

The Perfect Potion

Aromatherapy

Newsletter

Issue No.3

\$3.95

In this issue...

From the Editor 2

The Christmas Gifts of
Gold, Frankincense
and Myrrh 3

Aromatherapy
First Aid 6

Essential Oil Profile:
Frankincense 8

Modern Trends in
Aromatherapy and
Follow Your Nose
Book Launch Review . 10

Infusions:
Peppermint Tea . . . 13

Great Christmas Ideas 14

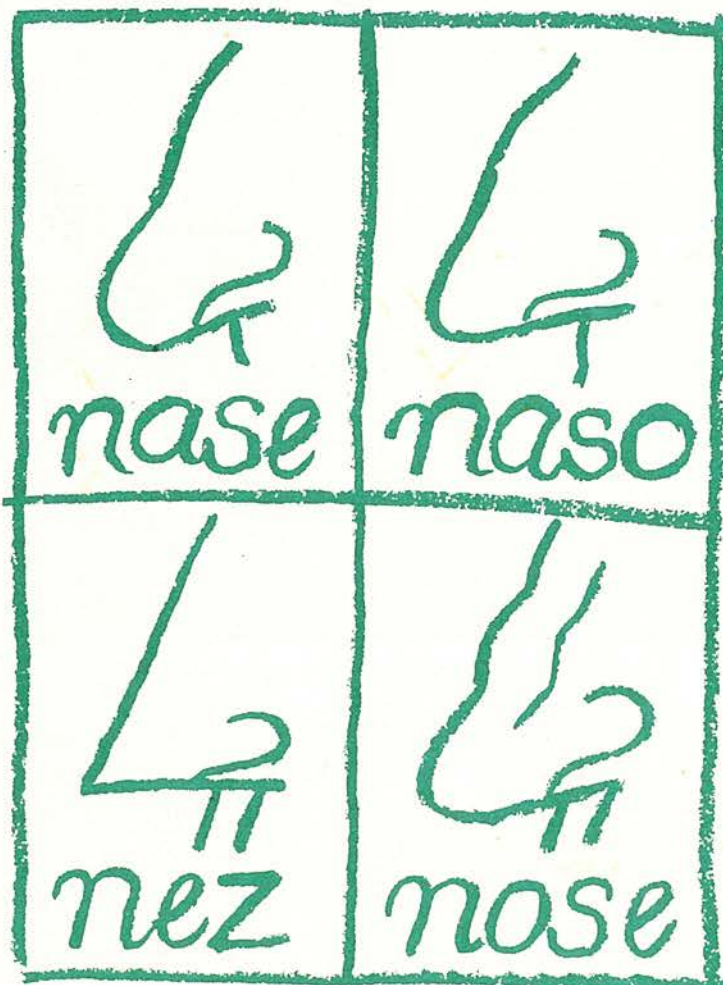
Book Review 15

New Products 16

Your Views 17

The Perfect Potion
Training Centre . . . 18

Follow Your Nose



to

The Perfect Potion

CHANGED YOUR ADDRESS?

Call (07) 3216 2263 and we will update
our mailing records immediately.

From the Editor

I would like to thank everyone who attended the seminar and book launch in Townsville and Brisbane. It was an absolutely fabulous experience and judging from the comments that we have received, everyone had a memorable time. If you were not able to attend we have a feature in this issue of the event and in future issues we will publish details of the seminar.

It has certainly been an exciting and busy year for us at The Perfect Potion. It became obvious to me when a regular customer came into our Brisbane shop after having been overseas for a year and was amazed at all the new products on the shelf. Many of these new products have come about as a result of us acting on your advice.

We always strive to be creative, functional and original in the design and creation of our new products. This can be seen in our new very popular five element blends, which blend traditional Chinese Philosophy and aromatherapy; or our new aromatherapy perfumes called Terra Verde, Terra Nuova, Terra Exotica, Terra Dolce and Terra Antica which are based on the principles of aromatherapy.

