

Registered Office:
82 Ashby Road
Hinckley LE10 1SN
Tel: 01455 637987



www.ifparoma.org
admin@ifparoma.org
Rgd Charity No 1091325
Rgd Company No 4388652

IFPAroma 2018

INTERNATIONAL CONFERENCE, TRADE SHOW *and* SUNDAY HERB WALK

Sat & Sun, 9th & 10th June 2018
Royal Botanic Garden Edinburgh, Scotland



Conference Organiser: Gabriel Mojay, IFPA Chairman



Rhiannon Lewis

Clinical aromatherapist, author, editor and educator; Director of Essential Oil Resource Consultants; Editor of *the International Journal of Clinical Aromatherapy* (France)
Putting Aroma Back into Aromatherapy: A Return to the Essential



Lora Cantele

Registered clinical aromatherapist, co-author of *The Complete Aromatherapy and Essential Oil Handbook for Everyday Wellness*, and Editor and Publisher of the *International Journal of Professional Holistic Aromatherapy* (USA)
The Use of Aromatherapy to Enhance the Quality of Life in Children with Intellectual Disabilities and Life-Limiting Illnesses



Dr Kelly Ablard PhD

Aromatherapy practitioner, independent researcher, instructor and consultant; founder of the Airmid Institute (Canada)
Conservation and Sustainability of Threatened Essential and Carrier Oil-Bearing Plants: Making the World of Aromatherapy More Green



Julie Bruton-Seal

Medical herbalist, iridologist, natural healer and author; Fellow of the Association of Master Herbalists (AMH) (England)
Return to the Source and Expand your Practice



Angela Secretan

Clinical aromatherapist; Complementary Therapy Co-ordinator at the Western General Hospital and Royal Infirmary, Edinburgh (Scotland)
Use of Essential Oils in an Oncology Setting

Places are limited – book your's today!

www.ifparoma.org/ifparoma2018

IFPAroma 2018

INTERNATIONAL CONFERENCE

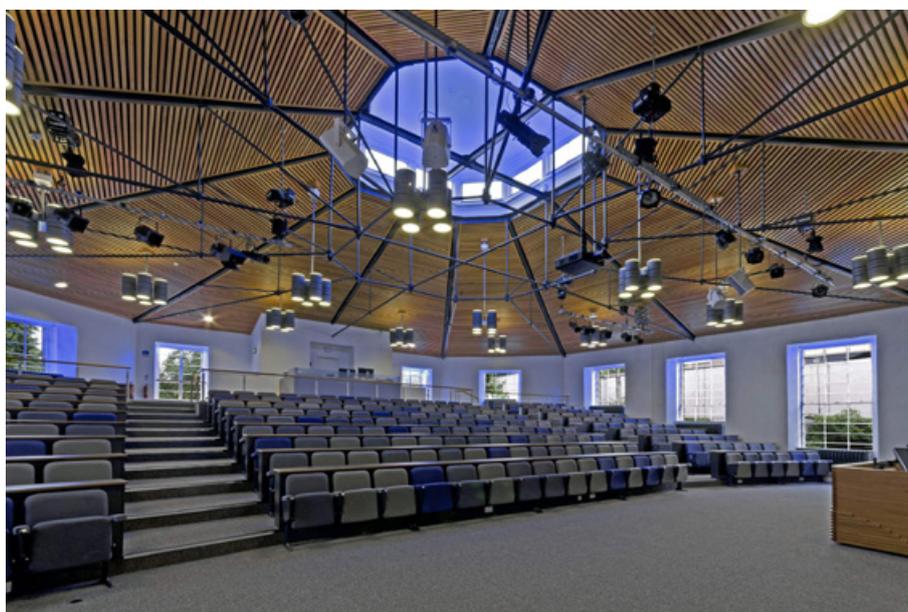
TRADE SHOW *and* SUNDAY HERB WALK

Sat & Sun, 9th & 10th June 2018
Royal Botanic Garden Edinburgh, Scotland

The International Federation of Professional Aromatherapists is pleased to announce its 2018 International Conference, Trade Show and Sunday Herb Walk at Royal Botanic Garden Edinburgh. The Conference will feature leading international aromatherapy speakers, and offer IFPA Members and aromatherapists an opportunity to deepen their knowledge of aromatherapy and aromatic plants.

