

Welcome to...

Penny Price Academy
of Aromatherapy

**Finding Calm:
Practical Aromatherapy
for Anxiety**



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Saturday Club
May 2026

What is Anxiety?

- Anxiety is a natural human response to stress or perceived danger, causing feelings of unease, fear, or dread.
- It is a "fight-or-flight" mechanism that can range from mild to severe, often leading to physical symptoms like rapid heart rate, sweating, and difficulty concentrating.
- While normal, anxiety becomes a disorder if it is constant, uncontrollable, or interferes with daily life.



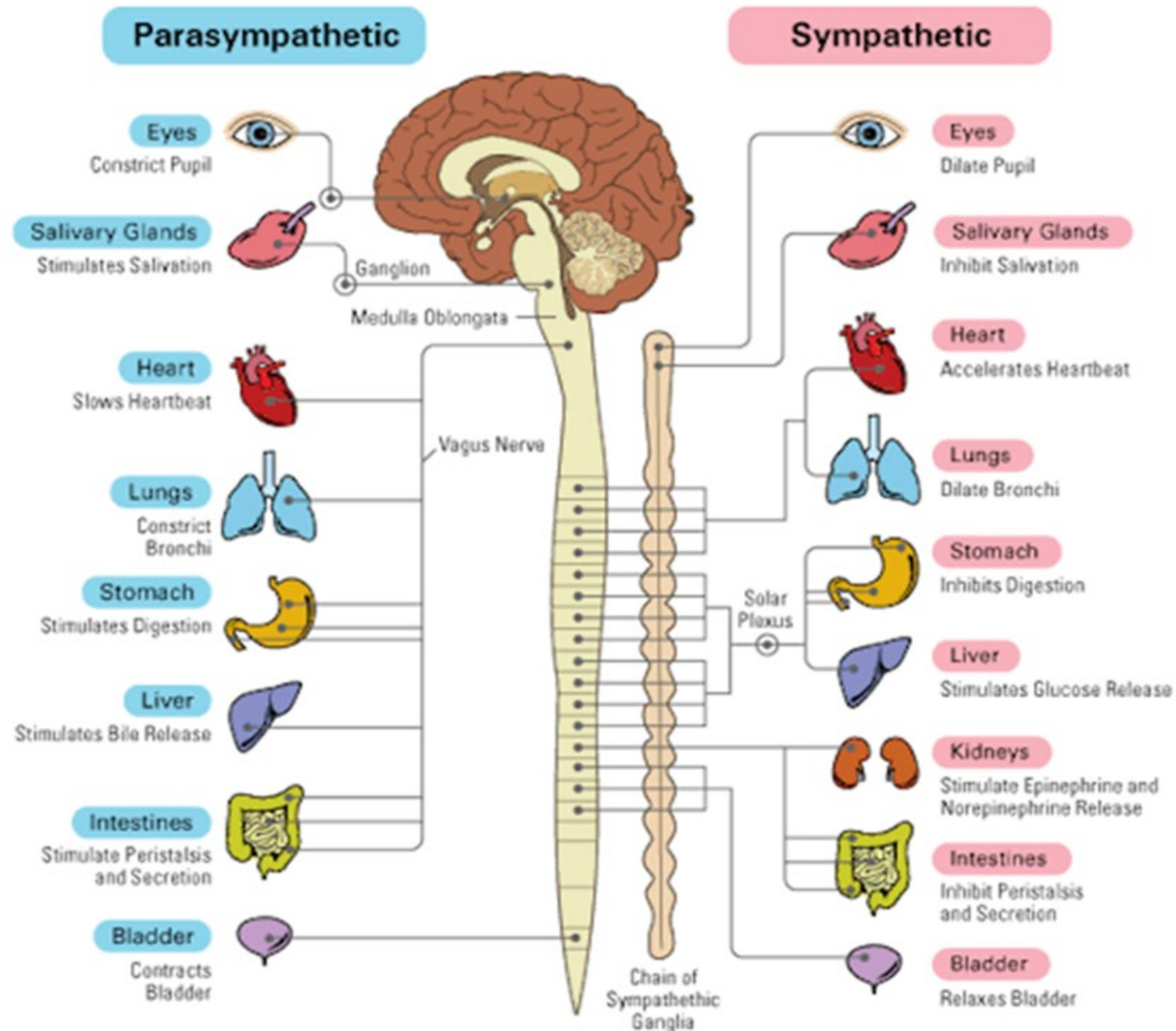


