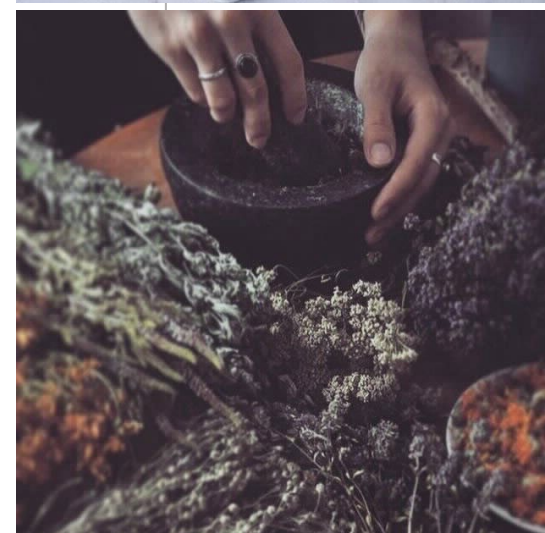




Welcome to...

Penny Price Academy
of Aromatherapy

Saturday Club

Protect & Fortify –
Aromatherapy for the Home



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October 2026

October - the height of viruses

- Cooler temperatures and reduced humidity create conditions that favor the stability and transmission of viruses.
- Crowded indoor environments increase the likelihood of close contact and transmission of viruses.
- Dry air can desiccate mucous membranes, weakening the physical barrier against viruses.
- Temperature stress may dampen the early innate immune response in the nasal mucos, making it easier for viruses to establish infection.
- Shorter daylight hours can impact vitamin D synthesis, potentially reducing immune resilience.



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Over the counter offerings

- **Vitamin C:** Known for its antioxidant properties, vitamin C may help reduce the duration and severity of cold symptoms.
- Vitamin D:** Supports immune function and is found in supplements or fortified foods.
- Zinc:** Helps maintain the body's natural defenses.
- Vitamin E:** An antioxidant that supports immune function, commonly found in nuts, seeds, and leafy greens.
- Herbal Supplements:** Echinacea and black elderberry are popular for immune support, especially during cold and flu season. Garlic supplements are also sometimes used for their potential immune benefits.





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What do we mean by Protect & Fortify?

Many times, in books you see generic statements that certain essential oils can simply “boost” immunity with no explanation.

Much of the time these supportive effects come through:

- Stress reduction and relaxation
- Improved sleep and rest
- Symptom comfort
- Respiratory comfort
- Supporting general wellbeing
- Potential modulation of inflammatory pathways



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Aromatherapy for immune support

- There are many journals and studies that cite the efficacy of essential oils or various chemical components for viruses. Particularly for their anti-microbial and anti viral properties.
- They also can support many other conditions so we can create a truly holistic blend to promote health whether that incorporates respiratory support or stress management.
- Aromatherapy can be used for everyone! We can incorporate hydrolats for younger and more fragile people if EOs are too strong.
- In a survey of 120 therapists 96 felt essential oils had a positive effect on their immune system (Wong, 1995 pg 46 A4HP)



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Immune system overview

We have innate immune system that we are born with which is a quick response system and also an adaptive immunity system which develops after we are exposed to an antigen.

Feature	Innate Immunity	Adaptive Immunity
Response speed	Immediate (minutes to hours)	Delayed (days)
Specificity	Broad, non-specific	Highly specific to antigens
Memory	None	Long-term memory
Main cells	Phagocytes, NK cells, dendritic cells	B cells, T cells
Activation	Pattern recognition receptors (e.g., Toll-like receptors)	Antigen-specific receptors (BCR, TCR)
Role	First line of defense, alerts adaptive system	Targeted elimination, long-term protection