Conference Venue

The Royal Botanic Garden Edinburgh offers a magnificent and memorable venue, with the world-renowned for its horticultural gardens offering a tranquil and peaceful backdrop, all within easy reach Edinburghs city centre. The recently refurbished Lecture Theatre provides a light and airy venue seating up to 250 people, while the adjacent Conference Room provides a perfect break-out area for refreshments and Trade Show exhibitors.



Conference and Herb Walk Fees

Saturday Conference:	Members: £102 incl VAT	Non-Members: £120 incl VAT
Saturday Conference & Sunday Herb Walk:	Members: £150 incl VAT	Non-Members: £180 incl VAT

The Saturday Conference Fee includes lunch (including soup and selection of sandwiches with a fruit platter, using as many ingredients as possible from the gardens) and 3 servings of tea & coffee served with chef treats.

Payment Options

Make a bank transfer:	Account Name: IFPA; Sort Code: 402419; Account No: 41517023 <i>Please confirm your payment at admin@ifparoma.org stating your name, address and phone no.</i>
Pay with a card online:	Use the PayPal card payment link at www.ifparoma.org/ifparoma2018 <i>Please confirm your payment at admin@ifparoma.org stating your name, address and phone no.</i>
Pay with a card by phone:	Telephone 01455 637987
Pay with a cheque by post:	Send your cheque payment to IFPA, 82 Ahsby Road, Hinckley LE10 1SN <i>Please confirm your payment by email to the IFPA Office stating your name, address and phone no.</i>

Conference and Seminar Fees are 80% refundable until 9/5/18, after which they are all in all cases non-refundable.

Saturday Conference Schedule

Sat 9th June 2018, 9 am – 4.30 pm

- 9.00 Registration
- 9.30 **Welcome** and opening comments by Gabriel Mojay, IFPA Chairman
- 9.40 **Angela Secretan: *The Use of Essential Oils in an Oncology Setting***
- 10.30 Morning tea & coffee
- 11.10 **Julie Bruton-Seal: *Return to the Source and Expand your Practice***
- 12.00 **Rhiannon Lewis: *Putting Aroma Back into Aromatherapy: A Return to the Essential***
- 12.50 Lunch
- 2.10 **Lora Cantele: *The Use of Aromatherapy to Enhance the Quality of Life in Children with Intellectual Disabilities and Life-Limiting Illnesses***
- 3.00 Afternoon tea & coffee
- 3.40 **Kelly Ablard PhD: *Conservation and Sustainability of Threatened Essential and Carrier Oil-Bearing Plants: Making The World of Aromatherapy More Green***
- 4.30 **Thanks** and closing comments

Saturday Conference Programme

Sat 9th June 2018, 9 am – 4.30 pm

- 9.30 **Welcome** and opening comments by Gabriel Mojay, IFPA Chairman and Conference Organiser
- 9.40 ***The Use of Essential Oils in an Oncology Setting***

Angela Secretan, Clinical aromatherapist; Complementary Therapy Co-ordinator at the Western General Hospital and Royal Infirmary, Edinburgh (Scotland)

Angela will discuss the different ways that essential oils are used in Western General Hospital and Royal Infirmary, Edinburgh, in a clinical setting and in the wider community, to help with symptom management.

Angela Secretan is the Complementary Therapy Co-ordinator at the Western General Hospital and the Royal Infirmary in Edinburgh. In 1997, she played a central role setting up the service which is provided mainly for people living with cancer. In 2003, Angela was involved in setting up Lavender Touch, a Scottish Borders Charity that provides complementary therapy for people living with cancer. She and a colleague worked with patients to develop a range of aromatherapy products specifically for people with cancer. The product range was launch in April 2015. Angela is an Oncology Massage Education Associate, and works with the IRIS Cancer Partnership delivering training courses developed by Gayle McDonald in oncology massage for experienced complementary therapists.

- 10.30 **Morning tea & coffee break**

- 11.10 ***Return to the Source and Expand your Practice***

Julie Bruton-Seal, Medical herbalist, iridologist, natural healer and author; Fellow of the Association of Master Herbalists (AMH) (England)

You know your essential oils, but do you know the plants behind them? Go beyond the bottle, back past all the people who made the medicine, to the living being at the source – the plant whose consciousness and nature have been distilled into this precious essence. Knowing the plants as beings is like the difference between reading someone's job description, and meeting them in person. Expand your practice by using other preparations of the plant – hydrosols, infused oils and even massaging with fresh herbs. It is easiest to meet the plants that grow around you, so we will be looking at some native aromatics including yarrow, ground ivy, sweet cicely, nettle and hogweed.

