



Sharing Aromatherapy

Module Two

The Chemistry and Anti-infectious properties of Essential Oils with particular relevance for the Respiratory and Immune systems



• *"A post-antibiotic era means an end to modern medicine as we know it."*
(Dr. Margaret Chan, 2012, Director of the WHO)

• *"A basic knowledge of the chemical qualities of Essential Oils is the starting point for understanding the healing powers of Aromatherapy."*
(Schnaubelt, 1995)

Contents:

- Global concern re failing antibiotics
- The proven anti-infectious activity of Essential Oils. Are they the antibiotics of the future?
- The Chemistry of Essential Oils; a detailed but simplified look at their therapeutic chemical constituents
- In-depth look at the 15 Essential Oils of Eucalyptus, Thyme, Roman and German Chamomile, Ravensara, Ravintsara, Spruce Black, Peppermint, Sweet Inula, Rosalina and Fragonia, Spike Lavender, Niaouli, Myrtle and Ginger.
- Aromatherapy for the Immune System
- Aromatherapy for the Respiratory System
- Formulations for common respiratory conditions; colds, flu, fever, sore throat, sinusitis, headaches, allergies, asthma bronchitis
- Dilutions/Dosages worksheet
- All materials provided



Practical

- Steam inhalation with Essential Oils
- Formulate and take home;
 - An aromastick (personal inhaler) for sinus congestion
 - Chest rub; Immune Support Oil
 - Antibacterial Spritzer

Pre-requisites for this course

- Module One, The Principles of Aromatic Touch and Practical Applications for the Feet and Hands (Annie Prince™ Aromatherapy) or approved introductory course in Aromatherapy
- A serious desire to delve deeper into the chemistry of the oils to enhance therapeutic selection. This is an intensive 2 day course

Who would benefit from this course?

- Aromatherapists(CPD), Naturopaths, Medicinal Herbalists
- Health Professionals
- Anyone interested in natural healthcare using Essential Oils

Duration Cost

- 2 days over 1 weekend. 9:30am to 4:30pm
- Please arrive by 9:30am for morning tea and introductions
- Beverages/Gluten Free morning tea provided. BYO Lunch
- \$295.00 incl. 3 x products worth \$60.00

Booking

- Places limited to 6 participants
- Payment required at time of booking, thank you
- Time and date by arrangement
- All materials provided
- Due to limited places a cancellation fee of 25% applies

Venue

- At my home/clinic in the Waitakere Ranges; a peaceful and beautiful environment
- 13 Bush Road, Oratia, Auckland

"To say there is a plethora of research on the antibacterial effects of Essential Oils is an understatement."

(Buckle, J. 2015. Clinical Aromatherapy; Essential Oils in Healthcare)

"That an Essential Oil can be effective against resistant organisms is medicine indeed."

(Mehemt OZ, MD, 2015 Cardiac Surgeon Columbia Presbyterian Medical Centre, New York)

"Essential Oils show much promise in a world battling healthcare associated infections and multi resistant organisms."

(Dr Jacqui Stringer, 2010. Clinical Lead, Christie Hospital Manchester)