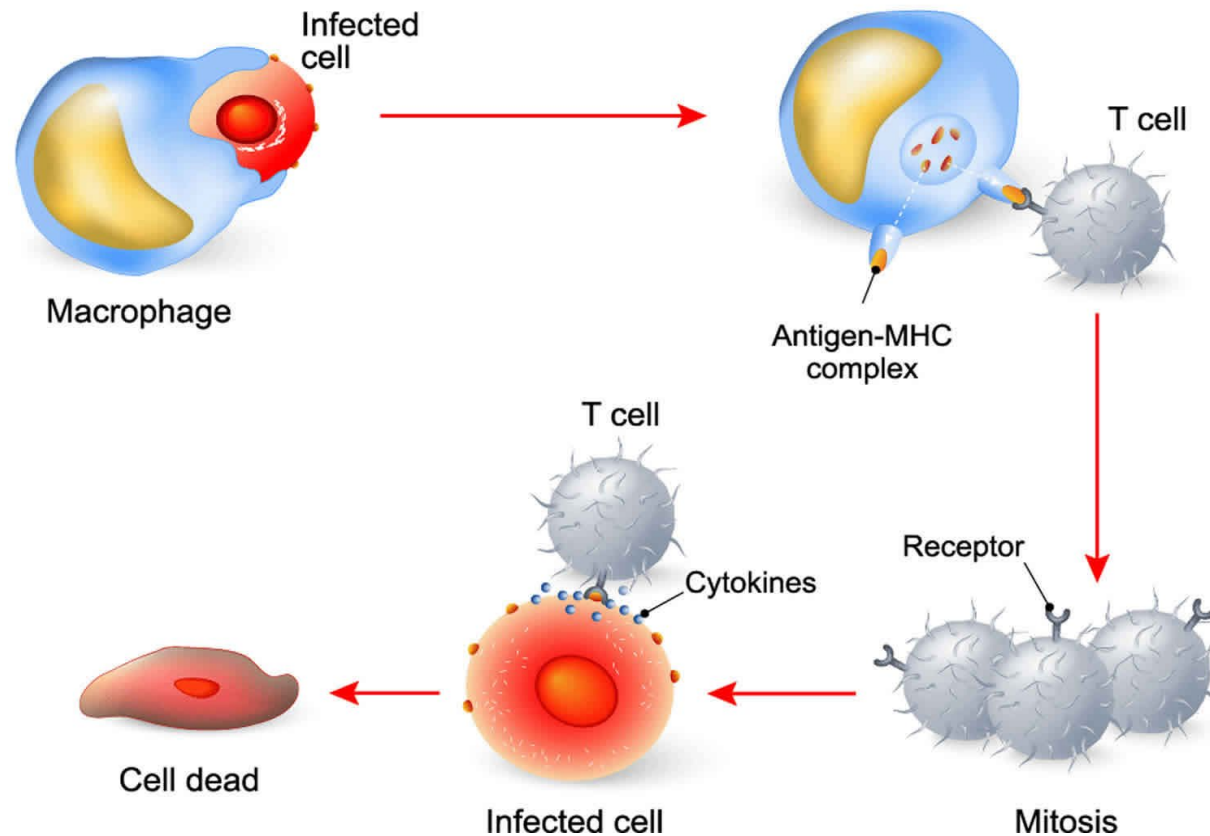
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It's all about the Macrophages...

These are a type of white blood cell that lives in tissues and protects the body by engulfing and destroying germs, damaged cells, and debris. Macrophages act as frontline immune defenders, help activate other immune cells, and support wound healing and tissue repair.

IMMUNE RESPONSE





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This is where chemistry shines

- Most studies on essential oils are now done on the chemical components that feature within the oils rather than the whole oil themselves.
- Examples are linalool, menthol, chamazulene, limonene etc.
- It does not take away from historical knowledge or what we ourselves experience but it does give us scientific substantiation for choices should we wish to blend with chemistry in mind.



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Eugenol

A common phenol found in clove, cinnamon and tulsi in large amounts.

Eugenol exhibits analgesic, anti-inflammatory, antibacterial, antioxidant, and anaesthetic properties.

It is widely used in dentistry for pain relief, in food as a flavouring agent, and in cosmetics and aromatherapy

Anna Marchese et al (2017) found eugenol represents a very interesting bioactive compound with broad spectrum antimicrobial activity against both planktonic and sessile cells belonging to food-decaying microorganisms and human pathogens

Its antimicrobial activity targets bacterial cell membranes, disrupting their function and inhibiting growth

Both clove and cinnamon are useful for poor circulation, sluggish digestion, colds and flu, Nervous exhaustion and stress and cited to be powerfully immuno-stimulant.

Clove is known to be the oil of boundaries if you need protection in a more energetic sense.