Julie Bruton-Seal is a practising naturopathic herbalist, iridologist and cranio-sacral therapist. A Fellow of the Association of Master Herbalists (AMH) and an organiser for the Herbal History Research Network, she is also a writer, photographer, artist, jeweller and graphic designer.

12.00 **Putting Aroma Back into Aromatherapy: a Return to the Essential**

Rhiannon Lewis, Clinical aromatherapist, author, editor and educator; Director of Essential Oil Resource Consultants; Editor of *the International Journal of Clinical Aromatherapy* (France)

Aromatherapy lends itself to a diverse range of application methodologies and co-interventions, yet as the very term for the discipline itself suggests, the effect of aroma lies at the heart of its therapeutic efficacy. In her presentation, Rhiannon considers the renewal of interest in aroma-alone treatment strategies in clinical aromatherapy, and explores these in the light of contemporary research.

Widely acknowledged as the world's leading clinical aromatherapy expert, Rhiannon Lewis' extensive experience of the clinical use of essential oils is underpinned by training undertaken in the UK, France and the USA. As Editor of *the International Journal of Clinical Aromatherapy*, and through the publication of evidence-based articles and research studies, she inspires practitioners to use essential oils across a range of healthcare settings. Rhiannon has been living in the mountains of Provence since 1999. Her passion for nature and especially aromatic plants has led to several local initiatives to raise environmental awareness. She is the host and organiser of the *Botanica* series of conferences that run biennially. Botanica2016 was her third event, and brought together some 400 clinical aromatherapists, herbalists, researchers, growers and distillers from around the world. Rhiannon is a Fellow of IFPA, and in 2009 was honoured to receive an outstanding achievement award by the Alliance of International Aromatherapists (USA).

12.50 **LUNCH**

2.10 **The Use of Aromatherapy to Enhance the Quality of Life in Children with Intellectual Disabilities and Life-Limiting Illnesses**

Lora Cantele, Registered clinical aromatherapist, co-author of *The Complete Aromatherapy and Essential Oil Handbook for Everyday Wellness*, and Editor and Publisher of the *International Journal of Professional Holistic Aromatherapy* (USA)

Lora's presentation will focus on the most common concerns with children on the Autism spectrum: irregular sleep, poor digestion, anxiety, and an inability to focus. She will share case studies highlights with the audience on successful protocols, and will discuss the two main approaches to attention deficit, and why one may work better than the other. She will provide thoughts and information on how aromatherapy can be used to care for the caregivers (parents and siblings) who often are impacted emotionally, physically, and mentally due to the challenges of living with someone with Autism or other disability. She will share qualitative information on a study she was involved in which looked at using an aromatherapy blend to enhance Brain Integration Technique in children with Autism. There will be examples, and protocols shared, of children with more severe disabilities; including case studies from her time spent in the Children's Home with non-verbal children suffering from Hypoxic Ischemic Encephalopathy, Muscular Dystrophy, PMS, and pain (including a 4-min video).

Lora Cantele is a Registered Clinical Aromatherapist with a special focus on children with disabilities. Being the mother of a child (now 19-years-old) with Autism, Lora has seen first-hand the impact that has on all members of a family and the struggle families endure within their home, school and in the general public. Lora is, and has been, a member of many support groups for parents of children with disabilities, and has provided support for several of these families. In 2009-10, she worked as a consultant and practitioner offering her expertise to a Children's Home in which the residents were non-verbal children (aged 2 months-18 years old) suffering from life-limiting illnesses. The program was jointly conducted with the skilled nursing team at the Marklund Children's Home and the pediatric team at Journey Care, the largest palliative and hospice facility in Illinois. Lora provided aromatherapeutic interventions as part of a multi-disciplinary team. She is a co-author of *The Complete Aromatherapy and Essential Oil Handbook for Everyday Wellness* and the editor/publisher of the *International Journal of Professional Holistic Aromatherapy*.

