

A Study Day at Kew Gardens: Rediscovering aromatherapy plants and their essential oils

**1-day Advanced Certificate (CPD) Course with
DR VIV ANTHONY**

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

Aromatherapy 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 readily available, the array of options for us to use them individually and in blends is very broad.

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

By using your senses and linking visualization of 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 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 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 how to use plants to vitalise your aromatherapy business.
- ◆ Opportunity to energise with plants and take photographs.



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 consulting on plant biodiversity, and her interest in field botany, and alpine and medicinal plants. In summer months she is an alpine flower guide in the Swiss Alps and Italian Dolomites.

Together with aromatherapist Harriet Robinson, Viv recently published four articles in IFPA's professional journal, *In Essence*, on leading aromatherapy gardens, including *An Aromatic Walk at Kew* (Summer 2008 issue).

DATES & TIMES: Sat, July 24, 2010; 10 am to 4 pm.

VENUE: Kew Gardens, Richmond, Surrey TW9 3AB.

COURSE FEE: £80 incl VAT, payable on booking.

BOOKING: Mail your cheque (*payable to ITHMA*) to:

ITHMA, 11 Denman Road, London SE15 5NS

For further info and credit card bookings, tel. 0207 708 2626 or 0798 501 2565

If you have any specific requests for aromatic plants to be

photographed and discussed, contact Viv on booking at anthony@tele2.ch

Japanese Holistic Face Massage

with **ROSEMARY PATTEN**

at Regent's College, Regent's Park, London NW1

Japanese Holistic Face Massage is a special therapeutic treatment of the face, neck, shoulders and head. Incorporating use of the Chinese meridians and acupressure points, it promotes the natural lustre of the skin as well as the harmonious balance of mind and body as a whole.

Drawing upon the principles and practices of a traditional system of medicine, the treatment was developed and refined in Japan in a similar way to natural therapies such as Shiatsu. It is informed by the time-honoured conviction that the face reflects one's inner as well as one's visible beauty.

This advanced weekend course places an emphasis on a hands-on, step-by-step approach to learning the principal techniques that make up Japanese Holistic Face Massage. A pleasure to both give and receive, students master the treatment by working together in pairs.

COURSE COMPONENTS

- ◆ The Chinese meridians and acupressure points of the face, and how they may be treated to harmonise the flow of Qi- or Ki-energy in the face and bodymind as a whole.
- ◆ Hands-on, step-by-step instruction in the principal techniques, supported by pictures, diagrams and written guidelines.
- ◆ Basic skin types, skin texture and muscle tone: facial revitalization and rejuvenation.
- ◆ The benefits of natural skin care ingredients; how to formulate your own facial skin care applications for use in Japanese Holistic Face Massage.

Entry onto this course requires a previous aromatherapy and/or massage qualification. It includes a detailed printed manual, and an Advanced Certificate is issued on successful completion.



Rosemary Patten CThA,BT

Rosemary Patten has practiced natural therapies for 15 years, building on the foundation of her NHS background in rehabilitation.

Rosemary qualified as an Aromatherapist in 1990 and a Reflexologist in 1994 at Naturecare, London. She has since completed professional training courses in Reiki at the Bee's Natural Healing Centre in 1999, Nutrition in 2004 and Japanese Face Massage in 2005.

Rosemary is a full member of the Association of Reflexologists, the Complementary Therapists Association and the UK Reiki Association.

Her considerable experience as a practising therapist has given her insight into working with people with a range of physical and psychological problems, in particular depression.

DATES & TIMES: Sat & Sun, September 11-12, 2010 (2 days); 10 am to 5 pm.

VENUE: Regent's College, Inner Circle, Regent's Park, London NW1.

COURSE FEE: £165 incl VAT, payable on booking.

BOOKING: Mail your cheque (*payable to ITHMA*) to:

ITHMA, 11 Denman Road, London SE15 5NS

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Aromatic Energetics & the Five Elements

The psychological properties of essential oils according to basic Oriental Medicine

with **GABRIEL MOJAY**

at Regent's College, Regent's Park, London NW1

Traditional systems of energy medicine such as Ayurveda and TCM classify the therapeutic actions of medicinal plants partly according to their taste. In a similar way, the physical and psychological effects of essential oils can be fully understood in relation to their fragrance — specifically, the impact of their primary odour notes.