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Zingiberene

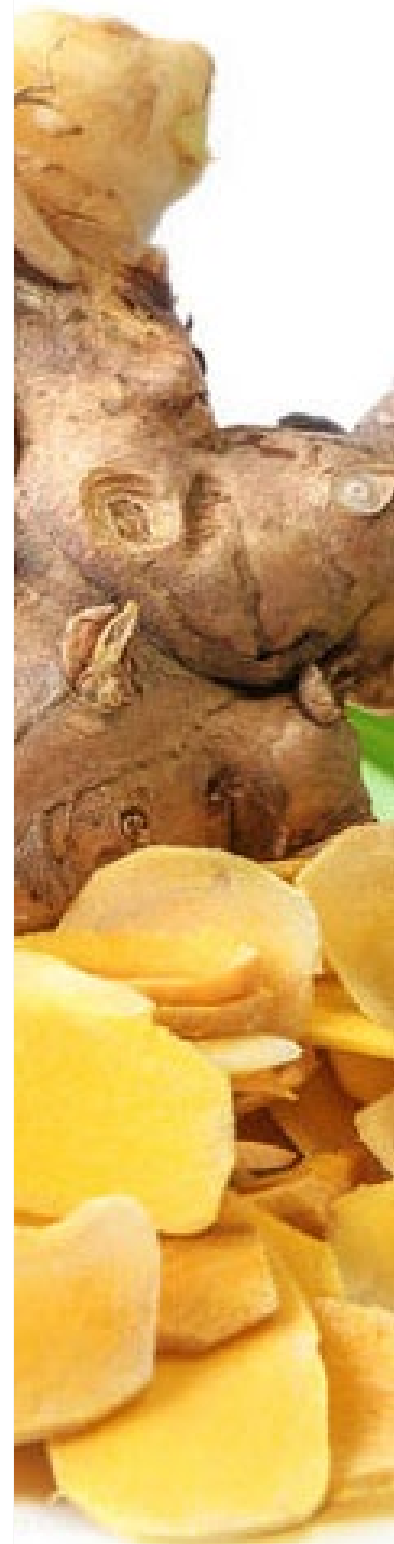
Zingiberene is a sesquiterpene found in ginger and plai.

Hai Chen et al (2019) found that Zingiberene inhibits in vitro and in vivo human colon cancer cell growth via autophagy induction (stimulating or enhancing natural cellular clean up)

The oils above have a spicy comforting scent and are used by therapists for anti-inflammatory properties and often used for pain relief, it is muscle relaxant, antimicrobial, antifungal, and antioxidant.

The oil is also used in the treatment of acne, bruises, burnt skin, skin inflammation, insect bite and asthmatic symptoms.

Energetically Plai warms the heart and emotions and strengthens the body's will and confidence





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Menthol

Menthol is a stimulating alcohol so can give an instantly cooling effect and feels very refreshing to the respiratory system. Found in high amounts in cornmint and peppermint.

In 2020 Taylor et al studied the Antiviral Effects of Menthol on Cocksackievirus and found it enhances antiviral immunity during infection.

Alcohols are analgesic, uplifting, and tonic both physical and spiritual. They are gentle yet powerful so better suited to a more fragile person.

Mojay states that peppermint acts on a psychological stomach making it good for new ideas but also emotional tolerance.

mint properties include anaesthetic, analgesic, antispasmodic, digestive, expectorant, mucolytic, neurotonic and stimulant.





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Citral

Citral is an aldehyde and is found in high amounts in lemongrass, litsea, citronella and eucalyptus citriodora

Atef El-Gebaly et al (2024) found effective antiviral activity of EOs against Influenza A virus and cited it down to citral and terpinen-4-ol content.

As an example Lemon grass is analgesic (especially for nerve pain), antiseptic, astringent, deodorising & insecticidal so good for protecting the home during spider or midge seasons.

Citral rich oil combine well with phenol ones as they uplift the blend aesthetically.





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Chamazuelene

Chamazulene is what makes some of our EOs blue and is great for allergic responses due to anti-inflammatory effects. Found in German chamomile and Yarrow.

Lairikyengbam, Divya (2024) found positive Immunomodulatory potential of *Chamomilla recutita* L. extracts and characteristic pure compounds on primary human T cells, T cells are crucial components of the immune system, playing key roles in the adaptive immune response by directly killing infected cells and regulating other immune cells.

Other properties of these oils are antiseptic, antispasmodic, astringent and cicatrisant.

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





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Rosemarinic acid

Found in rosemary at a small %, Rosemary is a versatile essential oil. It is analgesic, antibacterial, antifungal, anti-inflammatory, antispasmodic, decongestant, diuretic, mucolytic and neurotonic.

Hur et al (2007) found that RosA can induce apoptosis in activated T cell subsets in RA patients by the mitochondrial pathway). The results showed that RosA induced CD3+CD25+ activated T cell apoptosis (programmed death of t-cells for homeostasis to prevent auto immune disease) in 57.1% of RA patients in a dose-dependent manner.

Mojay states that Rosemary historically was used as protection against magic and witchcraft with the strength to both safeguard against the plague and reinvigorate health.





