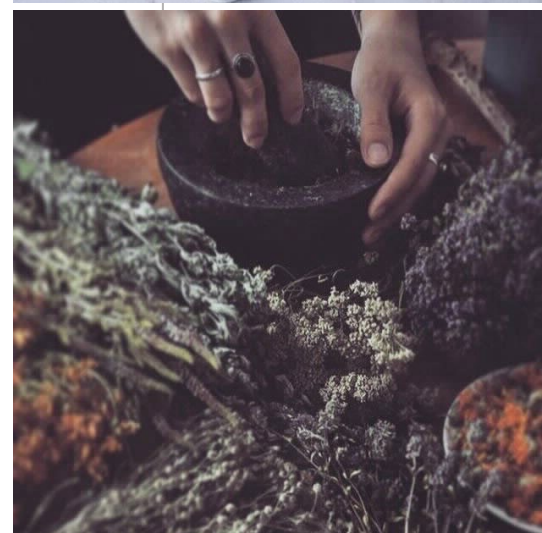




Welcome to...

**Penny Price Academy
of Aromatherapy**

Saturday Club

Aromatherapy for Transition



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August
2026 Saturday Club

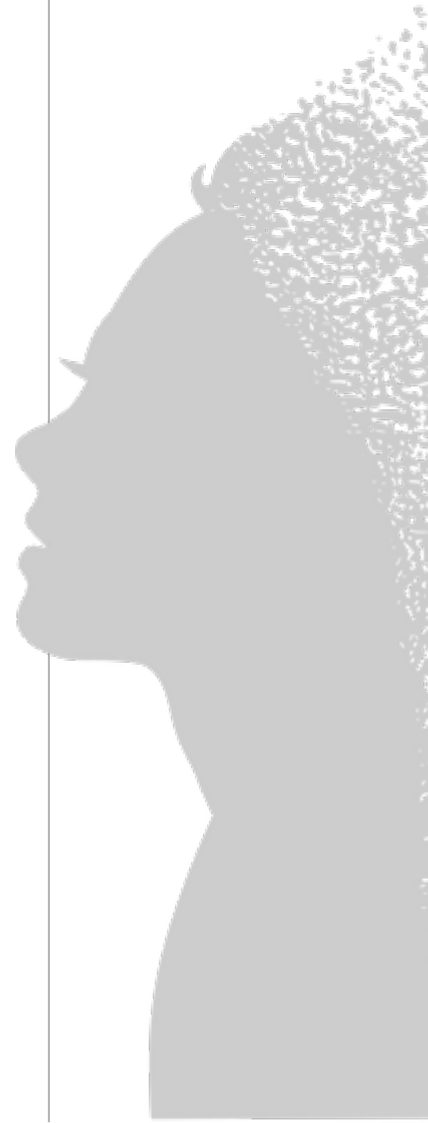
How do we define transition

A transition is the process, period, or act of changing from one state, place, style, or subject to another.

It means moving from an old way, form, or time to a new one.

Common Types of Transitions

- Life changes: Moving from being a child to an adult, or changing jobs or schools.
- Writing and speaking: Words or sentences that connect one idea to the next so the text is easy to follow.
- Systems and tech: Changing from an old method or tool to a new one





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How do we define transition

- Sometimes transition is a change out of our control such as a relationship breakdown or a need to move home.
- Grief can be an example of transition also.
- Seasonal change is a type of transition
- War, droughts and any other circumstance where we need to change are also types of transition.
- These examples show us how complex it can be to use our oils to treat those going through change as there are so many.





