

Welcome to *In Essence*



"If Winter comes can Spring be far behind," wrote the poet Shelley, and for those of us who don't relish winter's rages that's a comforting thought. But winter can be a positive time both of reflection and looking forward, as Barbara Payne suggests on page 15.

Looking forward was a strong motif through the IFPA AGM and Conference in October too. Three inspiring speakers highlighted new approaches to aromatherapy, while the message from the AGM was that the IFPA is confidently looking forward to a secure future and a period of development. On page 20 you can read all the IFPA Council Chairs' reports while the article on page 16 aims to give you a flavour of the conference.

Some of you may remember our feature on Caroline Ingraham's work in 'animal aromatics' three years ago (Vol 3 No 1 2004). Caroline has worked with many species of animals both in the UK and abroad and on page 9 she shares news of her latest projects, working with elephants in Kenya.

Philippa Buck tackles some rather less appealing creatures on page 28. With head lice now developing resistance to insecticides she considers the evidence for using essential oils to combat infestations. This article is the last of Philippa Buck and Janetta Bensouilah's evidence-based features and we'd like to thank them for what has been a very stimulating, informative series.

On page 27 you can read the second part of American practitioner Pam Conrad's aromatherapy journey. She explains how, since her return to the US, she has been putting into practice what she learned in the UK. And on page 19 Inge Westerlinck, who came to the UK from her native Belgium eight years ago knowing nothing about aromatherapy, explains how she built up a highly successful practice.

Enjoy your journal!

Pat Herbert

Pat Herbert
Editor

GUIDANCE FOR AUTHORS

In Essence welcomes editorial contributions – they can be short items (news, letters, reviews) of 100–300 words or feature articles or case studies of 1,000 – 2,000 words.

Presentation

Contributions can be sent by email to the following address:

editor@ifparoma.org or typed clearly on A4 paper, double-spaced, and sent to the IFPA Office at the address below.

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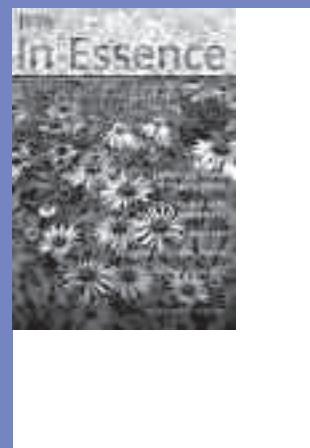
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From the Chair...



I am writing this on the way back to Scotland after our very successful conference in Sheffield. I had not visited that city for some

years and was most impressed by the city centre with its mix of the modern and traditional, peace garden, lighted pavements and small alleyways that went back to the 16th century. I was also impressed by the energy and commitment our Conference Chair Sue Charles, and Jodie and Kerry from the IFPA office, put in to making the conference the success it was. A big thank you to everyone involved.

I am about an hour south of Edinburgh on a comfortable GNER train (I do enjoy train travel) and the sun is shining out of an almost cloudless blue sky. But I am thinking about what I took on yesterday at the AGM. Having worked within the ISPA and then the IFPA in various capacities since 1994, I had always avoided being nominated for Chair, citing my distance from the action in London as the main obstacle. However, this was not to be. Instead of retiring gracefully on 6 October, my arm was twisted and here I am Chair of the IFPA, something I could never have dreamed of when I started my aromatherapy studies back in 1988.

Serving as Chair of such an organisation brings with it enormous responsibilities: to you the members, to the Council, to the world of aromatherapy and, beyond that, to the wider world of complementary medicine. I will do

my best to fulfil those responsibilities, listen to everyone, work to further the aims of the Federation and to progress the aromatherapy profession in its efforts towards regulation and recognition.

I would like to thank the IFPA Council for its support in the past year, particularly Fran Rawlings who, you will be pleased to learn, is staying on as Vice-Chair for a further year. The Federation has flourished under her committed care and I hope will continue to do so in the coming year.

This year we are very pleased to welcome some new faces to the IFPA Council. Rhiannon Môn Jones is already making her mark as Chair of Education, Debbie Brettell has been coopted as Treasurer, Philippa Buck replaces me as Chair of Research, and Karen Sherwood is shadowing Conference Chair Sue Charles prior to seeking election next year.

The next AGM will see more of us in the old guard leaving and we will need new Council members. So please let us know if you would be interested in serving so that we can arrange for you to have as much information and help as possible before you stand for election in autumn 2008.

Do keep in touch with Council and thank you for your continuing support – without that the IFPA would not be the professional and successful association that it is today.

Sue Jenkins – Chair, IFPA Council

New Council

At its Annual General Meeting in Sheffield on 6 October 2007 the IFPA elected a new Council (see list below). As you will note, several long-serving members have now stood down and some new faces have joined the Council team.

The new faces include the Treasurer Debbie Brettell, Education & Examinations Chair Rhiannon Môn Jones, Publications and Information Systems Chair Sam Hollins-Owen, and Research & Scientific Matters Chair Philippa Buck, well known to *In Essence* readers through her articles for us.

Chair: Sue Jenkins

Secretary: Stella Reeve

Treasurer: Debbie Brettell

Vice Chair and caretaking Accreditation: Fran Rawlings

Charitable Trust: Ann Leach

Conference Chair: Sue Charles

CPD Chair: Anita James

Education & Examinations Chair: Rhiannon Môn Jones

International Liaison Chair: Veronica Sibley

Membership Chair: Fran Doidge

Publications and Information Systems Chair: Sam Hollins-Owen

Press & Public Relations Chair: Marion Fewkes

Research & Scientific Matters Chair: Philippa Buck

Regional Groups Chair: Sasha Cunningham

Southern Ireland Representative: Christine Courtney

If you wish to contact a Council member please do so through the IFPA office (details on page 3).

IFPA conference raises funds for children's charities

A raffle held at the IFPA Conference in Sheffield on 6 October raised £200. This sum will be divided between the Great Ormond Street Hospital for Children, London and the Edinburgh Hospital for Sick Children.

Nursery scoops best practice award

An exceptional nursery which transforms the lives and opportunities of toddlers with special needs and gives support and respite to their parents has scooped the top prize in the 2007 Northern Ireland Integrated Health Awards run by The Prince's Foundation for Integrated Health. Although the awards have been running since 1999, this is the first year there has been a special Northern Ireland award.

The Little Orchids centre based in Waterside, County Londonderry, helps pre-school children with a range of special needs to achieve their full potential and, wherever possible, to enter into mainstream education.

It also provides support for the parents – helping them to get the support services they are entitled to, training them in how best to help their children (including communication techniques, healthy eating and massage), bringing parents together to share experience, and providing pamper days where parents can receive relaxing treatments such as reflexology, facials and aromatherapy, and learn stress management techniques.

Vicky, mother of Simon who had a learning impairment and attended Little Orchids, said that if the nursery had not been there to give Simon the right help at the right time the long-term outcome for him would have been very different. "Little Orchids provided Simon with a learning environment where his specific needs (and mine) were catered for and where he felt secure and confident," she added. Simon is now a happy, well-adjusted boy flourishing in a mainstream school.

The Integrated Health awards highlight health projects that treat people 'holistically' – more information at www.fih.org.uk

Healthcare environment matters

Does your practice environment reflect the part played by the power of architecture, interior design, the use of sound, light or colour, or new ways of using healthcare space creatively?

If so, the British Holistic Medical Association (BHMA) in partnership with Nutri Centre (a leading UK resource for complementary and alternative remedies and nutritional advice) invite you to enter the Nutri Centre BHMA Good Practice Awards 2008.

The awards aim to recognise the importance of the built environment in which healthcare happens. The organisers are looking for examples of surroundings that enable holistic healthcare to support personal or communal healing and wellbeing eg a meditation space, group-work rooms, a community garden, an art room, exercise areas, a health library, even an entire multidisciplinary health centre.

The competition will award a £2000 prize for large scale projects, such as a new practice centre, and a £500 prize for small scale projects, such as a treatment room.

More information at www.bhma.org. Entry forms can be downloaded from the website or obtained from BHMA Freepost, RLYZ-AZJT-KBZZ, PO Box 371, Bridgwater, TA6 9BG, tel: 01278 722000, admin@bhma.org

Putting the record straight

In our Summer 2007 edition (Vol 6 No 1 page 7) we featured the article *Introducing Aromatherapy* by Harriet Robinson. In her article she included a list of practical tips on giving taster sessions, including advice to "ask the client to sign a disclaimer for insurance purposes".

Several IFPA members subsequently raised questions about this advice with IFPA's insurers Balens Ltd, so we asked Managing Director David Balen to clarify the situation. His advice is that:

- Disclaimers have limited value in a court of law and cannot devalue a patient's normal legal rights
- Asking a client to sign a disclaimer can send the wrong message

David also strongly advises that client notes should be kept for a period of at least seven years and preferably longer, especially where the client is a child or a person with mental disabilities. He explains that the statute of limitation with regard to children is three years from the date of majority and courts may overturn this statute in respect of children. There is no limitation period regarding patients with mental disabilities. For this reason Balens recommend patient notes for children or those with mental disabilities are never destroyed or kept for at least 15 years.

GPs to learn about Ayurveda

In April 2008 The Prince's Foundation for Integrated Health is offering GPs the chance to learn about the benefits of Ayurveda by joining an eight-day organised trip to an Ayurvedic centre in Kerala, India. The programme includes individual health assessments by an Ayurvedic physician, daily Ayurvedic massage and treatment, classes in yoga and meditation, and presentations on Ayurvedic practice and philosophies.

Promoting the IFPA around the country

September was a busy month for Marion Fewkes, IFPA Chair of Press and Public Relations. She reports: "On 29 September IFPA was represented at the *Complementary Therapies in Pain Management Acute Cancer and Palliative Care* conference at the Academic Centre, The James Cook University Hospital, Middlesbrough, North Yorkshire.

"At this event delegates' interest in the IFPA and the services it offers in the changing environment of voluntary regulation, was immense, and I was able to promote IFPA's role in these developments."

Marion was ably assisted in Middlesbrough by Inge Westerlinck who runs a very successful therapy and training establishment called 'Healing Hands' in Saltburn on the North East coast. (On page 19 you can read Inge's inspiring story of how she became involved in aromatherapy eight years ago and went on to develop her thriving business.)



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Back from Middlesbrough, Marion then travelled to Castle Donington for the *Holistic Health* exhibition (pictured above) held there from 30 September–1 October. The exhibition organisers had entered into a reciprocal arrangement with the IFPA whereby the cost of exhibition space was set against insertion of flyers in the Autumn edition of *In Essence*.

"This was another very busy two days with students and qualified therapists of all disciplines wanting to find out more about what the IFPA has to offer in terms of specialised aromatherapy training and membership of the Federation," Marion said. "Anita James and Karen Sherwood kindly helped on the stand on the Sunday, the busiest of the two days and my grateful thanks go to them.

"While your Council members do their utmost to fulfil their designated responsibilities, it is the presence of you, our members, on the IFPA stands that really brings them to life. Inge, Anita and Karen, while representing the IFPA globally, were able to offer hands-on guidance and advice and also promote their own local aromatherapy businesses."

Case study award winner

The winner of the 2007 IFPA Case Study award is Angela Wells (pictured right), a third-year



student on the Complementary Therapies (Aromatherapy) degree programme at Napier University, Edinburgh. Her case study focused on treating a client with anosmia.

Angela began studying at Napier on the university's nursing programme but transferred to Complementary Therapies. She says she has found the programme "challenging, but extremely rewarding" and feels that, through it, she has found her future path.

On completion of her degree, she would like to develop an aromatherapy career in the NHS and possibly move into lecturing and research.

This year's runner-up was Cath Boyle, also a third-year student on the Napier degree programme, who completed a case study on treating a client with arthritis. Cath took up aromatherapy studies after a 30-year career in education – as a teacher, headteacher and then manager with responsibility for nursery and early years development.

She said: "The challenge of studying new subjects, developing practical skills, sharing classes with students so much younger, making new friends, while all the time enjoying unstinting support from the staff team has been an excellent experience."

Both case studies will be published in *In Essence* in the near future.

New honorary member

Each year the IFPA recognises individuals who have made a significant and sustained contribution to aromatherapy by electing them as Honorary Members of the Federation.

At this year's Annual General Meeting in Sheffield in October Geoff Lyth, Managing Director of Quinessence (pictured) was awarded Honorary Membership of the IFPA in recognition of his exceptional services to aromatherapy as Chairman of the Aromatherapy Trade Council (ATC).

Geoff was a founder member of the ATC in 1992 and has been Chairman since its official formation in 1993. He has guided the organisation through all its development stages over the past 14 years to its present status as the only self-regulating and authoritative body for the UK aromatherapy trade.

The ATC upholds responsible marketing of real aromatherapy products by specialist suppliers. These suppliers share common

concerns about the safety and quality of essential oils and aromatherapy products now available on the mass market.

The organisation's primary concern is consumer safety and it promotes the safe usage of essential oils by establishing coordinated policies within the trade and by publishing guidelines for safety, labelling and packaging.

Geoff, who is also Managing Director of Quinessence Aromatherapy, was unable to receive his award in person so IFPA Council Conference Chair Sue Charles accepted the award on his behalf.

"I was surprised when the letter came through from IFPA", commented Geoff. "Both the ATC and Quinessence have had a close relationship with IFPA from its conception, so it will be great to belong to it officially." he added.



IN BRIEF

'Find a therapist'

As reported in our last issue (page 4) the IFPA Council is working to provide a 'Find a therapist' feature on the IFPA website. This work was originally scheduled for completion by December 2007. However, due to unforeseen circumstances, this has not proved possible. The Council advises that it is hoped to have the section up and running as soon as possible.

