



Sharing Aromatherapy

Module One

The Principles of Aromatic Touch and Practical Applications for the Feet and Hands



"Many forms of touch can help reduce pain, anxiety, depression and aggressive behaviour... promote immune function and healing... lower heart rate and blood pressure and improve airflow in asthmatics"

(Dr. Tiffany Field, Touch Research Institute, University of Miami School of Medicine)

Contents:

- Introduction to the world of Essential Oils
- The benefits of Massage
- Why is Aromatherapy Massage in a league of it's own?
- Listening skills
- The importance of Practitioner Intent
- The power of Therapeutic Touch
- Introduction to Reflexology
- In-depth look at Lavender, Tea Tree, Lemon and Frankincense Essential Oils
- Aromatic Foot Bath, Foot Scrub, Foot Massage
- Aromatic Hand Massage, Soak and Compress
- Comprehensive notes, charts and references



ANNIE PRINCE™ AROMATHERAPY

Clinical Aromatherapist and Educator
BA. Postgrad Cert Ed. Dip Aroma. Cert.
Relaxation Massage

Practical

- Prepare, give and receive the Foot and Hand treatments working in pairs

Who would benefit from this course?

- Healthcare professionals
- Caregivers/Volunteers in Hospice, Aged Care Facilities, Hospitals
- Anyone with an interest in complementary natural healthcare

Duration Cost

- 9:30am to 4:30pm. Please arrive by 9:30am for morning tea and introductions
- Beverages/Gluten Free morning tea provided. BYO Lunch
- \$155.00

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

"The aroma hand massage experimental group showed more significant difference in the changes of pain score and depression than the control group"

(Chang, 2008, Dept of Nursing at Keimyung University)

"Aromatherapy provides a potentially effective treatment for a range of psychiatric disorders... without the adverse effects of many conventional psychotropic drugs"

(Perry and Perry, 2006. The Medicinal Plant Research Centre at the Universities of Newcastle and Northumbria, U.K)