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How Anxiety manifests

Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs



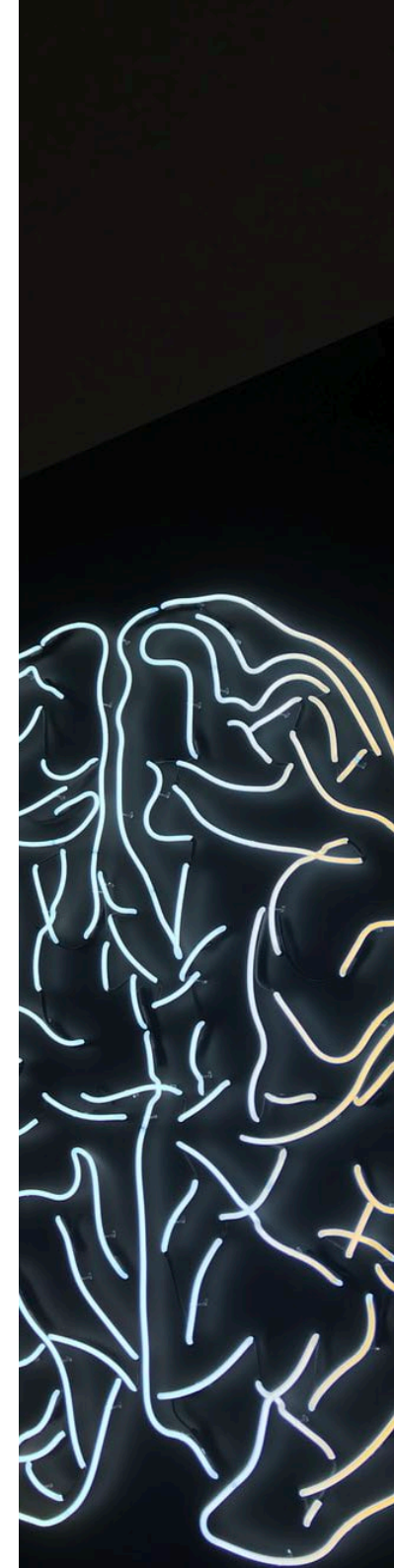
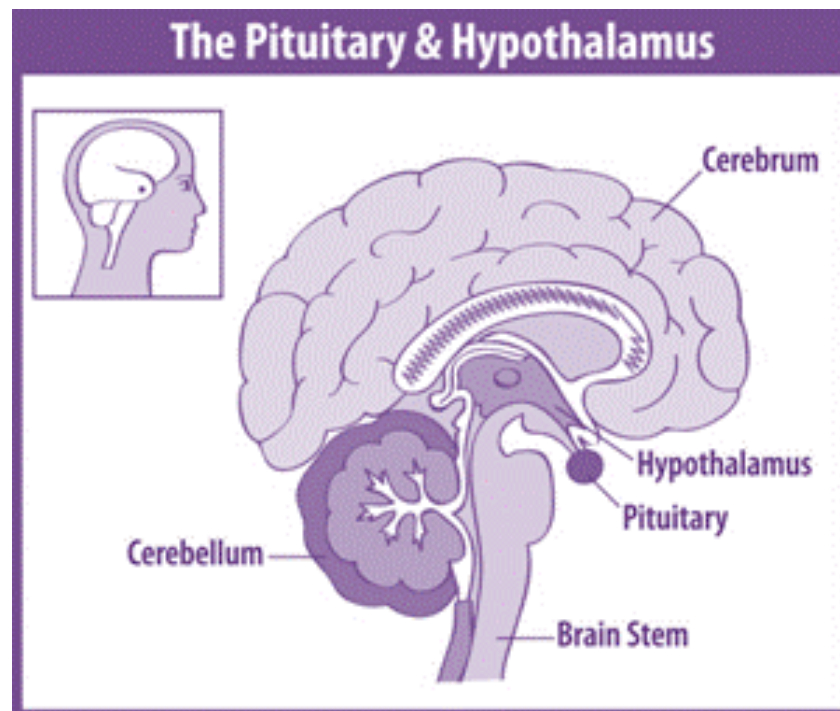


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The practical bit with EOs

- The hypothalamus directs the pituitary gland and thus hormone production.
- The effect of smell on the activity of the hypothalamus does assume that aromatherapy can have such a significant result on the treatment of conditions such as stress/anxiety and as a result its calming outcome the sympathetic nervous system.