CPD funding

At its March 2007 meeting the IFPA Council agreed to fund one-off CPD awards to help members experiencing difficulties with funding their CPD activity to meet their costs. This funding is available by application only and applications should give details of the proposed activity to be undertaken. Application forms are available from the IFPA office.

2008 conference

Next year's IFPA Annual General Meeting and Conference will be a two-day event to be held in Cardiff. If you cannot, or do not wish to, attend a full weekend you will be able to opt for attendance on a one-day basis.

CPD centres

The IFPA Council now has an approved format for its proposed CPD centres and it is hoped that a pilot centre will be launched shortly.

Regional groups

An IFPA regional groups logo is now available on request from the IFPA office.

For more information on any of the above please contact the IFPA office – details on page 3.

Research information resources

The Complementary Therapies Clinical Studies Development Group was set up by the National Cancer Research Institute to encourage and oversee research into complementary therapies in the UK. It also aims to play a major role in helping to increase the amount of research into this area. More information at www.ncrn.org.uk/csg/groups

In the USA the National Centre for Complementary and Alternative Medicine (NCCAM) holds a database of complementary and alternative therapy clinical trials. It currently includes lists of trials for people with different types of cancer, and those helping to control the side effects of cancer and its treatments. More at nccam.nih.gov/clinicaltrials/alltrials.htm

HAVE YOU MOVED?

If you have recently changed your address, telephone or email details please let the IFPA office know so that your records can be kept up-to-date.

Contact the office on 01455 637987 or email admin@ifparoma.org

Around the regions

The lively new Hong Kong group tells IFPA Regional Groups Chair Sasha Cunningham about their aims and activities



The Hong Kong regional group was established by a group of nine therapists in September 2007 and is registered as a non-profit making association.



The members report: "Our group meets once a month and between meetings members exchange ideas and comments via email. We also have a website (www.ifpahk.org) and an email address to answer questions from the public.

"Our group is run by an enthusiastic committee whose members contribute their time, effort and heart to organise activities. We are keen to increase our membership and to unite aromatherapists to promote aromatherapy in this area.

"We have arranged a variety of activities. In the community our work has included fortnightly visits to the 'Home of Loving Faithfulness' where members give aromatherapy treatments to children with cerebral palsy; a talk and demonstration on aromatherapy to parents of children

with Attention-Deficit Hyperactivity Disorder (ADHD); and a sharing workshop with parents of ADHD children, focusing on their children's feedback after aromatherapy treatment. We are also carrying out a study on constipation and have run a workshop for clients exploring aromatherapy treatment for this condition.

"Membership activities have included a visit to a tea garden to enjoy the fresh air and learn more about our natural environment, a mid-autumn festival get-together (pictured) with all the food, drinks

and games using floral waters and essential oils, and we have produced the first issue of our eight-page newsletter reporting on a range of aromatherapy topics.

"In December we are holding an essential oil Christmas gift member activity and in February we are looking forward to a trip to an organic farm. And we'll be preparing our next newsletter."

The Hong Kong group would love to welcome new members. Contact them at info@ifpahk.org or register online at www.ifpahk.org

REGIONAL GROUPS – PROGRAMME OF MEETINGS

GROUP NAME	LOCATION	ORGANISER	TELEPHONE	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aroma Forum	Altrincham, Cheshire	Anne Delooze	01925 757493												
Aroma Network	Watford, Herts.	Kathy Loveridge	01923 225646	29		4	8	13							
Ashvale Practitioners Network	Aldershot, Hampshire	Yvonne Bryant	01252 713671	5	20										
Birmingham Group	Birmingham, W. Mids.	Jane Cummins	0121 224 7362	31	28	27	24	29							
Complementary Therapies Network	Northern Ireland	Helen McIntyre	02838 38310065	14	11	11	14	12							
Central Region IFPA Group	Welton, Warwickshire.	Julia Baker	01564 783464	11		10		9							
Durham Aromatherapy Network	Durham	Sheila Clarke	0191 2583646												
Essential Development Group	Malvern, Worcester	Fran Doidge	01886 880100												
Fragrant Grapevine	Edinburgh	Sasha Cunningham	07815 637 510	10		3		6							
Glosaroma Group	Gloucester	Judy Swatton	01452 527972	24			17								
Hebden Bridge Group	West Yorkshire	Clare Whitworth	07790 761702					31							
Hong Kong Group	Hong Kong	Jenny Tsang	(00) 9832 9046	27	16&24	15&30									
North London Therapists Support Group	Enfield, Middx.	Jean Doidge	0208 3671425												
Sussex Regional Group	Brighton	Wendy McCallum	01444 443876												
Tees Valley IFPA Reg.Group*	Middlesbrough	Lynne Gray	01642 706020												
West London Aromatherapy Network	Twickenham	Emma Charlton	0208 7442998	27		13		18							
West Yorkshire Aromatherapy Group	Bradford	Janet Turpin	01274 770424		5										
Woollybacks Aromatherapy	Richmond, North Yorks.	Helen Addison	01748 824123												
Humberside & E. Yorks. Aromatherapists	Scarborough	Elizabeth Nash	07731 923952	21			16			6			13		
TBA*	Ballyhearn, Eire	Noelene Cashin Cafolla	(353) 094 9030950												
TBA*	Benfleet, Essex	Rosemary Cunningham	01702 558623												
TBA*	Courtmacsherry, Eire	Barbara Tobin													

* Names and dates to be confirmed. Please call the organiser for details.

Doing what comes naturally

Caroline Ingraham has recently been using her 'animal aromatics' to help and heal baby elephants in Kenya. She explains how she works and what her approach can achieve



Animal Aromatics is similar in effect to zoopharmacognosy – whereby the animal selects aromatic plant extracts, algae, clay and other natural remedies for health maintenance. It allows the animal to select remedies that it may find identical or similar those it would select in the wild.

Plants, and the volatile oils contained within many of them, were at one time the only medicine on this planet, utilised for the survival of the species and employed by mammals since the dawn of time. It is not an alternative or complementary therapy of recent years; it is the oldest therapy known to man that allows an animal to use its innate ability to select the remedies it needs and guide its dosage. The practice of Animal Aromatics gives animals the opportunity to look after their own health as they would in the wild.

Through evolution, mammals have developed a relationship with medicinal plants, acquiring a taste for them when they are needed. In healthy animals the plant's bitterness will deter consumption, thereby protecting the animal from the plant's active compounds which could be harmful to the animal when not needed for health.

Animals have developed, through evolution, an enzymatic physiology that has adapted to break down and neutralise most plant compounds. Such a process is not seen with many synthetic drugs, where the body cannot metabolise its compounds efficiently, leading to potential toxicity or side effects. Given the opportunity, animals will use their innate ability to select remedies that are needed and guide their dosage. It is this innate knowing that is the key to their healing.

Essential oils and medicinal plants are usually bitter and unpalatable if they are not required. Whether such substances end up being toxic or medicinal in their effects has a great deal to do with dosage. Plant oils are normally taken in small quantities by an animal when it needs a plant's specific medicinal properties. Once the animal has selected its remedy, it will then guide the treatment by inhaling it, taking it orally or by rubbing a part of its body into it.

I began training in the use of essential oils in 1984. However, it was not from these studies that I gained my wealth of knowledge; it was from the animals themselves. I noticed that when an animal had been separated from a companion, or taken from its mother too early, it would select neroli, and animals from rescue homes would choose rose or linden blossom, and so the pattern evolved. Horses with respiratory disorders caused by allergies would select German chamomile or great mugwort. If the allergic reaction was severe, the animal would first select great mugwort then, as the condition began to clear, German chamomile would be chosen.

Not only did I find that their selection had a definite pattern, but so did their application. Most oils offered for internal problems were taken by mouth, whereas oils for emotional problems were usually inhaled. The remedies that the animal selected taught me a great deal about its condition – if the problem was due to a bacterial infection, for example, the animal would select antibacterial oils and so on.

My work over the last 20–25 years has centered principally on domestic and farm animals. However, I recently had the opportunity to work with orphaned elephants in Kenya (see below) and a tiger with severe behavioural problems in Kent. ➤



Caroline applies clay to a raw, infected wound. The clay fights bacteria, draws out impurities, gets rid of flies, and provides the wound with a much-needed protective covering

AROMATIC BENEFITS

An animal knows how to heal itself even before symptoms become apparent. Offering appropriate secondary compounds for self-selection allows the animal to be in control of its health. Due to an animal's individual physiology this method can provide astonishing results. When a horse is wounded it will usually select azulene-rich yarrow orally. Sometimes an animal will also present a part of the body that needs the remedy applied. As soon as the condition is clear the animal will turn away from the aroma/remedies that were once enjoyed.

When taken by mouth, essential oils are rapidly absorbed into the body. Sublingual (under the tongue) will have the fastest access into the blood and surlingual (other areas in the mouth) results in slightly less rapid absorption. An equine needing a remedy quickly will lick certain oils with the underneath of its tongue, while others will be taken from the top of the tongue.

In one study, a horse showing symptoms of colic was offered essential oils. The horse had not passed any droppings for seven hours. He was offered five essential oils/extracts known to help colic (seaweed extract, German

chamomile essential oil, Roman chamomile essential oil, peppermint essential oil and fennel) of which he selected peppermint. In fact he was so keen on the peppermint that it was put in a 50 per cent dilution and the horse did not stop until he had taken 50ml. Within 15 minutes he passed droppings and all symptoms of colic disappeared. This is a higher dose than would normally be selected. When this horse had previously suffered bouts of colic he had had to have tubes down his nose, followed by surgery.

Selected aromatic oils appear to affect behaviour in a way that conventional medicine cannot. Aromatic molecular communication is not uncommon throughout the animal kingdom where messages are sent via pheromones to provide vital information. Odour identification is so important to most mammals and reptiles that they have two mechanisms for detecting aromas – the vomeronasal organ and the olfactory system. The vomeronasal organ is found in most mammals and is used for the extra screening of inspired odours. It takes aromas directly to the limbic system, awakening the animal's innate responses.

Most mammals depend more heavily on their limbic system than the cortical parts of the brain, whereas in human beings the situation is reversed and thought takes

over instinct. The limbic system works with primitive responses where smell goes deeper than conscious thought or memory.

Since witnessing remarkable behavioural changes with essential oils and animals I can only assume that these aroma chemicals are screened in a way that would be similar to olfactory counselling.

Recently, while working with students at Sparsholt College, Winchester, a chameleon selected rose oil which, when related to behaviour, helps to release anger and resentment. This was fascinating since, as the chameleon inhaled the oil, black spots appeared on his body suggesting anger; they then disappeared only to reappear a few minutes later, this release captured beautifully by the marking on his body. This continued for 30 minutes until he had had enough and walked away.

WORKING IN KENYA

At the beginning of this year I was invited to take a team to work with orphaned elephants at The David Sheldrick Wildlife Trust in Kenya (see panel page 13). After watching *Elephant Diaries* on BBC2 last year and seeing the prolonged grief that babies suffered after losing their families, our aim was to work with their emotions.

Sadly, one of the main causes of death for these young elephants is pneumonia caused by the *Klebsiella* bacteria. As grief is often held in the lungs, many respiratory diseases need remedies to support both the emotional response and the immune system.

We sourced essential oils that were indigenous to the elephants' habitat and took those oils to Kenya with us. We were interested to observe the elephants' responses to Zinziba (*Lippia javanica*), otherwise known as lemon verbena. This is an African plant which many African tribes use as a prophylactic against lung infections. Scientific tests show that the essential oil is very effective against *Klebsiella pneumoniae*, *Staphylococcus aureus*, *E. coli*, *Salmonella gallinarum* and *Candida albicans*.

Psychologically, the oil helps to clear away mental confusion and unwanted thoughts. It is used for grief and for those who are feeling trapped in a situation as well as for those who are feeling vulnerable at the beginning of a new phase of growth. So Zinziba seemed to be an oil that matched many of the elephants' conditions.

On 23 February we went into the bush and worked with self-selection on the youngest elephants (aged six weeks to several months). All of them favored angelica root, rose and arnica macerated oil, which they wanted to take by mouth. This they did by taking the hand holding the bottle with their trunk and placing it so that drops of essential oil went onto their tongues.

In the stable one of the baby orphans selected more angelica root and also lemon eucalyptus. It was interesting because, as he selected this essential oil, he stood on the end of his trunk, possibly in order to create suction to clear the mucus – we later saw that the other elephants do the same after taking oils, especially oils that support the lungs such as Mount Kenya mint and lemon eucalyptus. Elephants cannot cough so this would appear to be an important manoeuvre to clear the passageways? ➤



An animal's innate ability to select the remedy and dosage it needs is the key to its healing

Mimosa

In my observations most species select neroli for loss or separation, but the elephants selected mimosa.

Psychological effects from the extracted essence is used for anxiety, depression, nervous complaints, stress, over-sensitivity and old memories. It is deeply calming and helps to open the lines of communication in a relationship, clears confusion, helps smooth worries and fears, and lifts spirits. People who have not responded to neroli often react to mimosa.

The bark of mimosa contains up to 40 per cent tannins (also gallic acid). It is employed medicinally for diarrhoea. Mimosa extract features in the *British Pharmacopoeia* as a specific for chronic diarrhoea with colitis. Safety: Non-irritant, non-sensitizing, non-toxic.

Clay

Red clay is often used to treat diarrhoea, stomach ulcers and other intestinal problems due to its ability to 'neutralise' (surround, inhibit and expel) the bacteria associated with each of these. It also has the property of facilitating the uptake of calcium in the body in bone formation. Red clay is an important source of calcium in itself – its scientific name is calcium montmorillonite clay.

Green clay is rather similar to red but has the added bonus of being more effective at dislodging parasites from the alimentary canal. The green colour is caused by a mixture of the iron oxides and decomposed vegetation, most of which are marine-based such as seaweed and algae.