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Application Methods

Inhalation

This method can be most useful for anti viral blends in a diffuser or in a nasal inhaler for on-the-go protection. Or place the essential oils on a tissue constantly near the nasal passages.

Massage

There are many benefits to massage for health and the immune system. You could use echinacea carrier for an amplified effect.

Products

Something like a daily energising/protecting shower spray or a daily chest rub would work well for a daily protection.

Used neat

If popping in the doorway for putting off spiders from coming in or to protect in an energetic way.





Interested in learning more? Join us for...

Everyday Aromatherapy

Saturday 31st October, 2026

10am to 4pm - £50 (Hinckley)

This one day course is designed to teach you which oil, blend, hydrolat or carrier to use to help with everyday problems! The course will open with An introduction to aromatherapy, a brief history of aromatherapy, the origin of oils and some information on how we smell.

We will delve into basic oil use for you and your family covering –

- Cuts, Bruises, Scrapes and Burns
- Coughs, Colds, Flu and Sinuses
 - Headaches and Migraines
 - Muscle Strain and Joint Aches
- Insect Bites, Repellents and Hay fever
 - Rashes and Itches
- Stress, Mindfulness and the promotion of Sleep
 - Safe Use for Children

Blends, recipes and application methods will be discussed along with a short practical workshop in the afternoon where you will get a chance to experiment and make a blend to take home! The course will equip you with everything you need to go away and confidently use essential oils at home as a complementary therapy, for first aid and alternative to reaching immediately for pharmaceuticals.





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Conclusion

**10% off the following oils when you use the
code SATOCT10 at checkout:**

Clove

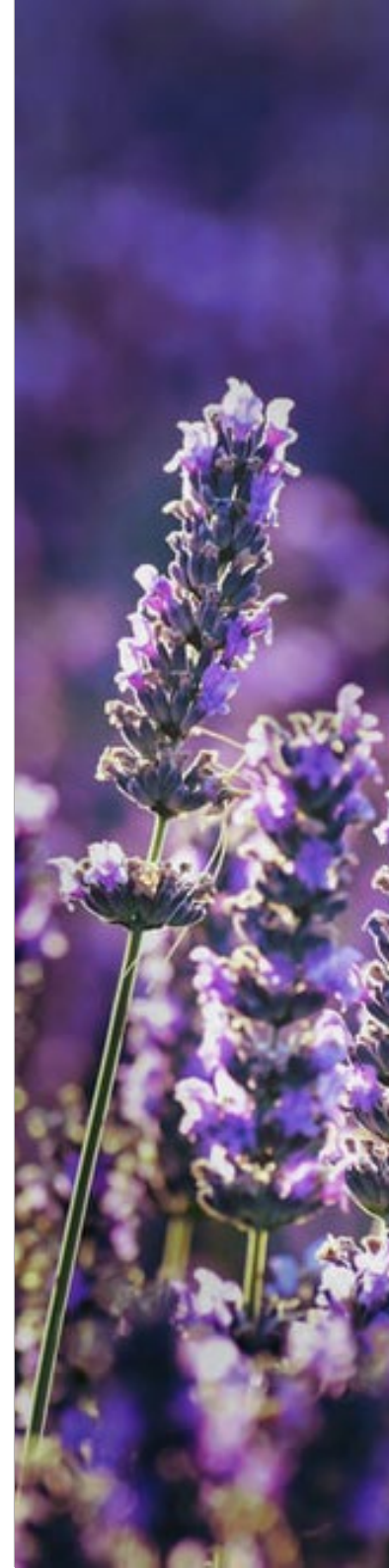
Cinnamon

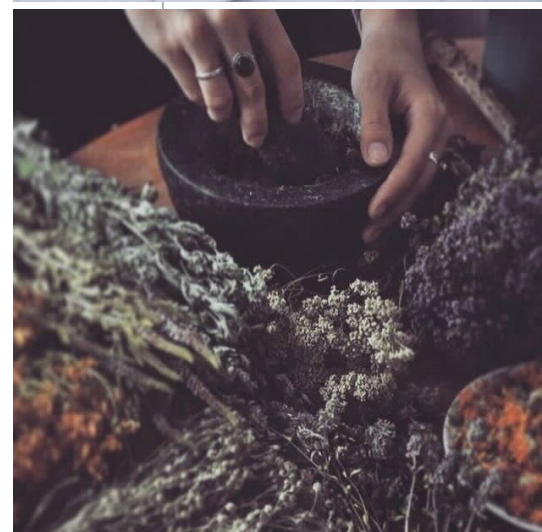
Plai

Cornmint

Rosemary Ct Cineole

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





Thank you...

**Penny Price Academy
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