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transition

/tʌn'sɪʒən/

noun

1. *the process of change from one form, state, style or place to another.*

verb

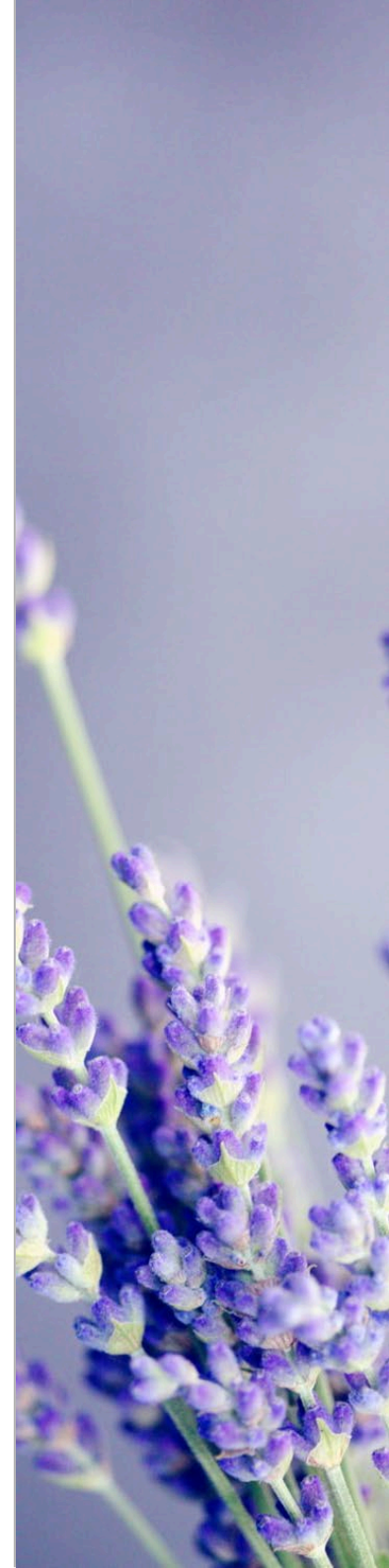
1. *to change.*



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- Aromatherapy can help as our treatments impact both psychological and physiological symptoms.
- Stress increases inflammation, which can worsen health problems you already have and cause new ones.
- It batters the immune system, leaving you depleted and vulnerable to infection.
- The heartbreak of some transition can increase blood pressure and the risk of blood clots.





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Cedarwood

Cedrus Atlantica

Cedarwood oil is a great oil for times of crisis or sudden change, such as when there is an adjustment in households, jobs, and/or relationships.

These events often lead to feeling isolated or knocked off balance.

Cedarwood provides feelings of stability and grounding, it is fortifying and strengthening.

Warner states that the oil “helps you feel strong, supported and optimistic about the outcome of any situation you are facing, giving you an extra boost when needed.”

It is sesquiterpene rich so balancing to the body.





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Angelica

Angelica archangelica

Clue here in the name!

This oil has a very strong connection with archangel Michael who is known as the toughest of all spiritual warriors.

Angelica offers tough love and warner states it is good protection for energy vampires. It can calm nervous tension, anxiety and panic.

This oil provides courage, strength and clarity so is great combined with cedarwood.

Physically the oil stimulates lymph and the digestive system and help clear congestion in the sinuses and lungs as well as easing stiff joints and muscle aches





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Yarrow

Achillea millefolium

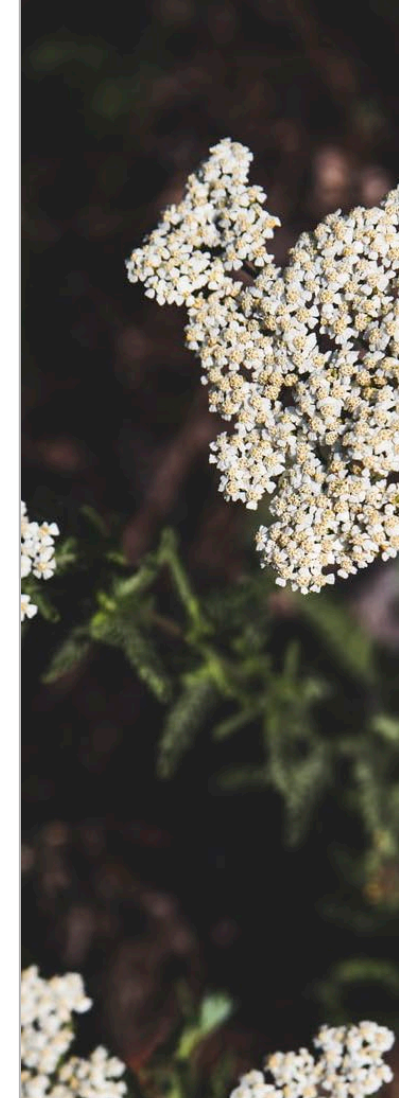
Yarrow is cooling and drying so is recommended for inflammatory emotions such as stress, anxiety, rage.

It is most useful for people whose feelings of anger and rage are linked to vulnerability and emotional wounds.

Releases stagnant Qi and the blocked emotions that go with it. Ideal for bitterness and deeply regressed anger.

Fischer-Rizzi says it is the oil a perfect companion for times of major life changes and transition.

Yarrow is a great protective oil for those of us who take on other people's energy and helps heal deep agonising soul wounds.