A short while after taking his remedies, the orphan gently tried to climb onto my lap (behaviour that would be unusual towards a stranger) and then he lay down and fell into what appeared to be a deep sleep. As he slept, the older elephant in the next-door stable stroked his face with his trunk.

The following day we discovered a new oil and its use. I was surprised, given the suffering from their loss of their mothers, that neroli was not a favourite with the elephants. (Neroli is an oil selected by most species for loss of any kind.) Mimosa, which is indigenous to their habitat, took its place (see panel). As they suckled the drops of mimosa from my hand, tears trickled down from both their eyes and temporal glands, perhaps releasing their loss and associated grief. Other than angelica root, mimosa, arnica macerate and, to a lesser extent, rose oil, no other behavioural essential oils were readily selected. This is unusual because most species select a greater variation after experiencing traumatic situations.

We then went on to work with the older elephants. The older elephants are, on average, up to two years old as in the wild they feed on milk. These elephants provided us with even more interesting information.

Not only were they keen on the same oils for their emotional experience as the younger ones, but they were also interested in clay, mainly red and green. This would make sense since it would counteract possible build-up of acidity from the milk and their intake of plants would be greater than the younger ones. In the wild elephants will cross hundreds of miles to seek clay which not only provides an alkaline environment but will prevent possible plant toxins from entering the bloodstream (see panel).

We also observed that the elephants generally selected oils native to their environment such as Mount Kenya mint over English peppermint. They also generally selected lemon eucalyptus, lemon verbena, and lemongrass over many of the other essential oils offered.

We then went on to treat wounds, allowing both Max, the rhino, and the elephants to choose their ingredients. Max chose the following and his wound appeared considerably smaller by the time we left a week later.

Dead Sea mineral mud 60ml was added to:

- Garlic and Bitter almond (infection) – 10 drops of each
- Neem (anti-parasite) – half a teaspoon, to deter flies

We also applied beeswax (selected by Max) which was applied first to the wound, then it was packed with the mineral mud.

HEALING SINYA

In October 2007 The David Sheldrick Wildlife Trust asked me to help Sinya, a baby Amboseli elephant who had been rescued from a well near the Tanzanian border. She had immense bruising on her body, a large swollen area on her back, abrasions on her right foreleg and under the chin and ears, and hyena bites through her trunk. The extent of the tissue damage became clear as huge slabs of tissue began to turn necrotic above suppurating wounds.



Just days after clay treatment, healthy tissue began to emerge beneath necrotic skin

Sinya had been administered daily antibiotic injections but cleaning her wounds caused the elephant so much pain and distress that anaesthesia was scheduled for two days after my arrival.

My essential oil kit includes garlic oil which is hostile to bacteria and helps ward off infection. Sinya sometimes took up to 5ml at a time undiluted. She also inhaled the vapour to clear her trunk, blowing out what appeared to be dirt, pulling my hand into her mouth when I was holding the garlic oil bottle, and seeking it out when hidden in a pocket, for more to be dribbled neat onto her tongue.

For her horrific wounds green and red clay were an essential ingredient – we applied red clay to wounds where raw flesh was obvious. Then we applied green clay and turmeric to provide a protective top covering and dry out the wounds. This would draw out impurities while still allowing the wounds to breathe. It also inhibited bacteria from entering the damaged tissue and instantly got rid of all the flies.

Within days, the wounds looked so much better and the vets attending Sinya confirmed that aggressive cleaning under anaesthesia was no longer needed. Gradually over the following days, healthy tissue began to emerge beneath necrotic dead skin. Sinya's wounds were some of the worst the Trust has ever encountered. She had endured the loss of her family and unimaginable pain over many weeks. Now her horrific wounds are healing and this beautiful baby elephant is well on the road to recovery.

Caroline Ingraham qualified in aromatherapy over 20 years ago and aromatic plant extracts and their symbiotic relationship to animals have been her abiding passion. In 1995 she founded the first school of animal aromatherapy, her work with animals and aromatics is internationally acknowledged, and she is in demand as a speaker for professional bodies such as the British Holistic Veterinary Medicine Association.

Caroline's publications include *Aromatherapy for Horses* and the *Animal Aromatic Workbook*. For more information on her work and publications contact Caroline on 01497 822775, email caroline.ingraham@gmail.com or visit www.ingraham.co.uk

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The David Sheldrick Wildlife Trust (www.sheldrickwildlifetrust.org) near Nairobi in Kenya was established in 1977 in memory of the naturalist David Sheldrick MBE. David Sheldrick was the founder Warden of the Tsavo East National Park in Kenya where he served from 1948 to 1976.

The Trust works for the conservation and protection of wildlife in Kenya and its activities include anti-poaching operations, community outreach, mobile veterinary support, and the rescue, hand-rearing and rehabilitation of elephant and rhino orphans.

Cistus

(*Cistus ladaniferus*)

by Ian Smith FIFPA



FAMILY Cistaceae

SYNONYMS Labdanum, rock rose

DESCRIPTION A small sticky shrub up to 3m high, with lance-shaped leaves that are white and furry on the underside, and fragrant white flowers.

DISTRIBUTION Native to the mountainous coastal regions of the eastern Mediterranean countries and the Middle East.

RELATED SPECIES The genus *Cistus* consists of some eighteen species common around the Mediterranean, such as *C albidus*, *C crispus* and, notably, *C incanus*.

EXTRACTION Broadly speaking, cistus products are obtained from the leaves and stalks of *Cistus* spp, and labdanum products are prepared from the oleoresin gum obtained by boiling the plant material in water. An essential oil is obtained by steam distillation of the gum or directly from the leaves and twigs. An absolute is obtained by solvent extraction from the gum.

PRINCIPAL CONSTITUENTS

<i>Terpenes:</i>	α -pinene	46.9%
	camphene	5.7%
	limonene	1.4%
	ρ -cymene	1.4%
	χ -terpinene	1.3%
	aromadendrene	1.1%
<i>Alcohols:</i>	viridiflorol	5.0%
	trans-pino-carveol	2.9%
	borneol	2.5%
	ledol	1.4%
	terpinen-4-ol	1.2%
<i>Esters:</i>	bornyl acetate	3.0%

APPEARANCE The essential oil is a dark yellow to orange coloured liquid. The absolute is a greenish-brown viscous liquid or semi-solid mass.

ODOUR Burfield (2000) reports the oil as having a penetrating, herbaceous, woody aroma while the absolute has a powerful sweet, amber-balsamic odour.

BLENDING Blends well with clary sage, pine, juniper berry, lavender, lavandin, bergamot, cypress, vetivert, sandalwood and patchouli.

SAFETY Generally believed to be non-toxic and non-irritant (Tisserand & Balacs, 1995).

ACTIONS Antimicrobial, antiseptic, astringent, emmenagogue, expectorant, sedative and vulnerary.

USES Traditionally, the essential oil has been used in ointments and compresses to treat infected wounds and skin ulcers. Skin care is where it continues to find favour, being effective for eczema and psoriasis, mature skin and wrinkles. It is said to be beneficial for increasing lymphatic drainage and also in cases of coughs and bronchitis.

NOTES Used as a fixative in colognes and perfumes, especially oriental perfumes and aftershaves.

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Seasons of change

Use winter's dark days to your advantage, says Barbara Payne. Try some unfamiliar oils, update your essential oil knowledge, or even plan a herb garden for springtime planting



Undertaking seasonal aromatherapy for just one season could prove to be an enlightening experience. Using essential and fixed oils in set groups and seeing how they interact with each other

within that group can be instructive. I have experienced some powerful results - and some aromas which are a little different (but not unpleasant) - while experimenting!

FIND OUT MORE

When you decide to use oils which are unfamiliar it is interesting to research them. You can start with looking at existing data such as the excellent plant profiles that appear in each edition of this journal.

In books, videos, conversations with other professionals and via the internet we can scrutinise other people's statistics, although we need to make sure that the 'facts' are not fiction! Supplementary study should point the way.

Later on, through use and experience, you can set this alongside your own observations. Having sound information about groups of oils, and about individual oils, is vital if we are to benefit fully from the experiment.

The time we spend in personal study is never wasted because our knowledge can be used year after year with, of course, regular updates.

Finding out evidence for yourself and documenting it is fun. For instance, in this winter season, the group of oils is harvested from roots, fruits, woods and evergreens.



Our winter repertoire of essential oils includes roots, fruits, woods, and evergreens such as *Rosmarinus officinalis*. Photograph © 2005 J. Katie Barndt

Pick one group - evergreens for example, and from those, choose one oil, perhaps *Rosmarinus officinalis*. What is it like? Is it thin and runny or more viscous? Use a test strip to get your first impression of the aroma. Use each nostril separately, then together. Document your findings eg date, time, temperature of the room. Describe the smell, is it herby, refreshing? Keep the test strip and go back to it periodically for 24 hours, each time documenting your findings. Has it changed? All the books in the world cannot give you this experience.

WATCH IT GROW

Ask yourself what you know about the plant that produced it. Where did it originate? What conditions does it need to flourish? If it is possible to buy a plant of the same species, why not buy one and watch it grow? Growing the plants that produce our oils is wonderful.

Remember that the oil in the plant can be as low as 0.05 per cent whereas the oil in the bottle is 100 per cent - so you immediately notice the difference.

To watch the leaves, flowers and fruits grow is very up-building. My former students used to come to my herb garden and paint a picture of a herb. This taught them to observe closely and appreciate the morphology of the plants.

Many essential oils come from herbs and even creating your own herb garden is not difficult. I will be writing about this in the next issue but now would be a good time for you to clear your land ready for your research.

Remember that most herbs require full sun. Draw on winter's dark days to your advantage - to use the winter oils, design and plan your research-garden and read up about the plants you wish to study.

Sheffield conference – upbeat and inspiring

An historic venue, engaging speakers, new ideas to enhance practice, and the chance to share experience with fellow professionals – Pat Herbert reports on IFPA's lively autumn conference and AGM

In 1624 the cutlery makers of Sheffield formed their own livery company, under the direction of a Master Cutler, to look after the interests of cutlers, scissor-smiths and shearsmiths throughout the parish of Sheffield and its outlying villages. In 1638 the company built a Cutlers' Hall in the city centre opposite the cathedral, the first of three halls on the site.

The present Cutlers' Hall, a Grade 2* Listed Building dating from 1832, is a shining example of Victorian architecture and its splendid main hall provided the perfect setting for the IFPA's 2007 Annual General Meeting and Conference.

On a bright early autumn day 130 IFPA members, including two from Japan and one from Russia, gathered in Sheffield for a stimulating day of learning and sharing. Entering the Cutlers' Hall we all ascended the magnificent sweeping staircase (which looked as if it was just waiting for Fred Astaire and Ginger Rogers to dance down it!) until we reached the main hall for the conference sessions. It would be difficult not to feel the weight of history in this elegant room with its decorated ceiling, marble pillars, and portraits of past Master Cutlers who seemed to look down kindly on our proceedings.

RESEARCH EXPERIENCE

After a warm welcome from IFPA Conference Chair Sue Charles, we

started the day with an encouraging and informative presentation on research by Sue Jenkins. IFPA Council member Sue (and new IFPA Council Chair) has a private practice, lectures in Complementary and Alternative Medicine at Napier University Edinburgh and is Principal of the Edinburgh School of Holistic Aromatherapy. In her session, *Essential oils and blood pressure – a research journey, warts and all*, Sue shared her experience of carrying out a double-blind comparative study at Napier University to discover whether essential oils reduce or increase blood pressure.

Taking us through each project stage, she outlined the successes and pitfalls she encountered. Her results showed that the two essential oils tested were unlikely to affect normal blood pressure when inhaled and she now plans a second stage study looking at the effect of essential oils on people with high and low blood pressure. In conclusion, Sue encouraged IFPA members to have the confidence to carry out their own case studies and small-scale research projects. "In aromatherapy," she said, "you are the experts."

ORIENTAL MEDICINE AND AROMATHERAPY

After a coffee break and time for a quick look at the trade exhibition in the Old Banqueting Hall, it was back to the conference hall to hear Gabriel Mojay's presentation on *Aromatic*

Acupressure. In this, he explained how the effectiveness of aromatherapy massage could be enhanced through the synergistic use of Oriental acupoints and essential oils.

Gabriel, who is Principal of the Institute of Traditional Herbal Medicine and Aromatherapy and a founding co-Chair of the IFPA, is one of the profession's most stimulating and experienced speakers with an enthusiastic style that's a favourite with IFPA conference audiences.

He began by inviting us to consider what the practical value of applying Oriental medicine to aromatherapy might be. He went on to introduce the core elements of Aromatic Acupressure by examining the comparative energetic properties of important acupoints and essential oils, and suggesting ways in which they could be combined to treat a range of problems commonly encountered in practice. ►

Opposite – clockwise from the left: Speakers received an enthusiastic response; New IFPA Council Chair Sue Jenkins; Newly qualified aromatherapist Pauline Gourlet (left) receives her diploma from Fran Rawlings; Susan Curtis, Medicines Director, Neal's Yard Remedies; Education Chair Rhiannon Môn Jones (left) with Angela Wells, winner of 2007 IFPA Case Study Award; Fran Rawlings (right) presents Retiring Chair's award to Barbara Payne



During the lunch break members took the opportunity to catch up with old friends and make new contacts, to look around the Cutlers' Hall and admire its impressive silver collection, or to visit the busy trade stands. Represented at the trade show were Alpha Music, Bioflow and Ecoflow, Daoyin Tao International, Essential Training Solutions Ltd, Neal's Yard Remedies, Oshadhi Ltd, Penny Price Aromatherapy, Shirley Price Aromatherapy and *Today's Therapist*, many of whom had donated products for our lovely 'goodie' bags.

approach towards using energetic remedies." Susan also discussed ways in which she has helped aromatherapists find their own way of incorporating these two extremes into their therapeutic style.