One of the comments from our launch was '...a huge compliment on using local industries to help produce your products!'. Yes, this is one of our important policies and at the same time it has been wonderful to see so many local businesses, practitioners and public in turn supporting The Perfect Potion.

We are very excited about our new 28 page colour brochure. For the first time, people that are not able

to visit our shop are actually able to see the extensive range of products that we carry. Please enjoy it. If you already have a copy please pass the new catalogue onto a friend.

I would like to welcome Laura McEwan to our editorial team. She has done a fantastic job writing the feature story, The Christmas Gifts of Gold, Frankincense and Myrrh and Infusions.

We have also published the first issue of the *Aromatherapy Today Journal*, which will be reviewed in the book review section.

If you are planning to go away this Christmas, make sure that you read our article on Aromatherapy First Aid and ensure that you have packed the right essential oils with you.

We are also excited about our new training centre and we have an extensive range of new courses available. These have all been listed in this issue of the newsletter.

I apologise that we have not been able to complete the DIY Aromatherapy Preparations book before Christmas. Its completion will be our priority for early 1996.

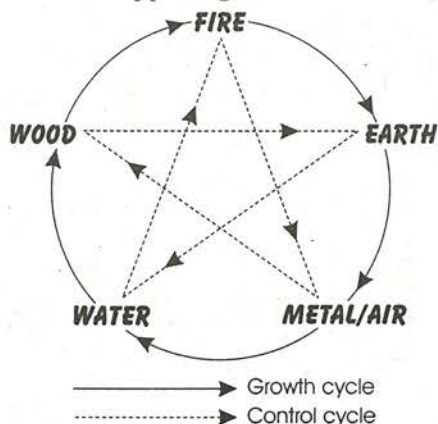
On behalf of everyone at the Perfect Potion I would like to wish you a very Merry Christmas and Happy New Year.

Best Wishes

Salvatore Battaglia

Apologies

I must apologise for the careless spelling errors that occurred in the second newsletter. I could give you many excuses, but I won't. We will do our utmost to ensure that it doesn't happen again. We must also advise you of an error that occurred in the explanation of the five element blends. The correct version is :



Issue No. 4 of The Perfect Potion Aromatherapy Newsletter will be available in mid February 1996.

We will feature the first of many articles on womens health, and will profile clary sage essential oil and INFUSIONS discusses sage.

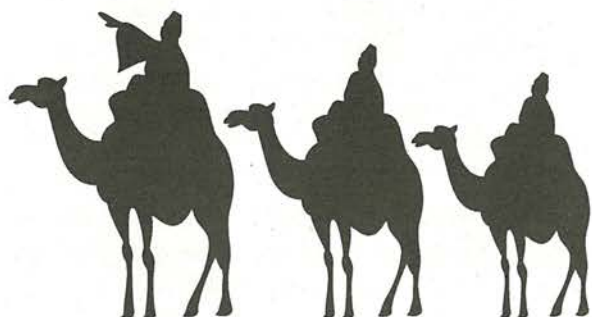
NOTE

- We can not accept any responsibility for any mishap resulting from the use of essential oils, or any other therapeutic methods described in the newsletter. We advise all readers to consult with a professional aromatherapist or health care practitioner if a treatment is required.
- No reproduction of material without written permission from the editor is permitted.
- We welcome your letters and views on *The Perfect Potion Aromatherapy Newsletter*. We would love to hear about your aromatherapy experiences. If you would like to write to us, letters should be addressed to:
The Perfect Potion Aromatherapy Newsletter,
PO Box 273
Zillmere, Qld 4034
- Publication is at the editor's discretion and letters may be edited in the interest of clarity and space. Edited letters will be marked.

The Christmas Gifts of Gold, Frankincense and Myrrh

'And when they came into the house, they saw the young child with Mary his mother, and fell down and worshipped him and when they had opened their treasures, they presented unto him gifts; gold, and frankincense and myrrh.'

(Matthew 2:11)



Nearly 2000 years ago, gold and the resins of myrrh and frankincense, were the most precious and costliest of commodities that the three wise men deemed worthy of presentation at the birth of a king.