Gabriel Mojay in this engaging 2-day course provides the key to understanding the energetic effects of essential oils — through an experiential study of the vital properties of their most important fragrance notes: the rooty, woody, green, herbaceous, fruity, floral, spicy, sweet-pungent, resinous, coniferous and camphoraceous aromatic energies. By dynamically relating these to the Oriental Five Elements, he provides participants with an intuitive framework through which the potential of aromatherapy can be fully realised.

COURSE COMPONENTS

- ◆ The energetic and psychological effects of the primary fragrance notes of essential oils, and how they are inseparable from their therapeutic properties and uses.
- ◆ Essential oil energetics according to the Oriental Five Elements and principal vital organs; an introduction to Oriental diagnosis.
- ◆ The detailed scientific, energetic & psychological properties of 24 essential oils.
- ◆ The aromatic treatment of common psychological complaints including nervous tension, anxiety and depression, worry and 'overthinking', etc.

Entry onto this course requires a prior Aromatherapy qualification.

The course includes detailed printed notes.

An Advanced Certificate is issued on completion.



Gabriel Mojay FIFPA, MBAcC

Gabriel Mojay is a qualified practitioner of aromatherapy, herbal medicine and acupuncture. He first studied natural medicine in 1978, when he began to train in shiatsu therapy and Oriental medicine, later becoming a member of the British Acupuncture Council. Gabriel first trained in aromatherapy and herbal medicine in the 1980s, and has since undertaken advanced study programs with some of the world's leading experts in aromatic medicine.

Since 1990 Gabriel has been Principal of the Institute of Traditional Herbal Medicine and Aromatherapy, and has presented lecture papers at international conferences and seminars in the USA, Canada, Mexico, Australia, Ireland, France, the Czech Republic and the UK. He is founding Co-Chair of the International Federation of Professional Aromatherapists (IFPA), which has 3000 members worldwide.

Gabriel is co-author of *Shiatsu ~ the complete guide*, and of *Aromatherapy for Healing the Spirit*. The major focus of his work has been on the application of Oriental diagnosis to clinical aromatherapy, including its integration with the scientific properties of essential oils.

DATES & TIMES: Sat & Sun, October 30-31, 2010 (2 days); 9.30 am to 5 pm.

VENUE: Regent's College, Inner Circle, Regent's Park, London NW1.

COURSE FEE: £165 incl VAT, payable on booking.

BOOKING: Mail your cheque (payable to ITHMA) to:

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Aromatherapy Product Blending

From Creation to Regulation

with **ALAN STUART**

at Regent's College, Regent's Park, London NW1

Growing awareness and interest from both the public and certain regulatory agencies have brought the 'therapy of scent' to the fore. Increasing sales of 'aromatherapy products', inspired by a desire to self-nurture, have reacquainted us with one of our most direct and instinctual senses: smell. As our high street shelves have given more space to aromatherapy, so the powerful licensing agencies, primarily the MCA (Medicines Control Agency) and the EC, have become more watchful of how aromatherapy markets itself.

If we define aromatherapy as the use of essential oils to promote physical, psychological and spiritual well-being, how as responsible practitioners can we utilise the tools of our art – essential oils, vegetable oils, creams, gels etc – within the various guidelines and restrictions, whether in a therapist to client setting or within a more commercial market?

The main objective of this two-day workshop will be to enable trainee and practising Aromatherapists to enhance and develop their blending skills. It will provide practical guidance on confidently creating and marketing one's own unique range of Aromatherapy products — with a special emphasis on labelling and meeting EC regulations. The course will be very 'hands-on' and will include a number of in-class exercises and practical blending work with essential oils and bases. Topics covered will include:

CREATIVE AND ADVANCED BLENDING TECHNIQUES

Aesthetics of blending; odour families and fragrance energetics; the synergistic approach to blending; physiological, psychological and spiritual aspects of blending; the art of smelling and the psychology of fragrance; olfactory influence; blending preparation; the Tao of blending.

USE OF BASE PRODUCTS

Active constituents within base materials; natural vs. synthetic ~ their variance and uses; blending bases to your own preference; introduction to aromatherapy and cosmetology; hydrolats; giving a 'signature' to your bases; storage; adding essential oils.

SUPPLIERS; PRODUCTION HYGIENE & CONTROL

Working with and building relationships with suppliers; health and safety; utensils and sterilisation; purchasing raw materials; batch-blending.