CELEBRATING ACHIEVEMENT

After the tea break (enhanced by homemade cakes!) it was time to get down to business at the AGM. This was also the occasion to present awards in recognition of achievement and service. First, Fran Rawlings

tirelessly above and beyond her Chair's duties and been an inspirational leader for the IFPA." Fran was delighted but very surprised to receive this award and said "I missed the July Council meeting and had no idea they were doing this!" The Federation was also pleased to award an Honorary Membership to Geoff Lyth in recognition of his exceptional services to aromatherapy as Chairman of the Aromatherapy Trade Council (ATC).

Newly qualified aromatherapist Pauline Gourlet from St Andrews was presented with her diploma while the 2007 Case Study Award was presented to Angela Wells. Angela's case study and the study submitted by runner-up Cath Boyle will be published in *In Essence* in due course. In presenting the award, Education Chair Rhiannon Môn Jones urged members to consider entering a case history for the 2008 award, which will offer separate categories for students and practising members.

This Sheffield conference was a great success – it managed to be studious, inspiring and informative but also very relaxed and enjoyable. It was very clear that members were there to learn and they enjoyed the opportunity to deepen their understanding of clinical aromatherapy and to take from the day ideas and knowledge they could use to enhance their therapeutic practice.

Thanks to all those who worked so hard to make the event so worthwhile and smooth-running: Conference Chair Sue Charles and Jodie and Kerry from the IFPA office; the lively speakers; the trade show exhibitors; our insurers Balens who sponsored the day's programme; and, of course, the members whose enthusiasm gave the day its excitement and buzz.

The next IFPA conference will be a two-day event in Cardiff on 4–5 October 2008. IFPA conferences take months of organising and hard work and it would be great if more members felt able to support them. It's a wonderful chance to share experience with fellow professionals, to find out what's new in aromatherapy, and to learn how you can develop your practice.

Why not join other members at the 2008 event and find out for yourself why IFPA conferences are so special?



Our conference sessions were held in the magnificent main hall. Added to the Cutlers' Hall in 1867, this is now a popular Sheffield conference venue. It features marble pillars, chandeliers and a decorated ceiling

COMBINING SCIENCE AND INTUITION

The afternoon session – *What's Holistic about Aromatherapy?* – was presented by Susan Curtis, Medicines Director for Neal's Yard Remedies. Susan, a qualified homoeopath, has a busy London practice, teaches on courses in natural medicine and has also published widely in her field.

In a lively talk she explored models that help us to understand how essential oils work on the whole person. Essential oils are so much more than a group of chemical constituents, she said, just as we are more than a bag of physio-chemical reactions. She went on to say that the challenge of natural therapies in the 21st century "is to combine an understanding and practice of biochemical intervention and clinical research, with a more intuitive

presented the Retiring Chair's Award to Barbara Payne for her major contribution to the aromatherapy profession. Barbara, who contributes a regular 'Seasons of Change' feature to *In Essence*, has been an inspirational aromatherapy practitioner and teacher for almost two decades. She served as Chair of ISPA in 1998 and, through her writing, lectures and media appearances, has worked hard to promote aromatherapy and its benefits to a wide audience.

This year two IFPA Fellowship Awards were awarded in recognition of outstanding contributions to the profession: to educator and author Rhiannon Harris for her work in promoting an evidence-based approach to aromatherapy, and to Fran Rawlings, retiring Chair of the IFPA Council who, said fellow Council member Sue Jenkins, "has worked

Healing hands

Inge Westerlinck arrived in the UK eight years ago knowing nothing about aromatherapy. Now she runs a very busy clinic and a training academy. Here she explains how it all began



Inge Westerlinck

“Eight years ago I gave up my job as a full-time executive assistant in my native Belgium to follow my husband Peter to Teesside towards a new job and a new life. Our children – Marijke aged five and Tom aged four – were thrilled that I was going to be a stay-at-home mum.

We all settled well into Saltburn, a Victorian town on the North East coast. As I only had ‘schoolgirl’ English and the children couldn’t speak English at all, I accompanied them to school for the first few months and gradually got to know other mums. One of them introduced me to aromatherapy as a way of helping the children with their aches and pains.

My fascination for essential oils led me to enrol on an evening course. The aromatherapy bug now bit me – hard! My first qualification was the Aromatherapy and Therapeutic Massage Diploma, after which I became a member of the then RQA and IFA, and later the IFPA.

Next I enrolled on a Sports Therapy Diploma to study muscles, joints, nutrition and exercise. For this course I had to carry out case studies so I transformed our guestroom into a treatment room. I had found myself the perfect hobby, combining being at home for the family with working.

BUSINESS POTENTIAL

After I completed my Diploma studies many of the people featured in my case studies kept coming back, and they talked to friends who were also interested in treatment. Seeing the potential, I drew up a business plan to help me develop my idea into a viable business. From March to October 2002 I worked as a sole trader until my accountant advised me to become a limited company.

Still keen to expand my knowledge I enrolled on courses in Indian head massage and Thai massage and became so intrigued by the Eastern approach to the body that I decided to travel to Thailand to find out more. Alone in Bangkok, I was surrounded by people of a different culture who spoke little English – I tried to pick up simple Thai words and used a lot of sign language!

I spent six to 10 hours a day on my hands and knees practising the skills and achieved Traditional and Advanced Thai Medical Massage and Thai Reflexology qualifications in the Temple of Wat Po. This amazing experience exceeded all my expectations.

The Thai approach to health and well-being is to integrate traditional complementary medicine into everyday life, keeping stress levels low. That’s what I would bring back to the UK, I decided! I dreamed of setting up a clinic offering complementary therapies to improve and maintain health and well-being.

My market research showed me that many people feel the current healthcare system is brilliant for acute medicine but not for chronic or stress-related disorders. They wanted coping strategies, tackling the root cause rather than numbing the symptoms with pills and potions.

All this set me thinking – I wanted to offer a service to work alongside the existing healthcare system.

The hobby had now grown into a respectable business. Then, one day, we passed a beautiful Victorian house with private gardens. Perfect and available! Eight weeks later, in September 2004, we moved in. Now I had a complementary medicine clinic in a 21-roomed house!

BUSINESS SUCCESS

I did some training for my new role as employer and took on both an administrator and a therapist to help with the ever-increasing clientele. Three years later, my turnover has increased ten-fold and I employ several people. I also provide treatment rooms for other complementary therapists. I have a client base of over 1000 and have provided more than 10,000 treatments to people from all over the UK and abroad. My ‘Healing Hands’ clinic offers holistic and clinical treatments – 13 different types of massage, energy healing, osteopathy, acupuncture and homeopathy.

At the end of last year I went to Canada to finish my training in MLD/CDT (Vodder Method). This has enabled me to work alongside the healthcare system even more closely in providing treatment for lymphoedema.

For a while I had been wondering what good are my skills and my experience if I can’t pass them on? So in January 2007 I set up a training academy, offering internationally-recognised complementary healthcare training and postgraduate training for practitioners to develop their knowledge and skills.

My hobby has grown into a fantastic clinic with some help from the right people at the right time. It has made my dream come true and provides a service to the community.

WE’D LOVE TO HEAR YOUR STORY

Tell us how you managed to get started and how you run your aromatherapy practice.

IFPA looks forward to a steady future

At the Annual General Meeting on 6 October 2007 the IFPA Council looked back on a year of progress and forward to a period of development

CHAIR

FRAN RAWLINGS



This past year has been one of continued steady progress as your Council has continued in its efforts to make the IFPA the organisation of choice for aromatherapists and students and to enable members of the public to find well-trained aromatherapists.

The Council has recently been involved in the establishment of a new group, formed from the founding members of the Aromatherapy Consortium, and the IFPA hosted the group's first meeting at our Hinckley offices earlier this year. Along with its other activities this group will keep a keen eye on what happens with the Aromatherapy Council.

Last year I reported that the IFPA had purchased the property used for administration in Hinckley. This means that mortgage repayments have replaced the rental costs and we will have assets to show for our mortgage repayments.

I would also like to report that the IFPA was the only aromatherapy organisation invited by Elsevier to participate in the planning of on-line Continuing Professional Development (CPD). This should be launched within the next couple of years and will enable those unable to attend courses or study days to undertake CPD from home.

Each member of the IFPA Council gives willingly of their expertise and freely of their time and I would like to thank them for their hard work and support. I would like to thank Pat Herbert for all her hard work in editing *In Essence*. I would also like to especially thank Gabriel Mojay with whom I originally trained as an aromatherapist and who has been my mentor for many years. Gabriel has continued to work behind the scenes since retiring from Council to assist in the organisation of our conferences.

Finally my thanks go to the staff at Hinckley, namely Lisa, Kerry, Julie, Jodie and Neil who continue to work with dedication to serve all the IFPA membership.

SECRETARY

STELLA REEVE



This year has truly stretched my secretarial 'muscles'! The IFPA is both a registered charity and a company limited by guarantee, so we always have legislation to deal with, but this year has been exceptional!

The Charities Act 2006 began to be implemented in February 2007 and will take two years to complete. It marks the dawning of a new age in charity law and regulation in England and Wales and will create the most significant changes in this part of English law for perhaps 400 years. As if one Act was not enough, the Companies Act 2006 was also introduced and, at over 700 pages, is the longest Act ever considered by the UK parliament.

Trying to decipher the relevant issues for the IFPA would have tested even the most determined trustee! So, for advice, I attended a Charity Secretarial Administration course to make sure that the IFPA is complying with the new legislation. A separate report is available for any member who would like more details.

The Council currently has 12 members – Liz Tams (Membership Chair) resigned in May 2007. Rhiannon Môn Jones was co-opted as Education Chair after the last AGM.

Council has continued meeting bi-monthly, with telephone conferences in alternate months. Council has also held its first full meeting by telephone. This option is especially useful for discussing single issues of importance.

As always, I am able to rely on the staff at Hinckley for many administrative jobs and thank them for their help and support.

TREASURER

FRAN DOIDGE



My role as Treasurer is to obtain an overview of our finances, to look for any possibility of shortfall, and to plan for a financially bright future. As a charity we have to show that we fulfil our obligations in supporting the education of both the public and our members.

The IFPA's first five years have been years of consolidation and this year we were able to purchase our premises. We can now be sure of our outgoings for the long term since we know the payments for these premises for the next 10 years (at current interest rates). Our end-of-year figures show a slight rise in profit to £26,936 from £25,105 in 2006. We can now invest in practices that support our membership and fulfil our aims. We do not seek to be a profit-making organisation; we seek to re-invest any profit to the benefit of the membership and the public.

Figures for the expected cash flow for 2007/2008 and a table comparing expenses and income over the past five years are available from the IFPA office (details on page 3). When considering this information please note that it does not absolutely reflect the audited figures (see below) but is designed to show the trend.

We were pleased to be able to reduce our membership fees from £82.50 (including VAT) to £80 (including VAT) for a full member this year and each year we will review this figure and continue to drop membership fees as and when we can. This reduction in fees decreased our income by approximately £17,000.

Auditors' report: This year's auditors' report from Cunnington and Co again shows that we are accountable at every stage. We have acted on the small suggestions made in order to streamline our financial affairs and the financial accounts give a true and fair view of the state of the Federation's affairs as at 31 March 2007. (Copies of the accounts are available from the IFPA office – details on page 3.)

Income and expenditure: Our income is largely our membership fees, which we receive at the beginning of the financial year. We then have to ensure that we have enough for our needs to the end of the year! The drop in our membership this year means that we received around £160,000 as compared to around £175,000 last year. Our total turnover was just under £229,553 as compared with £245,828 last year.

Expenditure: We are pleased to report that the solicitors' fees incurred in our fight to retain our IFPA name when challenged by the Charities Commission was £5,000 (lower than the expected figure of £9,000). We have not been able to claim any compensation for these costs. The purchase fees for the Hinckley premises were just under £1,000.

We have also continued to update our software and database facilities – this is an ongoing programme. Our regular expenditure is now steady each year since we have fine-tuned our office arrangements etc. Expenditure for this year is £201,166 as compared with £208,309 last year.

Current assets: Our current assets less current liabilities were £63,816 as compared with £110,667 last year. When taking out our mortgage the lenders advised us to retain a sum of £20,000 in a long-term savings account to cover any sudden shortfall and we project that we will have an additional, in-hand surplus of £8,000 at the end of March 2007. This is a comfortable amount to hold with regard to our charitable status.

In order to help make our figures more user-friendly, I have created a comparison table which enables me to give you a more easy-to-understand picture of the accounts. This summarises our yearly income and expenditure over the years enabling us to see the trends.

IFPA 2006 conference: We were pleased to show a profit of over £4,000 which has been very welcome.

Conference room hire: Now that the IFPA owns its own premises we are considering the possibility of making our conference room available for hire.

Cassini case: This refers to the case made against the IFPA two years ago. The IFPA won this case and we have been trying to obtain compensation from this party without success. We have therefore had to write off the sum of £15,000.

Conclusion: This year's figures cover the period covering the purchase of our premises and we end the year stable and secure. The purchase of our premises has made our financial situation even more secure and our membership numbers have stabilised at approximately 2,000 for this current year, similar to last year. We are happy that we are able to support our membership and the aims of our association as a charity. We welcome your ideas as to how we can improve the services we offer to you as members.

ACCREDITATION

JANE BUCKLE



At the end of 2007 the IFPA has 48 schools offering basic training in the UK, Southern Ireland, Asia, Australia and New Zealand:

Active schools in UK	37
Active schools overseas	11
Schools on retainer	7
New schools	2
New schools pending accreditation	4
Withdrawn schools	2

We welcome our new schools which are a mix of new solo schools, new satellite schools and new franchised schools.