Throughout the history of the Jews, as recorded from the commencement of the world in the Bible, there has been an important role of aromatic substances in religious rituals and daily life. The Jews however do not appear to have adopted the use of fragrances until their return from Egypt where they had become familiar with Egyptian practices during their long captivity there.

We have learnt a great deal about the use of aromatics in Egypt from numerous inscriptions on their monuments and tombs. Resins of frankincense and myrrh, aromatic woods of aloe, sandalwood and myrtle and the famous 'kyphi' perfume composed of sixteen ingredients (oils of cassia, cinnamon, peppermint, juniper, henna and costus among others were added to myrrh and honey) were revered in life and death and used as sacrifices to the deities. According to Plutarch kyphi was made of 'those things which delight most in the night'. Not only did it lull one to sleep but it also brightened the dreams.

The Egyptians called perfumes 'the fragrance of the gods'. The smell of incense made a god's presence known. Fragrance was seen as a two-way medium between the realm of humans and gods and scents and incense were offered to the divine beings so that

the gods could manifest themselves through these vehicles to humans. Sufficient fragrance meant a safe passage to the afterlife and this explains the Egyptians' elaborate embalming process.

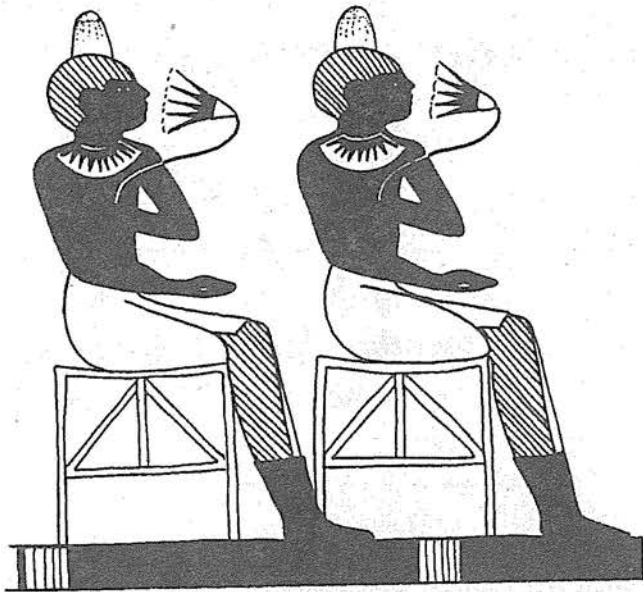
The embalming process was performed by first extracting the brains of the deceased via the nostrils by means of a curved iron probe. A dissector then came, whose strange task it was to merely make an incision in the abdomen. He would then immediately run away while being pelted with stones by all those present as it was believed that the incision (though necessary for the embalming process) caused injury to the deceased. The internal organs were then removed, washed and kept in four vases dedicated to different deities. The body cavities were then filled with powdered myrrh, oakmoss and pine resin or oil of cedar. The body was then kept in sodium salts and afterwards wrapped in gum (myrrh and frankincense) laden linen and laid in a wooden case.

Oakmoss (*Pseudernia furfuracea*) is used extensively in modern perfumery. It has an exquisite soft and sweet odour of great tenacity. It contains usnic acid, which is used as a preservative in modern cosmetics because of its antimicrobial properties, and would have served admirably in the mummification process. Pine resin also has antimicrobial properties.

Wealthier Egyptians or royalty who were mummified in this fashion were brought out several times a year, incense was offered to them and scented oil poured



Embalming a mummy



Egyptians wearing cones of myrrh attached to their wigs during a feast

over their heads. Their whole appearance was so well preserved that descendants could look upon and recognise their features decades and generations later.

The resin of myrrh was also prepared into an ointment having been blended with olive oil. This ointment was a very important part of a daily ritual performed by priests. The mouth and eyes of the gods were anointed with the ointment every morning to reawaken them - their ritualistic 'morning coffee'.

