anti-infectious, anti-inflammatory and calming. It is helpful for skin conditions, including acne and oily skin, and can help ease respiratory infections. Most used (by me, anyway!) for easing anxiety and depression.





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11/04/2026

Linden Blossom

(*Tilia americana*)

Linden is native to Europe and the northern hemisphere, the oil is produced by solvent extraction and is one of our 'luxury' oils and has a flowery-peachy aroma.

Chemically, mainly sesquiterpenes, this oil is useful for headaches, indigestion and cramps, also for deep seated stress and depression.

Linden tea is often drunk (especially in France) as a general relaxant and Linden honey is used in medicines and liqueurs.





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Lime

(*Citrus aurantifolia*)

Native to south Asia, now naturalised in many tropical and sub-tropical regions, the oil is either expressed from the peel or steam distilled from the whole fruit.

Lime has similar uses to Lemon oil, but has a brighter, fresher aroma, it is anti-viral, decongestant and mucolytic, stimulating and calming the digestion. Cooling and calming for anxiety and stress.





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11/04/2026

Neroli

(Citrus aurantium var amara flos)

Native to the Far East, now found in most Mediterranean countries, the oil is either solvent extracted or steam distilled from freshly picked blossom, mainly terpenes and alcohols in chemistry.

Neroli is antidepressant, hypotensive, antispasmodic and aphrodisiac, and is often used in skin care, for digestive issues, and poor circulation. Most stress related and depressive conditions can be eased with Neroli, and it blends well with other citrus and floral oils.





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11/04/2026

Spanish or Lavender Sage

(Salvia lavandulifolia)

Native to the mountains of Spain, also grown in south west France and Yugoslavia, the oil is mainly produced in Spain. Believed to be something of a 'cure-all', to promote longevity and for protection against infection.

Like other members of the Sage family, this oil is hormone-balancing, anti-inflammatory, anti-depressant and hypotensive.

Useful for skin infections, fluid retention, liver congestion and headaches.

NB- use in moderation during pregnancy.





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Mandarin

(*Citrus reticulata*)

Mandarin was brought to Europe from Southern China in 1805, and then to the Americas (where its known as the Tangerine) 40 years later. The oil is expressed from the peel and can be photo-toxic (reacting to sunlight) if used neat or in high dilutions.

Almost entirely mono-terpenes, this oil is calming for the digestion easing stomach cramps and spasms, hepatic, (a liver tonic) and stimulates the circulation. Known as the 'happy oil' it can help lift depression and anxiety, and is useful for children.





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Saturday Club
11/04/2026

Thank you for your company

I hope you have enjoyed our look at some of our 'Spring scents' today.

As usual there will be 10% off today's featured oils-

Lavender True (French)

Lemon

Geranium

Petitgrain

Linden Blossom

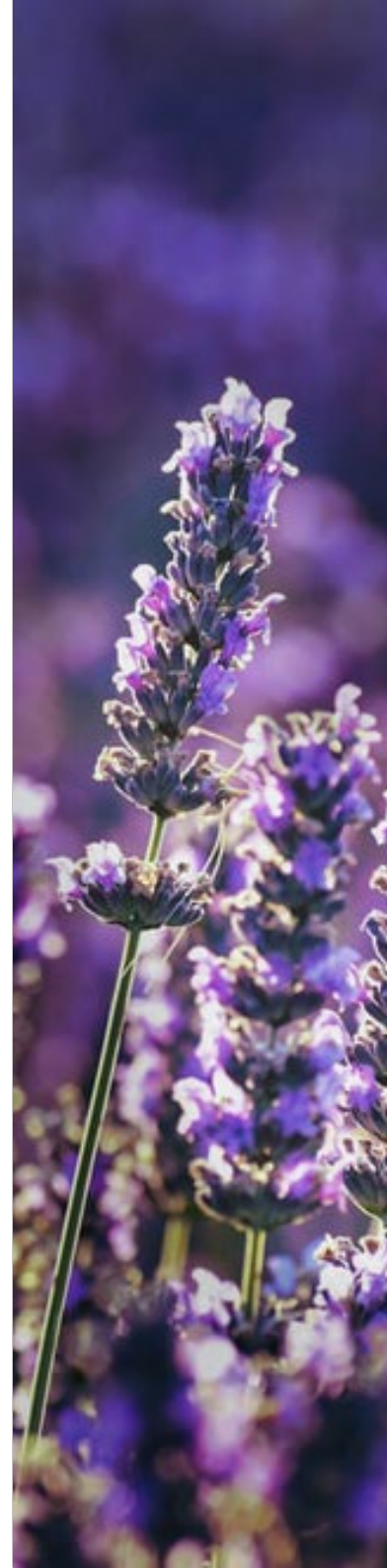
Lime

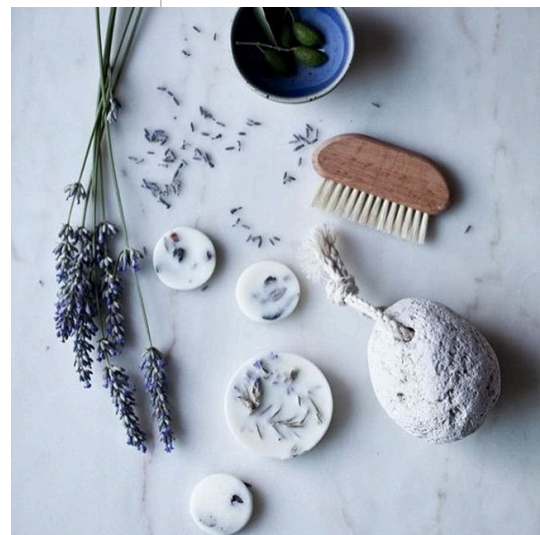
Neroli

Spanish Sage

Mandarin

See you next month!





Use Code:
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