New schools for 2007:

Guildford College of Aromatherapy – Japan

Kendal College – Cumbria

New schools pending accreditation:

Ethos – County Durham

21st Century Aesthetic & Wellness Training – Singapore

Japan Ecôle de Aromatherapie – Japan

The Tokyo College of Aromatherapy – Japan

Schools withdrawn 2007:

Durham Aromatherapy Academy (no longer trading)

Isis College (no students)

It may be helpful to make clear the difference between satellite and franchised schools:

Satellite: The venue is different but everything else, including teaching staff, is the same as the mother (main) school. Satellite schools have reduced fees since there is less administration involved.

Franchised: Franchised schools have a strong link to a mother school but use different documentation/learning materials, different staff and generate income for themselves. These schools pay the same fees as a main school since the administration is the same.

All new school applicants receive an IFPA pack explaining what documentation they need to produce (this includes samples of their handouts and examination papers). Once the paperwork has been checked by an appointed IFPA school inspector, the inspector visits and checks the proposed premises and any additional documentation required, and speaks to the students if they have started (otherwise this part is deferred until the first intake and an action plan initiated). Once a school is accredited it must pay annual fees to the IFPA and undergo re-accreditation every four years – in this way the quality and consistency of IFPA standards are monitored and maintained. Schools inspectors are principal tutors who live/work within the region but who are not local competitors.

We still have few schools on retainer (not running but still paying reduced fees and advertising) and, sadly, we have seen a few more schools close, mostly due to running costs and low student numbers.

I wish the new Chair of Accreditation all the best. I would like to end with a special thank you to Kerry (IFPA secretary) who has maintained the database and helped me with the accreditation work, and to Sue Jenkins and Fran Rawlings.

CHARITY

ANN LEACH



This report is the account of activity from April 2006 to March 2007.

I have served as the IFPA Council Chair of Charities for the past two years. My annual report last year gave considerable detail about the proposed and ongoing work I am involved in and

this has been completed and verified by all Council members on a regular basis at meetings. As IFPA continues to change, develop and evolve for members, the aims and objectives for the use of AromaWorld Charity funds remain the same.

The following are the areas for which IFPA bursary funding applies:

- Major scholarship funding for students studying aromatherapy in IFPA-accredited schools to pay course fees
- In addition to course fees, help with equipment/books for study is available
- Help with travel/accommodation while studying
- Financial support to attend conferences
- Other educational grants to support new ventures in practice
- Support for our overseas members at the discretion of the IFPA Council International Chair.

The IFPA is there for all its members and you can be assured that all applications for any of the above will be considered with equity and parity by me, my sub-committee and all Council members.

Thank you to all members who support and contribute to the Gift Aid Scheme – this brings in monies to use within the AromaWorld funds. From April 2006 to April 2007 £8,439.07 was received from the Inland Revenue from Gift Aid.

Work has been developing around proposing to fund Continuing Professional Development (CPD) within the new CPD Strategy. The Council are aware of the difficulties some members experience in paying for their CPD activity and I have received requests from members asking for financial support.

Unfortunately, until now the IFPA has had to decline these requests since it had no policy on this issue. However Council agreed at the March 2007 Council Meeting to now fund 'one-off' CPD awards to members to help with meeting some of these difficulties. Please note that this will be **by application only** and applications should give details of the proposed activity to be undertaken. Application forms can be obtained from the IFPA office – details on page 3.

Awards and gifts made 2006/7

- 1 Individuals who are successful in the annual IFPA Acorn Research Award receive money at intervals to help with the current stage of their work. This applies to three members this year; two jointly undertaking a project in West Yorkshire, England and one undertaking her project in Scotland. These members will receive final payment in support of their work at the discretion of the Chair of Research & Scientific Matters.
- 2 Two students applied for major scholarship awards to support their aromatherapy training. Each received up to a maximum of £1,000.
- 3 The Case Study Award went to a member in North Yorkshire, England who was awarded £75.
- 4 Financial support has also gone to four members to help with travel and accommodation, books and equipment.

- 5 Small study awards to five members – total £791.14
- 6 To Breast Cancer research from our 2006 AGM raffle – £55.60

At the time this report was due for submission to IFPA there were two applications for bursary monies awaiting a decision by Council. These will be included in next year's report.

The Chair of Charities position is due for re-election in October 2007 and I will be submitting my nomination to stand again for this position.

I have enjoyed my time as Chair working with all other Council members in securing a system to administer and monitor the awards and bursary section in a rigorous and transparent way. I will be happy to respond to members' requests via the IFPA Council email address.

Thank you to all Council and membership for your support and patience.

CONFERENCE

SUE CHARLES



2007 has certainly been a year full of changes and exciting developments in many areas – the Council, the country, our organisation, legislation and for individuals. It should always be borne in mind that change is an opportunity for new possibilities and growth but many people fear change and like things the

way they are and know and understand. Looking forward for a moment to 2008 this also promises to be a period for change, and certainly one of change for the Council with many vacant chairs to be filled. So there are lots of new challenges ahead.

I reported at last year's AGM that Council had decided to hold two one-day conferences on a trial basis for 2007. The reasoning behind this was to ascertain whether more members would attend our conferences if this practice was to be continued, and also if most of our members would prefer one-day conferences to our usual two-day conferences.

It was apparent from the one-day event held at Regent's College London in April, and from the conference evaluation feedback forms received, that our first conference of 2007 was a resounding success and that delegates who attended did indeed prefer the one-day style for future conferences. A summary of the results of the evaluation forms received was published in the last edition of *In Essence*.

However, some Council members felt that this feedback, while very good, did not truly represent the whole of our membership since it only included the views of some of those attending the one-day conference and was not fully reflective of all members' views. So Council decided that next year we should hold a two-day conference and compare the completed evaluation forms from that conference with those we receive for the two one-day

conferences held this year. It is very important that all delegates who attend our conferences complete the evaluation forms in order that Council can decide the format for our future events. This way we can offer members exactly what you prefer for the yearly conferences.

I am pleased to announce that we will be holding our 2008 two-day conference in Cardiff and that this location is easily reached from many areas of the country. We have never held a conference in Wales before and I am sure that it will be a popular location. There are trains from London, Birmingham, Manchester, Liverpool, Nottingham, Bristol, Southampton, Exeter, and Portsmouth directly into Cardiff. There is also an international airport and this is just a short taxi ride away from the centre of Cardiff.

Although the 2008 conference will be a two-day event, a daily delegate option will also be offered so that those who cannot, or do not wish to attend a full weekend event, will be able to choose to attend on a one-day-only basis. This way we will hopefully be providing something to suit everyone. The conference (apart from the AGM) will also be open to non-IFPA members and this means that family members, friends and practitioners from other non-IFPA approved training establishments will be able to attend and see for themselves the high standards the IFPA adheres to.

I have really enjoyed my year as your Conference Chair. It has been a very busy time with many challenges and I am looking forward to the year ahead and firmly hoping to see more people able to attend these events. I fully believe our conferences are a means by which we are able to learn, update skills, network, meet new and old friends and have a pleasant place to relax, refresh and unwind in our very busy and occupied lives.

CONTINUING PROFESSIONAL DEVELOPMENT

ANITA JAMES



It has been another busy year for me personally and in the position of CPD Chair. I would like to thank both the office staff and my sub-committee for their continuing help and support.

A large step has been taken towards the advent of CPD centres since we now have an approved format and hope to be able to launch a pilot CPD centre shortly. This has been a much larger task than I would ever have imagined but we now have a structure within which to work. The CPD sub-committee has been invaluable in this process as they all have experience in different fields.

Now that voluntary self-regulation is in place it is crucial that you complete and record your CPD hours. I would encourage you, if you have not already done so, to start to build up a portfolio of evidence showing your training, qualifications and ongoing CPD activities – this also makes it so much easier to complete your renewal forms. The format of CPD and requirements has caused much

discussion, both within the Council and the IFPA office this year. As a result, it has been decided to change the CPD requirement back to 12 hours per year with six being category A and the other six being either A or B. There will be a carry-over of hours for certain activities. Details of this will be given in a future *In Essence* article and also with your 2008 renewals.

The main decision for this change is that it makes it easier for the office staff to administer. Also it is hoped that members will no longer find themselves in a situation where they feel they have an unattainable number of hours to complete. There are many ways of completing CPD hours – many of which were listed in the Summer 2007 issue of *In Essence*. CPD should be educational, inspiring and fun, not something that brings a feeling of dread.

If you have any questions about CPD please feel free to contact me through the IFPA office – details on page 3.

EDUCATION & EXAMINATIONS

RHIANNON MÔN JONES (CO-OPTED)



Spurred on by Sue Jenkins' appeal to members in her 2006 AGM report, and by my belated realisation that it is not necessary to be in charge of an IFPA-accredited school to undertake this role, I approached Sue and Fran Rawlings towards the end of the 2006 conference and was invited to attend

the November Council meeting as an observer, with a view to being co-opted if Council members were in agreement. I felt I was made very welcome by Council and the office staff at that meeting, and was very happy at the end of a long and interesting day to accept the invitation to be co-opted.

Over the next few months I was gradually introduced to IFPA Council procedures, shadowing Sue in the Education Chair role, co-operating on the completion of several tasks she had already begun and taking over responsibility for new initiatives.

I have received a great deal of support and assistance from Fran Rawlings as IFPA Chair, Stella Reeve as Secretary, and from the office staff, in all aspects of administration relating to education issues within IFPA and I would like to record my thanks to all of them.

Special thanks are due to Kerry Payne for her unfailing, cheerful competence in continuing with the education secretarial work alongside the additional activities she has undertaken for Council during the office administrator Lisa Grewcock's absence.

Chairing the Schools' meeting for the first time in March was a rewarding experience, providing discussion with so many enthusiastic representatives of IFPA schools – and I was greatly helped by Kerry's assistance with the preparatory administration and with drafting the minutes.

I will be standing for election to this Chair at the AGM and, if the membership is in agreement, I would be honoured to continue to serve you in this capacity for 2007-2008. I have drawn up a list of objectives (available from the IFPA office – details on page 3) and will work to develop these, as well as responding to new suggestions and enquiries from members on any matters relating to education.

INTERNATIONAL

VERONICA SIBLEY



My first year as International Chair has proved to be a good steady progress for 2007. My objectives to represent and support our overseas therapists for this year are now being fulfilled. For the first time, therapists from Japan, South Korea and China who do not have a good command of English can

have their application forms to join the IFPA in their own language. I would like to thank Koh Hyea Jung (South Korea), Iris Yip (Hong Kong) and Naoko Shillingford (Japan) for their help.

The four of us are also working together translating the essential oil profiles from IFPA's *In Essence* journal. We cannot actually print the foreign font in the magazine since this would upset the standard font used, so until this matter can be resolved we are printing off individual papers to be enclosed with the magazine. It is not brilliant but it is better than nothing at all.

I am looking to book an IFPA trade stand at the Cosmoprof Asia Exhibition, promoting the IFPA to Asia, either this November or next year. I am also keen for us to hold our first conference next year and have sent out a questionnaire asking if our overseas therapists were interested. The response was very positive with 50 therapists wanting us to visit. Thank you to those who have offered to help – I have kept a record and will be getting in touch. I have enjoyed my year as International Chair and will be standing again, so hopefully we can continue the good work.

MEMBERSHIP

LIZ TAMS Caretakers: Fran Rawlings and Fran Doidge

This has been another busy year. We have dealt with many members' enquiries including questions about practice, essential oils and first aid. Many of the enquiries we receive regarding practice and the use of essential oils result in the office re-directing members to their original training establishments who have a duty to support their qualified aromatherapists.

This year we have had two cases of complaint against an IFPA school by a student and these have now been investigated and resolved. There is another in progress and this should be completed soon.

Unfortunately, since we (Fran Rawlings and Fran Doidge) have only been able to caretake the Membership Chair's role the members' benefits have not been expanded this year. However there are plans for this to happen.

As in previous years we experience a large number of non-renewals in April but over the year the numbers do seem to get back to a level similar to that just before renewal time. As part of a management course our office manager Lisa Grewcock carried out a study on why members did not renew and we hope to be able to publish extracts of this in a forthcoming edition of *In Essence*.

We look forward to a new Membership Chair coming into post who will be able to devote time to building up membership benefits as well as being a resource for all IFPA members.

IFPA Membership	2007	2006
Renewals	1742	1657
Non-renewals	499	565
New applications	165	145
Membership total	2406	2367

CPD credits for attendance at the 2007 conferences:
1 day – 6 hours

PRESS & PUBLIC RELATIONS

MARION FEWKES



My second year in post has been focused on raising and maintaining the profile of the Federation across a range of activities. I have also sought to draw public attention to the importance of choosing a therapist who is trained to the highest level of competence and to direct potential students to our

affiliated colleges. Once again, the realisation of these aims has been facilitated through taking up exhibition space where appropriate and cost-effective and to promoting the IFPA, its members and services through a range of advertising opportunities.

Our main showcase this year was the Vitality Show at Olympia which ran from 29 March – 1 April. This was hugely well attended, was opened by Virginia McKeith and featured a range of interesting speakers on a variety of stages.

One of our members – Harriet Robinson – offered mini-treatments to the public and we were kept busy by the interest aroused through this activity. All of our members are encouraged to make use of this type of opportunity to promote their own practice while also helping the Federation.

Other exhibitions at which we had a presence were the Royal College of Nursing's Complementary Therapies in Nursing Forum at Aintree Racecourse in Liverpool in early

October and the Royal College of Midwives conference in Edinburgh, again in October.