Incense, in the form of burning herbs and resins was always used at the opening of a shrine. A king could not be crowned without being anointed and a religious procession was not religious unless luxurious displays of perfume were involved:

'One hundred and twenty children marched, bearing incense, myrrh, and saffron in golden basins, followed by a number of camels, some carrying three hundred pounds weight of frankincense and others a similar quantity of costus, cassia, cinnamon, orris and other precious aromatics.'

Not only did fragrances play an important role for ritual purposes, but it seems that they were equally enjoyed for purely social purposes.

Vast quantities of aromatics were used for personal purposes by the Egyptians. They invented the system of bathing later borrowed by the Greeks and Romans. After bathing they covered themselves in fragrant oils and ointments mostly derived from frankincense and myrrh, which reputedly gave elasticity and youthfulness to the complexion. Leaves of henna were used by women to stain their fingers and palms of hands and give a rosy glow to their cheeks.

Cleopatra followed these personal hygiene rituals as a means of seducing Mark Anthony. Apart from the fact that she was covered from head to toe in fragrances, the sails of her barge had been soaked in rosewater and 'kyphi' burned in censers. Plutarch records their first meeting:

*'The winds were love sick...
from the barge
a strange invisible perfume hits the sense
of the adjacent wharves.'*

On his return from Egypt after being freed, Moses received instructions from the Lord to erect the altar of incense and directions on how to create the holy oil:

'And thou shalt make an altar to burn incense upon of acacia wood shalt thou make it.' (Exodus 30:1)

Take the choicest spices, of liquid myrrh five hundred shekels, half this weight of fragrant cinnamon,... of cassia five hundred shekels and one hin of olive oil.' (Exodus 30:23)

This oil was used to anoint the tabernacle, the ark of the covenant, the altar of burnt offerings, the altar of incense and all sacred vessels. It was used to dedicate Aaron and his sons into everlasting priesthood.

Moses was also given instructions on preparing an incense:

'Take sweet spices: storax, oncha, galbanum, sweet spices and pure frankincense in equal parts, and compound an incense, such a blend as the perfumer might make, salted, pure, and holy.' (Exodus 30:37)

This was the beginning of the introduction of aromatics into the Jewish culture. The holy incense was to be used only as God instructed and improper use brought severe punishment as in the story of King Uzziah who developed leprosy on the spot.

'Uzziah, a censer in his hand for the burning of incense, flew into rage. But while he was raging at the priests, in the temple of Yahweh, there by the altar of incense... the priests turned towards him and saw the leprosy on his forehead. King Uzziah was a leper till his dying day' (2 Chronicles 26: 16-21)

The ingredients of the holy perfume are quite a mystery but it is thought that stacte (the Hebrew word meaning 'droppings') refers to the way the myrrh resin forms on the cuts of a tree ie. in droplets. Onycha is thought to be the gum exuded from the leaves of rock rose (*Cistus ladaniferus*) and is from the same plant referred to as the 'Rose of Sharon' in the Song of Solomon 2:1. Galbanum is derived from the sap of a plant related to fennel thought to have been used as incense and perfume. Fragrant wood of myrtle was used to make booths at the original feast of the tabernacle (Nehemiah 8:15)

The Bible extensively records the passion and use of perfumes in the Middle East. Among the sacred

scriptures, none is so saturated with scent images as the Song of Songs, the song of Solomon. Every verse alludes to scent with olfactory opulence:

'Who is this that cometh up from the desert like a column of smoke, breathing of myrrh and frankincense, and of every perfume the merchant knows.'

How delicate is your love, more delicious than wine! How fragrant your perfumes, more fragrant than all the other spices! The rarest essences are yours: nard and saffron, calamus and cinnamon, with all the incense-bearing trees; myrrh and aloes, with the subtlest odours.'

The cleansing rituals of the Jewish women involved the use of aromatics. Some rituals lasted a whole year:

'Six months with oil of myrrh and six months with sweet odours, and with other things for the purifying of women.' (Esther 2:12)

Esther had to undergo this ordeal before being presented to King Ahasuerus for which she:

'obtained grace and favour in his sight more than all the virgins. So that he set the royal crown upon her head' (Esther 12:17)

In the story of Judith, perfume is used as a weapon and as a means of seduction:

'she pulled off the sackcloth which she had on, and washed her body all over with water and anointed herself with precious ointment.' (Judith 10:3-4)

By doing this she gained access to Nebuchadnezzar's general, Holoferne's tent, seduced him and then slew him by cutting off his head, liberating her people from his oppression.