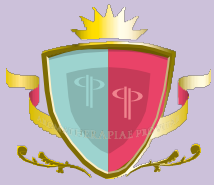




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Cinnamon

(*Cinnamomum zeylanicum*)

Hot and stimulating oil that promotes motivation and puts the fire of courage in those who may have lost it.

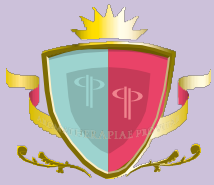
Physically it can help with aches and pains and also digestive complaints that can be physiological symptoms of grief.

Restores a taste and vigour for life for those who are depressed.

Good for the circulatory system

Lembo states that cinnamon increases mental capacity to listen learn absorb and integrate all that is going on around you





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Galbanum

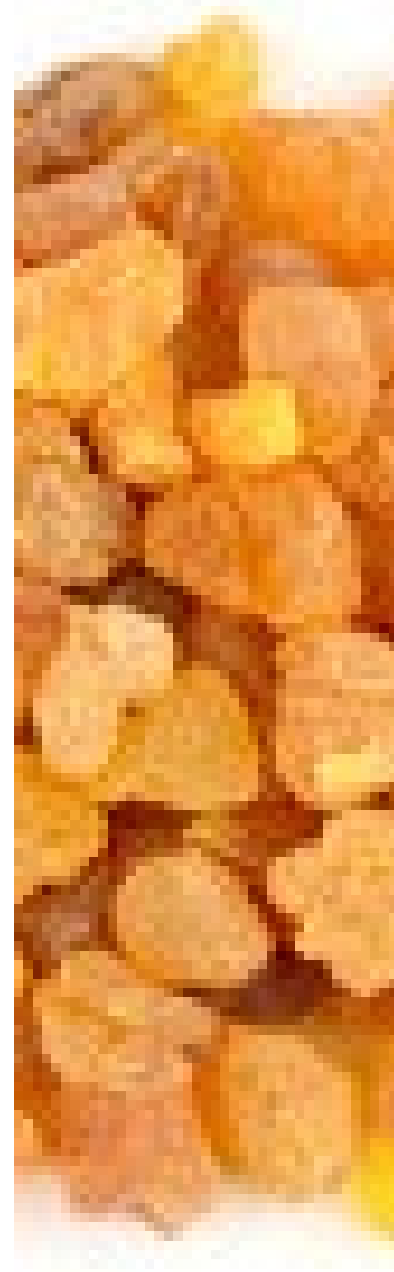
(*Ferula Gabaniflua*)

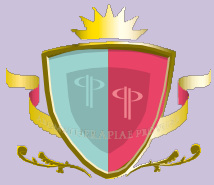
Known for its intense, balsamic, and sometimes peppery scent, it is prized in luxury perfumery (e.g., Chanel No. 19) to add sharp, forest-like notes.

Galbanum was celebrated in ancient times for promoting a dreamy state (calming the brain)

It is used for healing skin (scars, wrinkles), easing joint pain, and grounding emotions.

Warner cites galbanum as an extremely powerful oil for sacred work and within meditation.





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Neroli

(*Citrus aurantium flos*)

Neroli highly regarded for treating anxiety, stress, and related symptoms like insomnia and panic attacks.

Derived from bitter orange blossoms, it is a calming, sedative oil that can reduce cortisol levels, lower blood pressure, and alleviate emotional distress.

In a 2022 study on university students, it was found that a significant difference was observed in anxiety scores 20 min after the intervention (neroli flavoured chewing gum). The results of this study suggest that natural hydro-distilled neroli-flavoured chewing gum can reduce anxiety in university students.





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Petitgrain

Citrus aurantium amara fo

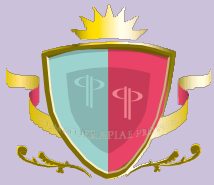
Petitgrain is 45-50% linalyl acetate which has been shown to be anxiolytic and anti-inflammatory.

It is one of the top oils used for sudden stress and panic attack.

This oil is renowned for its uplifting and calming properties, promoting a sense of balance and well-being.

