

Sharing Aromatherapy

Module Three

Essential Oils for the Musculoskeletal System addressing Pain and Inflammation; incorporating an Aromatic Head Massage for release of tension.



ANNIE PRINCE™
AROMATHERAPY

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



In 2017 an open-label, randomized controlled study was carried out in Ankara by Zehra Gok Metin, PhD, RN, and her colleagues to examine the effects of Aromatherapy massage on neuropathic pain in diabetic patients. Their conclusions;

"Aromatherapy is a simple and effective nonpharmacological nursing intervention that can be used to manage neuropathic pain and improve quality of life in patients with painful neuropathy"

(J Nurs Scholarsh. 2017 Jul; 49[4]:379-388)

Contents:

- The Musculoskeletal System. What does it do? What can go wrong?
- How can Essential Oils help?
- What groups of Essential Oils are beneficial for pain and inflammation?
- In depth look at the 10 Essential Oils of Black Pepper, Clary Sage, Cypress, Helichrysum, Juniper Berry, Kunzea, Lemon, Plai, Rosemary and Sweet Orange.
- The carrier oils of Comfrey, Calendula, St. John's Wort, Tamanu and Castor.
- Case studies and Formulations for common conditions such as, muscle and joint pain, sports' injuries, arthritis, fibromyalgia, tension headaches.
- Head Massage using Essential Oils for the relief of stress and tension in the head, neck and shoulders.
- Comprehensive notes and references.
- All materials provided.



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Practical

- Formulate and take home
 - Pain Relief Massage Butter
 - Neuropathic Pain Relief Oil
 - Head Massage Oil
- How to make a Castor Oil Pack and Comfrey Salve
- Learn and practise the techniques for an Aromatic Head Massage, working in pairs.

Pre-requisites for this course

- Module Two, The Chemistry and Anti-infectious Properties of Essential Oils [Annie Prince™ Aromatherapy] or approved Aromatherapy qualification.

Who would benefit from this course?

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

Duration Cost

- 9.30 am to 4.30pm. Please arrive by 9.30am for morning tea and introductions.
- Beverages/ G/F morning tea provided. BYO lunch.
- \$165.00 incl 3 x products worth \$35.00

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

“Topical, inhaled, and [in some instances] oral applications of essential oils do have analgesic effects, and some appear to enhance orthodox analgesia. The positive effect of essential oils could be through the placebo response, the effect of touch and smell on the parasympathetic nervous system, or because components in essential oils have analgesic, anti-inflammatory, and/or antispasmodic activity.”

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