The Egyptian custom of anointing the head of a guest of honour was also practised by the Jews. When Jesus sat at the table of Simon the leper in Bethany:

'there came a woman having an alabaster box of ointment of spikenard, very precious, and she broke the box and poured it on his head.' (Mark 14:3)

Spikenard (*Nardostachys jatamansi*) is a member of the valerian family, closely related to the *Valeriana officinalis*, commonly used as a sleep-inducing agent and sedative.

Spikenard was chosen by Mary Magdalene to perfume the feet of Jesus.

'Then Mary took a pound of ointment of spikenard, very costly, and anointed the feet of Jesus, and wiped his feet with her hair and the house was filled with the odour of the ointment' (John 12:3)

The fragrance of spikenard is slightly musky, with notes of patchouli and valerian. Spikenard was probably imported from the East in Roman times and was considered extremely expensive.

Myrrh was offered to Jesus just before his crucifixion as a sedative:



The altar of incense

'... and they gave him to drink wine mingled with myrrh, but he received it not.' (Mark 15:23)

The Jews borrowed the practice of embalming their dead from the Egyptians. After Jesus' death Nicodemus:

'brought a mixture of myrrh and aloes, about one hundred pound weight. Then took they the body of Jesus and wound it in linen clothes with the spices, as the manner of Jews is to bury.'

During the first four centuries AD, incense was generally not used except as a fumigant as in the case of a burial which may have left an unpleasant odour lingering. This was hardly surprising considering the fact that Christians were executed for refusing to burn incense before the image of the emperor - which exposed a person's loyalties.

When Constantine the Great was inaugurated as Peace of the Church the use of incense regained popularity. Elaborate censers became part of the Protestant and Catholic processions and in purification of churches.

As we approach another anniversary of the birth of Jesus, we can now appreciate how important fragrances were to the Egyptians, Greeks, Romans and Hebrews, not only for spiritual and ritual purposes, but for social occasions. This Christmas do as the three wise men did and present someone with a special aromatic gift!

References

- Manniche, L., *An Ancient Egyptian Herbal*. British Museum Press, London, (1993).
- Classen, C., *Aroma: The cultural History of Smell*. Routledge, London, (1994).
- Morris, E., *Fragrance: The story of Perfume from Cleopatra to Chanel*. Products of Nature and Art, USA, (1984).
- The Jerusalem Bible*. Popular edition, London, (1974).
- Rimmel, E., *The Book of Perfumes*. Chapman and Hall, London, (1865).

AROMATHERAPY FIRST AID

This Christmas, whether at home, holidaying at the beach, camping or travelling overseas, don't forget to pack your essential oils and a few basic natural remedies. This article contains heaps of practical advice on treating simple and basic injuries and health problems that might be encountered while on holidays.

While there are clearly defined and approved methods of treating a casualty until an ambulance officer, nurse or doctor arrives, natural remedies have always played an important role in first aid procedures. Let us discuss some of the remedies you should keep in a first aid chest, whether at home, travelling or on holidays.

Bach Flower Rescue Remedy

This emergency first aid remedy is a combination of five Bach flower remedies. Use it after any accident, whether severe or inconsequential, because, after any accident, regardless of its nature, there is always some emotional trauma experienced. The sufferer may experience shock, fear which can amount to terror or panic, desperation and confusion. It may be used to relieve the victim's fear, and to restore calm and confidence. Refer to our Issue No 2 for a more detailed discussion on the individual flower remedies.

Rescue Remedy is not meant to be a panacea or a substitute for emergency medical intervention, but in serious situations, such as accidents, jelly fish stings or snake bites follow approved first aid procedures, call immediately for a doctor or ambulance and administer Rescue Remedy to help stabilise the victim emotionally until help arrives.