Its fresh, slightly sweet aroma with hints of orange blossom makes it ideal for diffusing in spaces to elevate the mood and create a peaceful atmosphere





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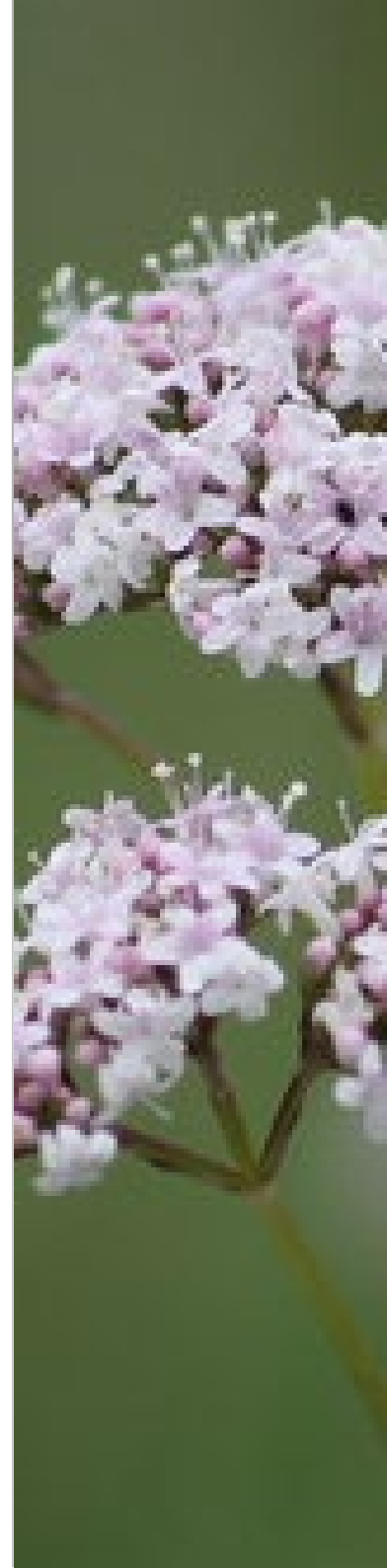
Valerian

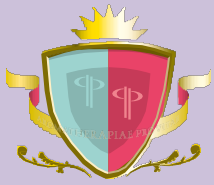
Valeriana officinalis

Valerian is a very sesquiterpene rich oil making it balancing to the mind and good for inflamed emotions.

The most common use of valerian essential oil is to aid in sleep and reduce anxiety. This effect is largely attributed to valerenic acid.

In 2021 Tammadon et al found that Valerian significantly improved sleep quality, the symptoms of state anxiety, and depression in HD patients in a trial of 39 people.





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Vetiver

(*Vetiveria zizanioides*)

An excellent oil for mental fatigue and busy minds.

Native to Indonesia and Sri-lanka, it is often used in traditional massage oils to help promote deep and relaxing sleep and to help lift depression, and is known as 'the oil of tranquility' (Lawless, 1995).

Vetiver Essential Oil contains approximately 50% Sesquiterpenes and around 20% Sesquiterpenols making it very relaxing, grounding and well suited for emotional and spiritual application





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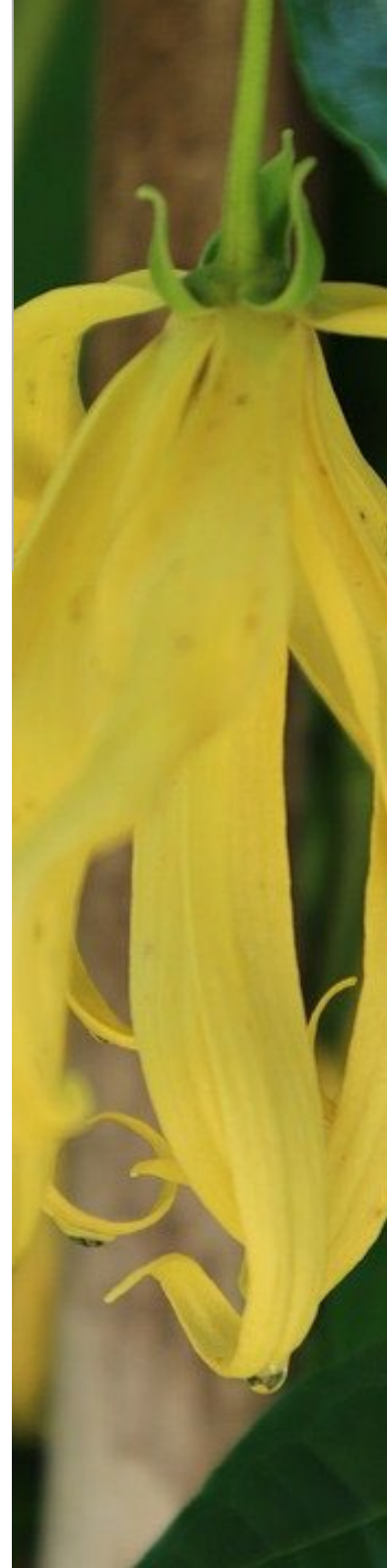
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Ylang ylang