It is interesting to compare the audiences at the different types of exhibition – from those dedicated to esoteric and alternative treatments through to more mainstream complementary therapies and on to exhibitions for the beauty industry. Having experienced all three over the last couple of years I have found that those involved in the beauty sector have an astounding degree of interest in professional aromatherapy.

This applies to beauticians seeking to train to a higher level – both to increase their own job satisfaction and to maximise their business potential – and to members of the public looking for something more than just a beauty treatment – holistic, professional aromatherapy. We shall be bearing this in mind in our planning for 2007/2008.

Our advertising profile has been maintained through a variety of journals and periodicals. A repeat advertisement appeared in *Today's Therapist* for six consecutive issues, running from September/October 2006 through to July/August 2007. We have a reciprocal arrangement running with *Positive Health*, advertising four times per year in their journal in return for their insertion in *In Essence*. This is a cost-effective way of promoting ourselves and we are seeking to extend this type of reciprocal arrangement with a couple of other journal publishers.

I re-affirm my intention to continue to serve all members and the International Federation of Professional Aromatherapists to the best of my ability during the coming year.

REGIONAL GROUPS

SASHA CUNNINGHAM



Since I reported at last year's AGM we have two new groups in the North of England: the Hebden Bridge group and the Humberside and East Yorkshire Aromatherapists. I wish them both the best of luck.

Internationally, we have two groups (Japan and Hong Kong) which are going from strength to strength. The Hong Kong group is very active and is doing some weekly voluntary work with orphaned children. Please see page 8 for more information about their aims and activities.

Other groups have had interesting talks on a wide range of topics, field trips and study days, all of which contribute towards CPD. All groups meet on a regular basis – some meet once a month, others get together every second or third month.

We now have an IFPA regional groups logo available for groups that wish to use it – contact IFPA office for details.

I plan to stand again for Regional Groups Chair and continue for a further year. Over the next year I hope to continue to support both existing and new groups. ➤

RESEARCH & SCIENTIFIC MATTERS

SUE JENKINS



Research module: I originally developed this module for the Edinburgh School of Holistic Aromatherapy of which I am Principal and it is currently being piloted by several schools and individuals.

Acorn research grants: In 2004–2005 an Acorn grant was awarded to a group in Bradford led by Patricia Bryden. The group is studying whether aromatherapy massage helps patients with breast cancer to cope with their illness. £1000 has been released for this study.

In 2005 – 2006 £2000 was awarded to Karen Hooton to enable her to carry out an investigation into the effectiveness of aromatherapy massage for depression and anxiety. £1000 has been released for this study to date.

Brief interim reports have been received from both recipients and we look forward to receiving the final results and completed papers for publication in *In Essence*.

Research papers scheme: A questionnaire went out to all members about the desirability and feasibility of providing synopses of research papers in *In Essence*.

The Council is also considering initiating a scheme to provide copies of up to eight papers a year for members who would like them. In order to do this the IFPA must have a license from the Copyright Licensing Authority and this will probably cost in the region of £500 *per annum* or £7.50 per copy, but is dependent on the number of copies we require.

If you haven't received your questionnaire please let me know and I will get one to you. If you haven't completed it and returned it please do, because that will inform Council's decision about the purchasing of copies.

Although there was a poor initial response from the survey, of those who did respond, the majority would like to see synopses provided in the journal and would be prepared to pay £5–£7 per article to obtain three originals per annum. Once all the responses are in, a full report will go to Council and will be published in *In Essence*, together with the final Council decision on the matter.

Come to IFPA'S 2008 Conference

The next IFPA Annual General Meeting and International Conference will be held in Cardiff 4–5 October 2008

Put this date in your 2008 diary now to make sure you don't miss next year's event

More news in the Spring edition of *In Essence*

First aid courses

The 2008 courses below are all run by IFPA-accredited schools

JANUARY

- 25 First Aid, led by Skillbase Training, Hinckley, £80 inc VAT **PPA**
- 29 First Aid for therapists, Ash, nr Aldershot, Surrey £85 **SEED**

FEBRUARY

- 2 First Aid, Dublin, 125 **OBU**
- 10 First Aid course, with Laura Stirling, Kingsbarns, St Andrews, Scotland £60 **ESHA**
- 22 First Aid for therapists, Barrow-in-Furness, Cumbria £85 **SEED**

APRIL

- 5 First Aid, Dublin, 125 **OBU**
- 18 Certified First Aid, London £75 (includes 30% discount for IFPA members) **NYR**

MAY

- 13 First Aid for therapists, Ash, nr Aldershot, Surrey £85 **SEED**

JULY

- 7 First Aid for therapists, Barrow-in-Furness, Cumbria £85 **SEED**

AUGUST

- 6 First Aid for therapists, Ash, nr Aldershot, Surrey £85 **SEED**

NOVEMBER

- 18 First aid for therapists, Ash, nr Aldershot, Surrey, £85 **SEED**

CONTACTS

ESHA Edinburgh School of Holistic Aromatherapy
Tel: 01334 880317
sujaroma@tiscali.co.uk

NYR Neal's Yard Remedies
Tel: 0207 9401404
courses@nealsyardremedies.com

OBU Obus Aromatherapy
Tel: 00 353 1 6282121
info@aromatherapytraining.com

PPA Penny Price Aromatherapy
Tel: 01455 251020
info@penny-price.com

SEED S.E.E.D. Institute
Tel: 01252 626448
SEEDInstUK@aol.com

Aromatherapy from dusk to dawn

In our last issue American practitioner Pam Conrad shared her excitement about learning about UK aromatherapy. Here she reports on what happened when she got home



When I returned to the United States my first venture was to start an aromatherapy practice and business called 'Aromas for Healing', offering complementary therapies for women's health. My plan to practise and teach aromatherapy for women's health did not in any way

include product development. I made contact with multiple hospitals with few favourable responses. A typical response was: "You want to do what with who?" Pregnant patients were certainly off limits. I began to realise that achieving my goals would take a while.

The first hospital group I was permitted to speak to was a post-partum depression group. After my presentation, I was asked to make products to sell in the hospital maternity gift shop. "No...no...OK – sure I'll do it." I must say that the products continue to open doors when other avenues are less than enthusiastic. The shop staff enthusiastically accompanied me to many speaking engagements to sell aromatherapy products. Through this, I was invited to start aromatherapy hospice/palliative care programmes in this hospital.

DUSK –AROMATIC HOSPICE

The door for aromatherapy often opens first in the care of the dying. I developed specialty educational programmes for hospice and palliative care nurses to offer aromatic gifts to patients – for anxiety, fear, nausea and to enhance their therapeutic environment. I'm thrilled to say that three hospices in Indianapolis now have clinical aromatherapy programmes.

SPREADING THE WORD

The scent of mint and citrus welcomed the courageous women of an integrated breast cancer support group I was invited to facilitate. An inner city medical centre was the setting where under-served women in active treatment met weekly to share their cancer journey.

The group met in the early afternoon, so my choice of blends aimed to ease their fatigue and nausea. In the

course of a year this group of eight to 15 women stayed alert and never complained of nausea. Near the end of each meeting, I offered group members lavender or mandarin on a tissue to soften their fear and anxiety and prepare them for a guided imagery exercise. Aromatic tissues generally went home with them and they would share how smelling the tissue mid-week would relax them as it had during the group.

At Purdue University, Indianapolis, I've been teaching multiple aromatherapy and CAM courses both to medical professionals and to interested members of the general public. In all my teaching I aim to enthuse my students by telling them about my aromatherapy experiences in England.

I've single-handedly introduced Denise Tiran's work and books, as well as the Ethel Burn's study, to every nurse and therapist I've spoken with about aromatherapy. Luckily Jane Buckle, having aromatically educated hundreds of nurses in the US, provides a much-appreciated clinical aromatherapy foundation for us all across the pond.

CONSULTANT ROLE

I am now working as a Complementary Nurse Consultant in a new integrative hospital pharmacy. My role encompasses developing and marketing aromatherapy products, sourcing botanical CAM products, and patient and staff education.

DAWN – MATERNITY CARE

In the next few months, clinical aromatherapy programmes will begin for nurses working in maternity care. In these I will bring together the knowledge gained from the Ethel Burn *et al* studies and Denise Tiran's clinic, and my time with those wonderful pregnant English women.

Qualified nurse Pam Conrad RN, BSN, PG Diploma, CCAP is a Certified Clinical aromatherapist and holds a PGDip in Complementary Studies. She is currently a complementary therapy nurse consultant.

As aromatherapists we need to take much more account of the evidence base for our essential oil choices. Over the past four issues Janetta Bensouilah and Philippa Buck have considered the evidence for using aromatherapy and essential oils to treat or manage a range of conditions. This is the last in their highly informative practice-based series of articles

Waging war on head lice

With head lice now proving resistant to insecticides, infestations amongst young children are increasing. So are essential oils a safe alternative treatment? Philippa Buck looks at the evidence



HEAD LICE MYTHS

Head lice are a common perennial problem in primary school-age children, with girls suffering more often than boys since they generally have greater head-to-head contact while they play

and chat. Most parents and carers know about head lice but there are still many myths surrounding them, some of which are listed in **Table 1**.

The head louse feeds by sucking blood, simultaneously injecting saliva which causes itching associated with infestation. A female louse lays one to six eggs a day for up to one month until death. The eggs, which are attached to a hair shaft close to the scalp, are initially translucent. The 1mm long cases (nits) become white and more visible after seven days when the nymphs hatch. Adult size (3–4mm long) is reached after 9–12 days in which time the nymph moults three times and becomes darker in colour. The nits remain firmly attached to the hair shaft and move away from the scalp as the hair grows. Lice are most often found behind the ears and at the back of the neck since they find food, moisture, warmth and shelter there.

The frequency of head lice infestations (*Pediculus humanus capitis*) was probably at its lowest in the UK in

the late 1980s to early 1990s, but the incidence is now increasing with insecticide resistance cited as the most likely cause (Burgess 2004).

TABLE 1

HEAD LICE – DISPELLING THE MYTHS

Adult lice do not hop, jump or fly. Prolonged head to head contact is required for infestation to occur

Pets are not vectors

Lice do not prefer dirty to clean hair. A healthy clean scalp provides a good blood supply on which to feed every 3–4 hours

Most often, fewer than 10 adult lice are found on the head

Having nits (egg cases) does not mean live lice are present

Using an insecticide does not stop children getting head lice

Although now a widespread problem, head louse infestations (pediculoses) in the UK usually cause only relatively minor problems such as itching and social embarrassment. This decrease in social tolerance and the increase in insecticide resistance to modern pediculicides, and concerns over their safety (Willis 1999), have fuelled interest in plant-derived and 'natural' head lice products in the UK.

DEATH BY VEGETABLE OIL!

Olive, soya, sunflower and corn oils are reported to kill a significant number of lice by suffocation of the lice spiracles if applied liberally for more than 12 hours (Mumcuoglu 1999). Olive oil, although not able to kill 100 per cent of eggs, has been shown to reduce egg hatch by depriving the egg of oxygen (Takano – Lee *et al* 2004).

It appears to be extremely difficult to drown lice on a host since they must be unable to breathe for at least eight hours continuously before mortality occurs (*ibid*).

Although keeping oily products on the hair for prolonged periods is often difficult, if it can be encouraged, their use does lubricate the hair and scalp thereby facilitating combing and the removal of lice and eggs. Although wet combing is advocated for detection purposes, research has demonstrated a cure rate of only 57 per cent (Hill *et al* 2005). Wet combing needs to be continued for up to two hours at a time and carried out four times over a period of at least two weeks if it is the only treatment of infestation eradication (Burgess 2001). Despite being harm-free this method of eradication is not an easy task on a wriggling toddler.

Ian Burgess, former Director of the Medical Entomology Centre, supports the use of olive oil or grape seed oil as scalp emollients to aid detection combing, advising against the use of conditioners containing panthenol and surfactants which cause foaming and may lead to adverse reactions (Burgess 2001). For such oily remedies to be an effective method of lice eradication, multiple treatments, together with a great deal of combing, are required (Meinking 1999).

Neem seed oil (*Aradirachta indica*) is an effective pesticide and insect repellent (Blackwell *et al* 2004) and has traditionally been used to treat a variety of skin and scalp complaints. The primary active ingredient of the oil is azadirachtin, a potent natural insect anti-feedant and growth regulator. It does not immediately kill but disrupts the growth and life cycle of the insect. There are now many neem-based formulations containing essential oils in the UK marketplace, examples include Nitty Gritty™ and Nice 'n' Clear™

ESSENTIAL OILS AS INSECTICIDES

Essential oils have been widely used in traditional medicine for their insecticidal and repellent activity against a variety of insects including body and hair lice. Despite the lack of published trials assessing the safety and efficacy of essential oils in the treatment of head lice infestations, the traditional use is supported by increasing



The common head louse is proving increasingly resistant to conventional insecticides

evidence that isolates of essential oils affect the behavioural responses of pests, with the monoterpeneoid isolates identified as the most useful insecticides and antifeedants (Palevitch & Craker 1994).

Many conventional pediculicides tend to fail to clear an infestation because of low efficacy on lice eggs, whereas essential oil constituents are reputed to have good ovicidal activity (Burgess 2004).

Essential oils possessing pediculicidal and/ or ovicidal activity are listed in **Table 2** (see page 30). Although some are unsuitable for topical application, especially with children, they are given to illustrate potential avenues for further research into natural alternatives to pesticides.

Melaleuca alternifolia at five per cent concentration has been shown to be an effective acaricide *in vitro* against *Sarcoptes scabiei* var. hominis (scabies mite); the monoterpene, terpinen-4-ol was identified as the primary active component (Walton SF *et al* 2004). The regular application of tea tree shampoo or conditioner for the prevention of head lice is frequently advocated by the media but overuse should be discouraged as this has not been shown to be an effective deterrent and there are increasing reports of sensitisation to the oil (Carson & Riley 2001).