To administer Rescue Remedy place four drops into a glass of water and sip every three to five minutes or as often as necessary. If water is not available, Rescue Remedy may be taken directly from the stock bottle. If unable to drink, rub the remedy directly from the stock bottle onto the lips, behind the ears, or on the wrists.

Rescue Remedy is also available in a cream which is helpful for external trauma such as bumps, bruises, cuts and grazes. It is soothing and helps to promote healing.

Tea Tree Oil

The most valuable first aid essential oil. It has amazing antimicrobial properties which makes it useful for a wide range of conditions such as infections, cuts, abrasions, rashes, sunburn, insect bites, nappy rash, infected fingernails, athlete's foot, rashes, aches, sprains and respiratory problems.

An effective antiseptic wash gel may be made up by adding 10 drops of tea tree oil, 10 drops of lavender oil and 5 drops of lemon oil to 125ml of unscented body wash base. This may be used to wash and treat rashes, acne, sunburns, smelly feet and athlete's foot and to minimise body odours.

Lavender Oil

This is another essential oil that every home should have. You should not go anywhere without a bottle of lavender oil. Not only is it effective to treat minor burns, insect bites, rashes, muscular aches and pains, cuts, bruises, sunburn and infections, but it can be used to promote relaxation, relieve depression, alleviate headaches, treat shock and to promote healing and prevent scarring.

Lemon Oil

The fresh, clean-scented citrus oil of lemon is invigorating and uplifting. Not only will lemon oil improve concentration and give one a sense of wellbeing, but it will also improve circulation and has excellent antiseptic properties. The haemostatic properties of lemon makes it an ideal oil to use to help stop bleeding. This oil will increase skin photosensitivity so do not use before exposure to the sun

Breathe Easy Oil

This oil is a blend of eucalyptus, pine, peppermint, Virginian cedarwood, lemon, cajeput, frankincense, ginger, thyme and tea tree. Used as an inhalation it will help to relieve respiratory problems such as colds and coughs. Use in an oil burner or apply a few drops to a tissue or handkerchief.

Peppermint Oil

Peppermint oil is excellent for relieving digestive problem and nausea. When inhaled it may be used to help relieve jet lag. Also valuable for the relief of nasal congestion and sinusitis. It makes an excellent remedy for regulating fever. Will also assist in repelling insects, will treat headaches and migraines, muscular aches and pain and soothe sunburns when blended with lavender.

You should follow several precautions before using peppermint oil:

- ◆ Never use peppermint oil undiluted, as it may provoke a bad skin reaction.
- ◆ Never use peppermint oil in the bath on its own.
- ◆ Don't use the peppermint at night as it may keep you awake.
- ◆ Don't use peppermint oil in conjunction with homoeopathic remedies. Peppermint oil may act as an antidote.

Cool-it

Cool-it is a product made by The Perfect Potion which contains peppermint, cornmint, rosemary and spike lavender essential oils blended in a base cream. It is sold in a 50ml glass bottle with a lotion pump to make dispensing simple. This is an ideal product to massage into the temples if you are suffering from a headache or if you are feeling tired and exhausted or to massage into the shoulders and neck if you have stiff shoulders.

Rosemary Oil

Rosemary is an excellent physical and mental stimulant. I have used it on occasions to help revive someone suffering from heat exhaustion. It also makes a great oil to use in a bath or as a massage oil for muscular aches and pains. Do not use rosemary oil if you have high blood pressure.

AROMATHERAPY FIRST AID

Athletes Foot

Athletes foot may be treated by washing the feet, then drying them thoroughly before applying 100% pure tea tree oil twice daily to the site of the infection. Other useful essential oils include myrrh and thyme.

Bleeding

The best method of managing external bleeding is to apply direct pressure to the bleeding wound which will assist in controlling the bleeding by compressing the blood vessels leading to the wound which retains blood in the wound long enough for it to clot.

For open wounds that are bleeding add 2 drops of lemon oil and 1 drop of geranium oil to a gauze and apply as a compress.