Cananga odorata

Ylang Ylang is a deep floral scent that many fall in love with, it has an exotic edge to it and studies show that it significantly increased calmness and relaxation of a small group of participants compared to controls.

Hongratanaworakit and Buchbauer (2004; 2006) also found a significant decrease in heart rate and blood pressure with topical application and inhalation of ylang ylang aroma, supporting the relaxing properties of the oil. It also happens to be one my favourites!





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Methods of Use

- Grabbing an oil from your box and taking a great big sniff
- Diffuser or nasal inhaler
- Combined with a meditation practice
- Creating bespoke blends such as bath oils or pulse point rollerballs





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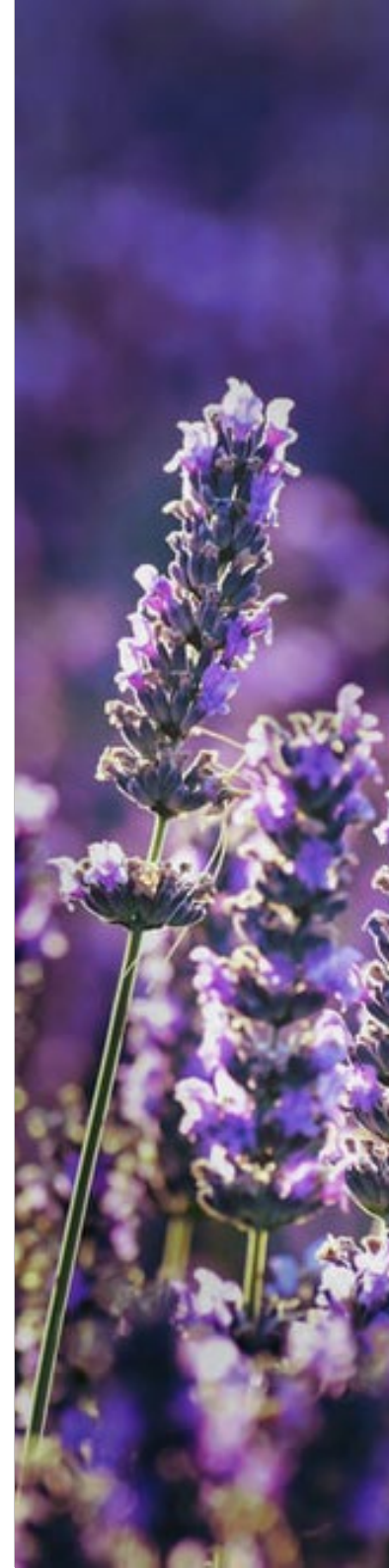
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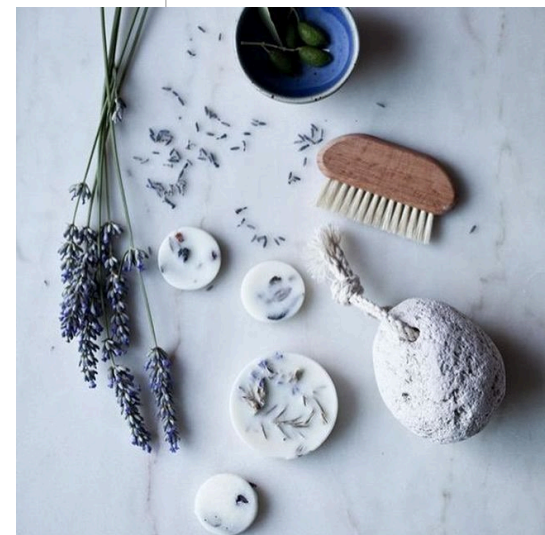
Conclusion

EXCLUSIVE 10% OFF ALL PRODUCTS!

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until 12/06/2026

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





Thank you...

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Finding Calm