Tea tree oil, shown to be effective against scabies mite, may not be so successful in combating head lice

Alcohol-based pharmacological lotions which have a contact time of 12 hours are reported as being more effective than aqueous formulations or shampoos which may not be in contact with hair long enough or diluted too much during use to be effective (Hadfield-Law 2000). Veal (1996) demonstrated that essential oils dissolved in alcohol produced greater mortality to lice and eggs if exposed overnight, compared to when water was used as the solvent.

Ethanol not only penetrates the insect cuticle faster than water but also aids dissolution of the glue attaching eggs to the hair shaft. Interestingly, the application of an oil/vinegar/essential oil rinse following the alcohol-based treatment, appeared to greatly increase the effectiveness of the oils. Veal suggests that it is the second application of the oils that makes the rinse effective rather than the vinegar. A recent study by Takano-Lee *et al* (2004) confirms vinegar to be ineffective at killing live female lice or preventing eggs from hatching.

Inhalation of alcoholic fumes can be problematic for asthmatics and young children. Advice from the Medical Entomology Centre in Cambridge is that, depending on the severity of the asthma, alcohol lotions can be used as long as they are applied for at least two hours before going to bed, close to the scalp and in the open air (Burgess 2001).

ESSENTIAL OIL ACTIVITY

The constituents of essential oils that produce pediculicidal and ovicidal activity have been studied to a greater extent than complete essential oils since researchers argue that, since the composition of any one type of essential oil varies according to growing conditions or extraction method, a more predictable performance will be attained if active components are identified and standardised in a product to within set limits.

Monoterpenols, phenols, phenolic ethers, ketones, oxides and aldehydes are most likely to be responsible for the pediculicidal and ovicidal activity of essential oils (Priestly *et al* 2006; Yang *et al* 2005; Lahlou *et al* 2000; Veal, 1996). **Table 3** lists essential oil components with demonstrated pediculicidal and/ or ovicidal activity. It should, however, be noted that the complete oil may demonstrate greater inhibition than the isolated component – for example the acaricidal activity of *Melaleuca alternifolia* is greater than terpinen-4-ol alone (Walton *et al* 2005).

Research by Priestly *et al* (2006) found that citronellol, nerolidol and geraniol were highly ovicidal but completely inactive as pediculicides. As far as ovicidal activity is concerned they found mono-oxygenated monocyclic or linear terpenoids were more ovicidal than non-oxygenated, dioxygenated or bicyclic terpenoids. These results agree with those of Veal (1996) who found *Rosmarinus officinalis*, which contains primarily hydrocarbons and bicyclic monoterpenoids, and *Pinus sylvestris* containing primarily hydrocarbons, were the only oils not to cause any ovicidal mortality when tested individually. Menthone, by contrast was inactive as an ovicide although highly pediculicidal.

TABLE 2

ESSENTIAL OILS POSSESSING PEDICULICIDAL AND/OR OVICIDAL ACTIVITY

PEDICULICIDAL

Cinnamomum zeylanicum (Veal, 1996; Yang, 2005)
Eucalyptus globulus (Yang, 2004b)
Lippia multiflora (Lahlou, 2000)
Melaleuca alternifolia (Veal, 1996)
Myristica fragrans (Veal, 1996)
Myrtus communis (Gauthier, 1989; Yang, 2004a)
Origanum vulgare (Veal, 1996)
Pinus sylvestris (Veal, 1996)
Rosmarinus officinalis (Veal, 1996; Yang, 2004a)
Thymus vulgaris (Veal, 1996)
 Anise (Mumcuoglu, 2002)
 Cardamon (Yang, 2004a)
 Clove bud (Yang, 2004a)
 Marjoram (Yang, 2004a)
 Rosewood (Yang, 2004a)
 Sage (Yang, 2004a)
 Ylang ylang (Mumcuoglu, 2002)

OVICIDAL

Eucalyptus caryophyllata gem & fol (Yang, 2003)
Eucalyptus globulus (Yang, 2004b)
Cinnamomum zeylanicum cort. (Yang, 2005)

HOW INSECTICIDES WORK

Most insecticides bind to receptor proteins in the insect's nervous system, disrupting neurotransmission and thereby causing paralysis and subsequent death. Recent evidence suggests that low molecular weight terpenoids may also bind to target sites on receptors that modulate nervous activity (Priestly *et al* 2003; Hold *et al* 2000).

Veal (1996) suggests that low molecular weight terpenoids may be too lipophilic to be soluble in the haemolymph after transfer across the cuticle and proposed a route of entry through the tracheae. This is supported by Yang *et al* (2005) who suggest the mode of delivery of essential oils is most likely to be by vapour action via the louse respiratory system.

SAFETY CONCERNS

Like many current over-the-counter pediculicides, effective essential oils carry safety concerns. Formulations using essential oils require close attention regarding dose and chemistry to produce safe but potent pediculicidal effects.

Cinnamomum zeylanicum cort. (cinnamon bark oil) and other oils which are considered unsafe for topical application, could potentially act as fumigants for treating

TABLE 3

ESSENTIAL OIL COMPONENTS WITH DEMONSTRATED PEDICULICIDAL AND/OR OVICIDAL ACTIVITY

PEDICULICIDAL

benzaldehyde (Yang, 2005)
 carvacrol (Priestley, 2006)
 1,8 cineole (Yang, 2004a; Gauthier, 1989)
 cinnamaldehyde (Yang, 2005)
 citronellal (Lahlou, 2000)
 eugenol (Yang, 2003; Lahlou, 2000)
 (-) -fenchone (Lahlou, 2000)
 geraniol (Priestley, 2006)
 geranyl acetate (Priestley, 2006)
 limonene (Lahlou, 2000)
 linalyl acetate (Priestley, 2006)
 linalool (Priestley, 2006; Yang, 2005; Lahlou, 2000)
 menthone (Priestley, 2006)
 (-) - menthol (Priestley, 2006)
 myrtenol (Lahlou, 2000)
 α-, β-pinene (Yang, 2004; Lahlou, 2000)
 pinocarveol (Yang, 2004a)
 pulegone (Priestley, 2006)
 terpinen-4-ol (Priestley, 2006)
 α-terpineol (Priestley, 2006; Yang, 2004a)
 thymol (Priestley, 2006)
 salicylaldehyde (Yang, 2005)

OVICIDAL

nerolidol (Priestley, 2006)
 thymol (Priestley, 2006)
 geraniol (Priestley, 2006)
 menthol (Priestley, 2006)
 citral (Priestley, 2006)
 citronellic acid (Priestley, 2006)
 linalool (Priestley, 2006)
 terpinen-4-ol (Priestley, 2006)
 α-terpineol (Priestley, 2006)

combs, hairbrushes and head wear. However, some authors believe there is a lack of evidence that transmission of head lice occurs via sharing such articles since few lice fall off the head and those that do are near death (Mumcuoglu, 1999).

CONCLUSION

To date there is greater *in vitro* than *in vivo* evidence to confirm that essential oils and/or their components are effective pediculicides and ovicides. *In vitro* evidence necessarily invites criticism when comparing *in vivo* studies and the therapeutic potential of formulated products, but these studies are useful to identify essential oil components, whether a single compound could suffice or

whether a combination of isolates or the complete oil would perform significantly better. In many of the studies quoted the effect of excipients has not been taken into consideration and this could have greatly contributed to insecticidal activity. This is apparent in the Suleo brand of head lice treatments currently available in the UK which use conventional insecticides but also contain limonene and terpineol as fragrant excipients. These products demonstrate unusually high ovicidal activity which is thought to be enhanced by the co-presence of the essential oil isolates (Priestley 2006).

It is hoped that this review may inspire practitioners to continue and strengthen the current *in vitro* evidence through case study documentation.

Footnote: Where botanical identification of oils has not been given in original research papers, it is reflected in this article.

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2008

JANUARY

- 5-6 Aromatherapy and traditional Chinese medicine: Essential oil therapeutics and Oriental diagnosis – Advanced Certificate Course with Gabriel Mojay, first of four weekends, London, £450 **ITHMA**
- 7-8 Thai head and shoulder massage, with Karen Bayley, Hinckley £160 inc VAT **PPA**
- 10-11 Holistic foot care, with Debbie Moore, Hinckley £160 inc VAT **PPA**
- 12 Ayurvedic (Advanced) Indian Head Massage, County Durham, £70 (pre-requisite: professionally recognised Indian Head Massage qualification) **ETHOS**
- 14-16 Therapeutic massage, Ash, nr Aldershot, Surrey, £450 **SEED**
- 17 Cupping and moxibustion, with Louise Hughes, Hinckley £80 inc VAT **PPA**
- 18 Tongue and face diagnosis, with Louise Hughes, Hinckley £80 inc VAT **PPA**
- 19-20 & 26-27 Remedial and sport-injuries massage, Barrow-in-Furness, Cumbria £360 **SEED**
- 19 Reflexology Diploma course begins, Dublin, 2600 **OBU**
- 20 Back care treatments, with Penny Price, Hinckley £80 inc VAT **PPA**
- 20 Hands Free, County Durham, £100 **ETHOS**
- 22-23 Hot stones Part 1, with Sofia Bedford, Hinckley £160 inc VAT **PPA**
- 24 Emotional Freedom Technique Level 1, County Durham, £120 **ETHOS**
- 26 Saturday Club, with Debbie Moore, Hinckley, FREE **PPA**
- 26-27 Certified Indian head massage, London, £140 **NYR**
- 27 Hopi ear candling, with Debbie Moore, Hinckley, £80 inc VAT **PPA**
- 28 Pregnancy, aromatherapy and massage, with Kate Nellist, Hinckley £80 inc VAT **PPA**
- 28-29 Chakras, colours and meridians, with Manon de Moor, Hinckley £160 inc VAT **PPA**
- 29 Postgraduate certificate in complementary therapies – 4 modules. University of Wolverhampton, £319.60 per module. **WOL**
- 29 Babies, children and aromatherapy, with Kate Nellist, Hinckley, £80 inc VAT **PPA**
- 30 Hormones and aromatherapy, with Kate Nellist, Hinckley, £80 inc VAT **PPA**
- 30-31 & 12 March Teaching Certificate in Baby Massage, County Durham, £300 **ETHOS**
- 31 Aromatherapy for the menopause, with Kate Nellist, Hinckley, £80 inc VAT **PPA**

FEBRUARY

- 1 Emotions and aromatherapy oils, with Kate Nellist, Hinckley, £80 inc VAT **PPA**

- 2 Chakra and auras, County Durham, £70 **ETHOS**
- 3 Seated neck and shoulders massage, Dublin 95 **OBU**
- 7 Hopi ear candling, Ash, nr Aldershot, Surrey £90 **SEED**
- 11-12 Advanced massage techniques – first 2 days, Ash, Nr Aldershot, Surrey, £90 per day **SEED**
- 11 Strain/counterstrain techniques, Ash, nr Aldershot, Surrey £90 **SEED**
- 12 Soft tissue dysfunction & muscle energy techniques, Ash, nr Aldershot, Surrey £90 **SEED**
- 13 Aromatherapeutic facial, Ash, nr Aldershot, Surrey £90 **SEED**
- 14 Hot herbal compress massage, with Karen Bayley, Hinckley, £80 inc VAT **PPA**
- 14 Japanese face massage, Ash, nr Aldershot, Surrey £95 **SEED**
- 15 Acupressure for common ailments, Ash, nr Aldershot, Surrey £90 **SEED**
- 22-24 Aromatic-kinesiology Level 1, Dublin, 350 **OBU**
- 23 Holistic Facial, County Durham, £70 **ETHOS**
- 23 Saturday Club, with Debbie Moore, Hinckley, FREE **PPA**
- 23-24 Lymphatic drainage massage for people with cancer, Barrow-in-Furness, Cumbria, £180 **SEED**

MARCH

- 1-2 Baby massage Part 1, with Alison Bayliss, Hinckley, £160 inc VAT **PPA**
- 1-2 Aromadermatology: Using aromatherapy for the treatment of common skin conditions – Advanced Certificate course with Philippa Buck and Janetta Bensouilah, first of two weekends, London £295 **ITHMA**.
- 2 Essential oil study day, Dublin 70 **OBU**
- 3 Aromatherapeutic facial, Barrow-in-Furness, Cumbria £90 **SEED**
- 4 Hopi ear candling, Barrow-in-Furness, Cumbria £90 **SEED**
- 5 Face reading, Dublin, 125 **OBU**
- 5 Japanese face massage, Barrow-in-Furness, Cumbria, £95 **SEED**
- 6 Japanese face massage – Advanced, Barrow-in-Furness, Cumbria £90 **SEED**
- 7 Pregnancy massage, Barrow-in-Furness, Cumbria £95 **SEED**
- 7-9 Aromatic-kinesiology Level 2, Dublin, 350 **OBU**
- 8-9 Hot stone massage, Barrow-in-Furness, Cumbria £180 **SEED**
- 15 Open Day, Hinckley, £30 inc VAT **PPA**
- 15-16 Hippocrates now! Aromatherapy seminar with Vicki Pitman, Kingsbarns, St Andrews, Scotland, £80 for one day, £150 for both **ESHA**
- 17 Chinese foot massage, Ash, nr Aldershot, Surrey £90 **SEED**
- 17 Cellulite treatments that work, with Debbie Moore, Hinckley, £80 inc VAT **PPA**