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Frankincense

Boswellia carteri

In addition to alleviating and eliminating depression, 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.

Warner states that “it can help to clear away melancholy and also ease the sadness that can be associated with nostalgic thoughts”





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Cinnamon

Cinnamomum verum

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 and supporting the immune system.

Lembo states that you can use the oil “to wake you up from a mental stupor and that it raises your confidence and self esteem”





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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.

Warner suggests “using Ravensara for soothing painful feelings that have history when going through challenging times. It can perform deep work but in a gentle way”.





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Elemi

Canarium luzonicum

Elemi is a traditional Arabic oil that translates as Heaven and Earth.

Often cited as an alternative to Frankincense Elemi is an oil that helps people make major transitions in life especially when you are at a crossroads.

On a physical level 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.

This is the best oil to use to let go and surrender to those things out of control.





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Silver Fir

Abies alba

Silver fir is full of monoterpenes so very useful for boosting the immune system.

Physically it is good for aching muscles and joints and excellent tonic for the respiratory system. Like many tree oils it has diuretic properties.

On an energetic level the oil is about coming into your personal power. The energy of this oil is all about breaking out and stepping into your power and releasing old patterns.

Plato wrote that silver fir could help in divination, Silver fir is the oil to use when wanting to grow and develop helping find a new direction in life.





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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 or breathwork practice
- Creating bespoke blends such as bath oils or pulse point rollerballs
- In Massage or other holistic treatments (ideally longer ones!)



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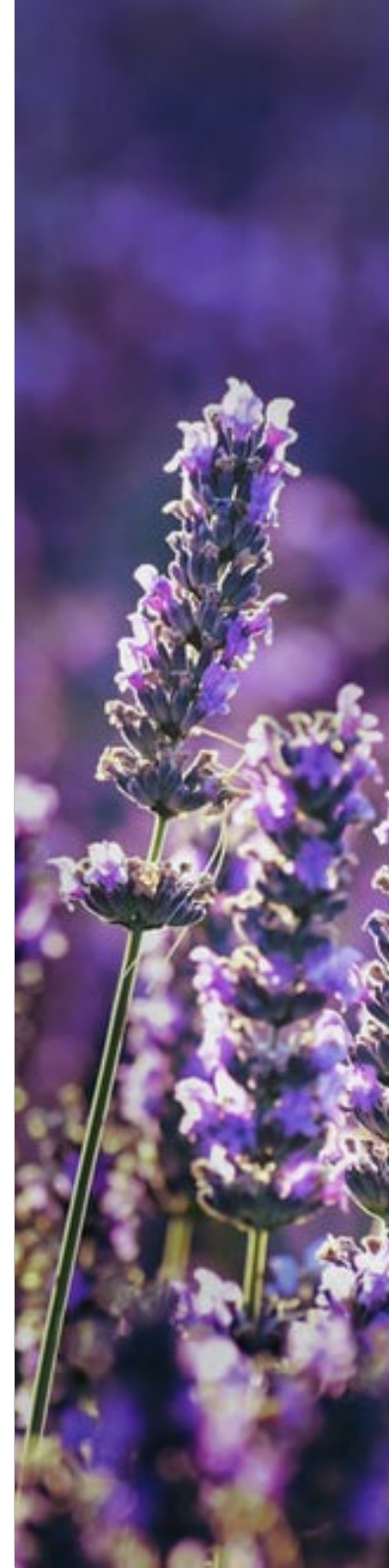
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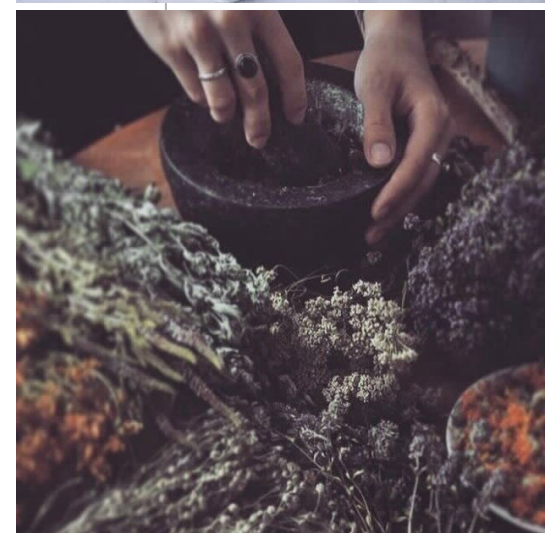
Conclusion

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