

Aromatherapy Study Day at Kew Gardens: Rediscovering aromatic plants and their essential oils

*A 1-day certificated Field Study Day with
Dr Vivienne Anthony*



This one-day course is held at the internationally famous Royal Botanic Kew Gardens in Richmond, near London. It provides an idyllic setting to revitalize your knowledge of aromatic plants, their essential oils and how to use plants to reinvigorate your aromatherapy business and interest in plant therapeutics.

Essential oils each have a unique therapeutic profile encompassing emotional and physiological healing properties. Massage carrier oils also have a range of therapeutic and emollient characteristics. With over 150 oils commercially available, the array of options to use them individually and in blends is broad.

Do you tend to select your favourite essential oils or sometimes find it difficult to remember the full range of their properties?

Making full use of your senses, and visualizing the mother plants, their natural energy, how they grow, what they are like to touch and smell, provides an excellent method to learn quickly. This is also a powerful way to trigger your memory and knowledge about essential oils and their therapeutic uses. This technique will be explained and used throughout the day to assist your learning.

Practical demonstrations will include comparing the scent of essential oils with the aromatic portions of the plants producing them, and linking their healing properties with traditional knowledge and modern scientific research.

COURSE COMPONENTS

- ◆ Therapeutic properties of key essential oils and their profiles.
- ◆ Learning, sensing and visualization techniques to aid knowledge assimilation, memory and recall about aromatic plants and essential oils.
- ◆ Major botanical and anatomical features of aromatherapy plants and their parts used to produce essential and carrier oils.
- ◆ Identification and comparison of characteristic features of plant families.
- ◆ Ecological adaptation strategies for survival and the evolutionary benefits of essential oils to plants.
- ◆ Ideas and discussion on using plants to vitalise your aromatherapy business.
- ◆ Opportunity to energise with plants and take photographs.

*Entry onto this course does not require a prior qualification.
An Institute Certificate is issued on completion.*

Dr Vivienne Anthony

BSc(Hons), PhD, MSM, MIFPA

Viv trained as a botanist and plant disease specialist, and has worked for over 20 years in Plant Science Research and Development for a major international agribusiness.

Following her interest in the healing properties of plants, Viv qualified in Aromatherapy and Essential Oil Science at Neal's Yard Remedies, London. For the last three years she has had an aromatherapy practice in Switzerland. She has also studied at the Institute of Stress Management. She now specialises in aromatherapy for stress management and is an advisor to industry on occupational health and wellness programmes.

Viv combines her work in aromatherapy with plant science on food security in Africa, medicinal plants and alpine biodiversity. In summer months she is an alpine flower guide in the Swiss Alps and Italian Dolomites.

Viv has published eight articles in IFPA's professional journal, *In Essence*, on aromatherapy plants and gardens, including *An Aromatic Walk at Kew* with Harriet Robinson (2008), and *Kew Gardens – A haven of botanical science and medicinal plants* (2016).

Date: Sat, June 10, 2017; 10 am to 4 pm.

Venue: The Royal Botanic Kew Gardens, Richmond, Surrey TW9 3AB.

Fee: £125 incl VAT, payable on booking.

Please note that the course fee is in all cases non-refundable and non-transferable.

Booking: • To book by making an online bank payment, please email us for our bank details.

• To book by making a credit/debit card payment, please email us for the payment info.

• To book by post, please send a cheque with your name, address, tel no and email address to:

ITHMA Ltd, 11 Denman Road, London SE15 5NS • 020 7193 7383 • info@aromatherapy-studies.com