LABELLING; EC REGULATIONS

Latest information and regulations concerning label information; catalogue literature and promotional material; MCA (Medicines Control Agency) ATC (Aromatherapy Trades Council); medicinal claim restrictions; what you can and can't say!

PRICING; MARKETING; PROMOTION

Pricing for both the private client or the commercial market; market analysis and techniques to evaluate your product market; trade and health fairs; methods of promotion.

*Students are asked to bring their own essential oils —
base materials, containers and utensils will be provided.*

The course includes detailed printed notes.

An Institute Certificate is issued on completion.



Alan Stuart MIFPA

Alan has been working in essential oil blending since 1995, and produces in a range of specialised aromatherapy products sold worldwide. He is Assistant Principal and a Senior Lecturer at the Institute of Traditional Herbal Medicine and Aromatherapy, and teaches aromatherapy, Oriental medicine, and therapeutic and acupressure massage. He has written a number of articles on the safe therapeutic use of essential oils.

Alan has gained wide experience in aromatic product design for both private clients and aromatherapy companies, taking a strongly vitalistic approach to the art of blending. He has been involved in all aspects of product creation from formulation, design and materials sourcing to production, marketing and distribution. Alan is ideally placed to offer genuine advice and experience with regard to creating one's own aromatherapy product range.

Alan maintains a busy professional aromatherapy practice in North London, and practices *Tai Chi Chuan* and *Qi Gong* meditation and healing therapy.

DATES & TIMES: Sat & Sun, November 27-28, 2010 (2 days); 10 am to 5 pm.

VENUE: Regent's College, Inner Circle, Regent's Park, London NW1.

COURSE FEE: £165 incl VAT, payable on booking.

BOOKING: Mail your cheque (*payable to ITHMA*) to:

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AND AROMATHERAPY**

GABRIEL MOJAY, PRINCIPAL
11 Denman Road
London SE15 5NS
Tel: 0207 708 2626
gm@aromatherapy-studies.com
www.aromatherapy-studies.com

**SPECIAL & ADVANCED COURSES:
DATES & FEES**

COURSE	LOCATION	DATES	COURSE FEE
A STUDY DAY AT KEW GARDENS <i>with Dr Viv Anthony</i>	Kew Gardens Richmond, Surrey <i>(1 day)</i>	Sat, July 24, 2010; <i>10 am to 4 pm.</i>	£80 - payable on booking.
JAPANESE HOLISTIC FACE MASSAGE <i>with Rosemary Patten</i>	Regent's College London <i>(1 weekend)</i>	Sat-Sun, September 11-12, 2010. <i>10 am to 5 pm daily.</i>	£165 - payable on booking.
AROMATIC ENERGETICS & THE FIVE ELEMENTS <i>with Gabriel Mojay</i>	Regent's College London <i>(2 days)</i>	Sat, October 30-31, 2010; <i>9.30 am to 5 pm daily.</i>	£165 - payable on booking.
ORIENTAL AROMATHERAPY <i>with Gabriel Mojay</i>	Regent's College London <i>(10 days)</i>	Sat, Oct 30-31, 2010; Dec 18, 2010; Jan 15; March 12; March 26; April 9; April 30; May 14; July 23, 2011. <i>9.30 am to 5 pm daily.</i>	£695 - payable through a deposit of £195 on booking, £250 on the first day and £250 on March 12, 2011.
AROMATHERAPY PRODUCT BLENDING <i>with Alan Stuart</i>	Regent's College London <i>(1 weekend)</i>	Sat-Sun, November 27-18, 2010. <i>10 am to 5 pm daily.</i>	£165 - payable on booking.

Institute Office:
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London SE15 5NS
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gm@aromatherapy-studies.com
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London Teaching Venue:
Regent's College
Inner Circle, Regent's Park
London NW1 4NF
*(for information purposes only;
please send no correspondence)*

ENROLMENT FORM

NAME: Miss/Ms/Mrs/Mr _____

ADDRESS: _____

TEL NO(s): _____

EMAIL(?): _____

Previous qualifications in complementary medicine:

Please enrol me on the following training course(s) on the starting date(s) indicated:

Where (or in which magazine) did you first hear about us?

*Send this form with your deposit(s) to the Institute office address above, making your check payable to ITHMA.
Please phone us if you would like to pay by credit/debit card. Allow 7-10 days for written confirmation.*

Signature: _____

Date: _____

Refunds: Deposits and course fees are in all cases non-refundable. Deposits paid for courses not yet started may be transferred to a future course booking on one occasion only.