- 18 Hydrolats and carrier oils – properties and uses, with Debbie Moore, Hinckley, £80 inc VAT **PPA**
- 18-19 Ayurvedic facial, Ash, nr Aldershot, Surrey £190 **SEED**
- 19 Skin conditions and aromatherapy, Hinckley, £80 inc VAT **PPA**
- 20 Emotional Freedom Technique Level 2, County Durham, £70 **ETHOS**
- 20 Sitting back massage, Ash, nr Aldershot, Surrey £90 **SEED**
- 20 Ayurvedic body polish, Ash, nr Aldershot, Surrey £90 **SEED**
- 20 Chakra basti, Ash, nr Aldershot, Surrey £95 **SEED**
- 25-26 Ayurvedic Indian head massage, Ash, nr Aldershot, Surrey £180 **SEED**
- 28-30 Indian head massage, Dublin 300 **OBU**
- 29-30 Hot stone massage, Ash, nr Aldershot, Surrey £180 **SEED**

APRIL

- 2-3 Thai foot massage, with Karen Bayley, Hinckley, £160 inc VAT **PPA**
- 5 Aromatherapy for pregnancy and babies, Dublin 150 **OBU**
- 7-10 Remedial and sport-injuries massage, Ash, nr Aldershot, Surrey £360 **SEED**
- 8-9 Finger lift facials, with Sofia Bedford, Hinckley, £160 inc VAT **PPA**
- 10 Hopi ear candling, with Debbie Moore, Hinckley, £80 inc VAT **PPA**
- 11 Warm wax, with Debbie Moore, Hinckley, £80 inc VAT **PPA**
- 12 Run your practice as a business, Dublin 95 **OBU**
- 12-13 Introduction to Bach remedies, with Iris Mathers £80 ; Research/Ayurveda, with Sue Jenkins £80, (Book both days for £150.) Kingsbarns, St Andrews, Scotland **ESHA**
- 17-18 Tuina massage, with Louise Hughes, Hinckley, £160 inc VAT **PPA**
- 19-20 Teaching Infant Massage – Certificate course with Wendy Jackson, London, £150 **ITHMA**
- 19-20 Stone massage, Dublin 250 **OBU**
- 21-22 Lymphatic drainage massage for people with cancer, Ash, nr Aldershot, Surrey £180 **SEED**
- 22-23 Hot stone massage Part 1, with Sofia Bedford, Hinckley, £160 inc VAT **PPA**
- 23 Pregnancy massage, Ash, nr Aldershot, Surrey £95 **SEED**
- 26 Saturday Club, with Debbie Moore, Hinckley, FREE **PPA**
- 26 Chakra balancing, Ash, nr Aldershot, Surrey £70 **SEED**
- 26-27 Assessing and treating hip and leg problems, Ash, nr Aldershot, Surrey £180 **SEED**
- 26-27 Hot stone foot reflex massage, Ash, nr Aldershot, Surrey £180 **SEED**
- 26-28 Reflexology Part 1, with Lynn Hancher, Hinckley, £320 inc VAT **PPA**

- 27 Understanding meridian lines, Ash, nr Aldershot, Surrey £90 **SEED**
- 30 Holistic facials, with Debbie Moore, Hinckley, £80 inc VAT **PPA**

MAY

- 1 Strain/counterstrain techniques, Barrow-in-Furness, Cumbria £90 **SEED**
- 1-2 Advanced massage (days 1-2), Barrow-in-Furness, Cumbria £90 per day **SEED**
- 2 Soft tissue dysfunction & muscle energy techniques, Barrow-in-Furness, Cumbria £90 **SEED**
- 3-4 & 5 July Diploma in Indian Head Massage, County Durham, £250 **ETHOS**
- 6-7 Ayurvedic massage, Ash, nr Aldershot, Surrey £180 **SEED**
- 10-11 Foot reflex massage, Dublin 200 **OBU**
- 10-11 Aromatic waters, with Joe Nasr, Kingsbarns, St Andrews, Scotland, £150 **ESHA**
- 15-16 Holistic facial, London, £140 **NYR**
- 17 Chemistry of essential oils, Dublin 150 **OBU**
- 19 Hands free massage, Ash, nr Aldershot, Surrey £90 **SEED**
- 19-21 Advanced massage techniques (last 3 days), Ash, nr Aldershot, Surrey £90 per day, **SEED**
- 20 Trigger point massage, Ash, nr Aldershot, Surrey £90 **SEED**
- 21 Soft remedial massage, Ash, nr Aldershot, Surrey £90 **SEED**
- 22 Women through their ages, Ash, nr Aldershot, Surrey £90 **SEED**
- 23 Hypno-massage Part 1, Ash, nr Aldershot, Surrey £90 **SEED**
- 24 Hopi ear candling, Dublin 150 **OBU**

JUNE

- 9 Aromatherapeutic facial, Ash, nr Aldershot, Surrey £90 **SEED**
- 10 Japanese face massage, Ash, nr Aldershot, Surrey £95 **SEED**
- 11 Japanese face massage – Advanced, Ash, nr Aldershot, Surrey £90 **SEED**
- 12 Hopi ear candling, Ash, nr Aldershot, Surrey £90 **SEED**
- 21 Aromatherapy deluxe facial, Dublin 95 **OBU**
- 21-22 Hot stone therapy, Barrow-in-Furness, Cumbria £180 **SEED**
- 23-25 Therapeutic massage, Ash, nr Aldershot, Surrey £270 **SEED**
- 26-27 Pregnancy, babies & children aromatherapeutic massage, Barrow-in-Furness, Cumbria £180 **SEED**
- 26-27 Aromatherapy & Ayurveda, Barrow-in-Furness, Cumbria £180 **SEED**
- 28-29 Hot stone massage, Ash, nr Aldershot, Surrey £180 **SEED**
- 30 Chinese foot massage, Barrow-in-Furness, Cumbria £90 **SEED**

JULY

- 1-2 Ayurvedic facial, Barrow-in-Furness, Cumbria £190 **SEED**
- 3 Chakra basti, Barrow-in-Furness, Cumbria £95 **SEED**
- 4 Ayurvedic body polish, Barrow-in-Furness, Cumbria £90 **SEED**
- 9 Hands free massage, Barrow-in-Furness, Cumbria £90 **SEED**
- 9-10 Advanced massage (days 3-4), Barrow-in-Furness, Cumbria £90 per day **SEED**
- 10 Trigger point massage, Barrow-in-Furness, Cumbria £90 **SEED**
- 12-13 Massage masterclass, with Kareen Hogg, Kingsbarns, St Andrews, Scotland, £80 for one day, £150 for both days **ESHA**
- 19 Hot stone foot reflex massage, Ash, nr Aldershot, Surrey £180 **SEED**
- 19 Aromatherapy & palliative care, Ash, nr Aldershot, Surrey £140 **SEED**
- 19-20 Kinesiology for complementary therapists, Ash, nr Aldershot, Surrey £180 **SEED**
- 20 Hot stone meridian massage, Ash, nr Aldershot, Surrey £90 **SEED**
- 20 Body energies, Ash, nr Aldershot, Surrey, £85 **SEED**
- 28 Aromatherapy & the elderly, Barrow-in-Furness, Cumbria £90 **SEED**

AUGUST

- 8 Advanced massage techniques (day 5), Barrow-in-Furness, Cumbria £90 per day **SEED**
- 8 Soft remedial massage, Barrow-in-Furness, Cumbria £90 **SEED**
- 11-12 Pregnancy, babies, children aromatherapeutic massage, Ash, nr Aldershot, Surrey £180 **SEED**
- 13 Hypno-massage Part 1, Ash, nr Aldershot, Surrey £90 **SEED**
- 22 Pregnancy massage, Barrow-in-Furness, Cumbria £95 **SEED**
- 26-27 Aromatherapy & cancer, Ash, nr Aldershot, Surrey £180 **SEED**
- 26-27 Foot reflex assessment & massage, Ash, nr Aldershot, Surrey £180 **SEED**

SEPTEMBER

- 1 Strain/counterstrain, Ash, nr Aldershot, Surrey, £90 **SEED**
- 2 Soft tissue dysfunction & muscle energy techniques, Ash, nr Aldershot, Surrey £90 **SEED**
- 1-2 Remedial and sport-injuries massage Part 1, Barrow-in-Furness, Cumbria, £360 **SEED**
- 1-3 Advanced massage techniques (first 3 days), Ash, nr Aldershot, Surrey, £90 per day **SEED**
- 3 Hands free massage, Ash, nr Aldershot, Surrey, £90 **SEED**
- 8 Aromatherapeutic facial, Barrow-in-Furness, Cumbria £90 **SEED**

- 9 Hopi ear candling, Barrow-in-Furness, Cumbria £90 **SEED**
- 10 Japanese face massage, Barrow-in-Furness, Cumbria, £95 **SEED**
- 11 Japanese face massage-Advanced, Barrow-in-Furness, Cumbria, £90 **SEED**
- 15 Chinese foot massage, Ash, nr Aldershot, Surrey £90 **SEED**
- 16-17 Ayurvedic facial massage, Ash, nr Aldershot, Surrey £190 **SEED**
- 18 Sitting back massage, Ash, nr Aldershot, Surrey £90 **SEED**
- 18 Ayurvedic body polish, Ash, nr Aldershot, Surrey, £90 **SEED**
- 18-19 Holistic facial, London, £140 **NYR**
- 19 Chakra basti, Ash, nr Aldershot, Surrey £95 **SEED**
- 19 Introduction to Bowen therapy, Ash, nr Aldershot, Surrey £90 **SEED**
- 20-21 Slavic massage, with Fran Rawlings, Kingsbarns, St Andrews, Scotland, £150 **ESHA**
- 20-21 Advanced massage skills, London, £140 **NYR**
- 20-21 Hot stone massage, Ash, nr Aldershot, Surrey £180 **SEED**
- 22-23 Ayurvedic facial massage, Barrow-in-Furness, Cumbria £190 **SEED**

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NOTE: The courses listed on these pages are all offered by IFPA accredited schools (pages 34-35). For courses offered by organisations that are not accredited by the IFPA please turn to page 37.

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In Essence Volume 6.4 (Spring 2008)
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For all journal contributions
please contact the IFPA Office (as above)

TRAINING COURSES

CPD courses offered by IFPA-accredited schools are listed on pages 32–33.

There is also a range of courses and training offered by organisations not accredited by IFPA – details of these are listed below.

JANUARY 2008

- 8–9 Hot stone massage, Barnsley, S Yorks, £170 **KHT**
- 14 Massage skills workshop, Barnsley, S Yorks, £90 **KHT**
- 17 Aroma & the lymph system, Barnsley, S Yorks, £90 **KHT**
- 19–20 MET and combined advanced soft tissue techniques. A weekend in central London, with Rachel Wood. £180 inc VAT **HOLOS**
- 23–25 Implementing aromatherapy in maternity care, University-accredited (shared with midwives) course, explores issues around safe use of essential oils in pregnancy and childbirth and how to integrate into conventional maternity care. Near Manchester. (Also available in-house for aromatherapy schools.) Price on application. **EXP**
- 30 An Introduction to the chakras, Barnsley, S Yorks, £90 **KHT**

FEBRUARY

- 1 Aromatic natural manicure, Barnsley, S Yorks, £90 **KHT**
- 6 Aromatic body wraps, Barnsley, S Yorks, £90 **KHT**
- 11–12 Advanced massage techniques, Barnsley, S Yorks, £170 **KHT**
- 15 Anatomy & physiology refresher day, Barnsley, S Yorks, £60 **KHT**
- 16–17 Maximum pressure/minimum strain (deep tissue massage). A weekend in central London, with Rachel Wood. £180 inc VAT **HOLOS**

MARCH

- * Rejuvenessence – holistic rejuvenating facial massage. Course run over 6 weekends. *Please see website for start date. £1175 inc VAT. **IIR**
- 4–5 Birth support therapist (doula). Prepares practitioners to use complementary therapies to support women during childbirth; 3 modules, 6 months with home study. Accreditation with Federation of Antenatal Educators pending, London. Price on application. **EXP**
- 5 Hopi ear candling, Barnsley, S Yorks, £90 **KHT**
- 11 Seated stone massage, Barnsley, S Yorks, £90 **KHT**
- 17 Aroma & pregnancy, Barnsley, S Yorks, £90 **KHT**

- 18 Aroma & children, Barnsley, S Yorks, £90 **KHT**
- 26 Indian head massage, Barnsley, S Yorks, £90 **KHT**
- 29–30 Understanding and treating hip and pelvic problems. A weekend in central London, with Rachel Wood. £180 inc VAT **HOLOS** plus 6, 13 & 20 April. Pre-natal massage training. 4-day, London, £480 inc VAT **OEUF**
- 30 **APRIL**
- 26–27 Understanding and treating back pain. A weekend in central London, with Rachel Wood. £180 inc VAT **HOLOS** plus 4 & 11 May. Reproductive health course. 3-day, London, £360 inc VAT **OEUF**
- 27 **MAY**
- 21–22 Caring for pregnant clients. 2-day, FHT-accredited theoretical course on the safe use of complementary therapies in pregnancy and childbirth; professional, legal and ethical issues for therapists. London. (Also available by distance learning and in-house for aromatherapy schools.) Price on application. **EXP**
- JULY**
- 21–22 Joint assessment for the upper body. A weekend in central London, with Rachel Wood. £180 inc VAT **HOLOS**

CONTACTS

- EXP** Expectancy Ltd, tel: 08452 301 323, email: info@expectancy.co.uk
- HOLOS** The Holos Massage School, tel: 01273 708503, email: theholosmassageschool@yahoo.com
- IIR** International Institute of Rejuvenessence, tel: 0207 223 0767 email: rejuven.essence@virgin.net website: www.carolinejosling.com
- KHT** Karita Holistic Training tel: 07951 701406 or 07771 867459, email: karitaholistictraining@gmail.co.uk
- OEUF** Oeuf Therapy, tel: 0208 968 3338, email: training@oeuf.org.uk

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