3.00 **Afternoon tea & coffee break**

3.40 **Conservation and Sustainability of Threatened Essential and Carrier Oil-Bearing Plants: Making The World of Aromatherapy More Green**

Kelly Ablard PhD, Aromatherapy practitioner, independent researcher, instructor and consultant; founder of the Airmid Institute (Canada)

Research was conducted on the conservation status of 400 essential oil and carrier oil-bearing plants commonly sourced for oils used in aromatherapy. Of those 400 plants, 4.5% (n=18) are categorized as threatened (i.e. critically endangered, endangered, and/or vulnerable); and of these 18 threatened plants, 39% (n=7) are facing extinction as a direct result of being overharvested for their oil. Kelly will briefly review factors that impact threatened plants, touch on these 18 plants with an emphasis on the 39% facing extinction directly because of their essential oil extraction, examine an ideal model of sustainable management of a threatened essential oil-bearing plant, review alternative essential oils to those coming from threatened plants, walk through a list of commonly used essential oils from non-threatened plants, and explore what you need to know as a consumer before purchasing essential oils from threatened and protected plants.

Kelly Ablard holds a PhD in Chemical Ecology, and is a certified and registered essential oil therapist. Her research interests are in sustainability, chemical communication, aromatic plant medicine, ethnobotany, clinical aromatherapy, and the preservation of rosewood (*Aniba rosaeodora* Ducke). She is the founder of the Airmid Institute, which supports aromatherapy training worldwide, projects focused on the conservation and sustainable management of threatened aromatic medicinal oil-bearing plants, and the ethical sourcing of essential oils. She was the first person to create an educational program on urban sustainable agriculture in downtown Vancouver, BC, and is the founder of the VCC Urban Apothecary Learning Garden – an educational venue for aromatherapy, distillation techniques, and the many uses of aromatic medicinal plants in traditional medicine. She was awarded the British Columbia Alliance of Aromatherapy 2016 Achievement of Excellence Award, and voted one of the top 5 aromatherapists in Vancouver, BC. Kelly sits on the Board of the British Columbia Association of Practicing Aromatherapists (BCAPA), the Advisory Board of the Tisserand Institute, and is an aromatherapy practitioner, independent researcher, instructor and a consultant.

4.30 **Thanks** and closing comments by Gabriel Mojay



Sunday Herb Walk **with Julie Bruton-Seal and Matthew Seal**

Sun 10th June 2018, 9 am – 1 pm
(incl. a 30-min morning tea & coffee break)



The beautiful Edinburgh Botanic Gardens provides a wealth of plants to enjoy – however, Julie Bruton-Seal and Matthew Seal will be focusing on plants that have medicinal uses. Julie and Matthew will be looking at the weeds as well as carefully nurtured specimens from around the world, and discussing their uses in aromatherapy and herbal medicine.

Julie Bruton-Seal is a practising naturopathic herbalist, iridologist and cranio-sacral therapist. A Fellow of the Association of Master Herbalists (AMH) and an organiser for the Herbal History Research Network, she is also a writer, photographer, artist, jeweller and graphic designer.



Matthew Seal is an enthusiastic amateur herbalist whose career has been as an editor and writer in books, magazines and newspapers, in both the UK and South Africa. He is an honorary fellow and founder of the Professional Editors' Group in South Africa and has served as the publications director of the Society for Editors and Proofreaders in the UK. Julie and Matthew have co-authored five books on herbal medicine, including the best-selling *Hedgerow Medicine*, and teach courses and workshops at their home in Norfolk.

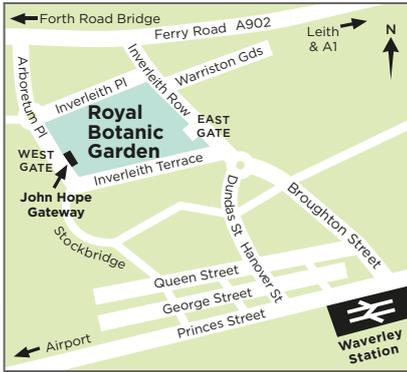


DIRECTIONS & OPENING TIMES

The Royal Botanic Garden Edinburgh is situated at Inverleith one mile north of the city centre, with entrances on Inverleith Row (East Gate) and Arboretum Place (West Gate & John Hope Gateway).

Garden open daily (except 1 January & 25 December) from 10am and closed November to January at 4pm; March to September at 6pm; February & October 5pm.

Admission is free (charges apply to the Glasshouses).



Royal Botanic Garden Edinburgh
20a Inverleith Row
Edinburgh EH3 5LR
Tel 0131 552 7171
www.rbge.org.uk
RBGE is a charity registered in Scotland (SC 007983)

KEY

- P** ON-STREET PARKING: metered Mon to Fri, free at weekends and other times
-  BUSES TO AND FROM CITY CENTRE: numbers 8, 23 & 27
For more bus information visit <http://lothianbuses.com> or call 0131 555 6363