Burns

For minor burns or scalds apply ice cold water immediately for at least 10 minutes, then 2 drops of lavender oil, neat, at least twice a day. You may also apply aloe vera gel. This may be from a commercially prepared gel sold in any health food shop or chemist or better still direct from the plant. To obtain the gel from the plant, scrape the gel from a freshly cut aloe vera leaf. Apply to the burn to soothe and help heal. Rescue Remedy may also be administered to calm the victim.

Cuts and sores

Essential oils are ideal for minor first aid since they can reduce the possibility of infection and encourage healing. Always clean the area with warm water to which you have added any of the following essential oils: lavender, lemon, or tea tree.

For small cuts and grazes apply 3 drops of lavender oil to a piece of gauze and place it over the injury. Renew it twice a day and expose the injury to air on the third day if possible.

If the cut is bleeding, dab it with a gauze soaked in a bowl of cold water to which 3 drops of lemon oil has been added. If the sore or cut is weepy, a drop of tea tree oil may be applied to the dressing or used to bathe the wound.

Digestive problems

Often the result of anxiety or stress, digestive problems respond well to the external application of essential oils such as peppermint or lavender. To relieve stomach ache, massage the abdomen gently in a clockwise direction using 5 drops of peppermint oil and 5 drops of lavender oil in 25ml of carrier oil. To help ease constipation, use 10 drops in total of rosemary, lemon and peppermint oils in 25ml of carrier oil.

Other useful essential oils which may relieve digestive problems include black pepper, ginger, sweet marjoram, neroli and sweet orange. Abdominal pain should be checked by a doctor if it persists.

Insect bites and repellents

To keep insects at bay use any of the following essential oils: citronella, lavender, peppermint, eucalyptus, geranium or cedarwood. These essential oils may be burnt in a vaporiser, blended in a massage oil and applied to the skin or blended in some rubbing alcohol.

The Perfect Potion has an insect repellent spray for personal use which is a blend of the above essential oils in a convenient spray bottle. The essential oils have been blended in a dispersant and alcohol base.

If you have already been bitten, the most effective treatment is to apply neat lavender oil immediately to the sting. Other essential oils that can be used are tea tree or German chamomile if there is a rash, swelling or inflammation.

Headaches

For tension headaches apply a drop of neat lavender to the temples or the back of the neck. To ease tension in the neck and shoulders which often causes headaches, it is advisable to add 3 drops of lavender oil and 3 drops of peppermint oil to 25ml of carrier oil and massage the shoulders and neck. For congested headaches due to blocked sinuses use a few drops of peppermint, rosemary or Breathe Easy oil.

Cool-it is also an excellent lotion to apply directly to the temples or back of the neck to relieve tension and ease headaches. Other useful essential oils include Roman or German chamomile, sweet marjoram, neroli and sandalwood.

Pain and sprains

Muscular aches and pain will often respond well to massage and baths. A massage oil may be made up by adding 5 drops of lavender oil and 5 drops of rosemary oil to 25ml of massage oil. Massage well into affected area. These essential oils may also be added to a hot bath to bring instant relief.

To treat a sprain, a cold compress to which a few drops of lavender and peppermint oils have been added. Apply to the injury and repeat as often as possible to reduce swelling. Do not massage. Wrap in a bandage and rest the joint as much as possible.

Other useful essential oils include black pepper, ginger, sweet or Spanish marjoram

Tiredness and lack of concentration

While rest and proper sleep are considered vital to prevent tiredness and lack of concentration, essential oils such as peppermint, lemon and rosemary are used to temporarily relieve fatigue and tiredness. A dab of Cool-it will also help relieve tension, tiredness and lack of concentration.

Travel sickness and nausea

Peppermint oil has a fantastic calming effect on the stomach and is by far the best oil to use for the uneasy traveller. Another excellent oil to relieve travel sickness is ginger. Either peppermint or ginger may be administered by adding two drops to a handkerchief and inhaling the handkerchief.

Sunburn

Peppermint oil has a fantastic calming effect on the stomach and is by far the best oil to use for the uneasy traveller. Another excellent oil to relieve travel sickness is ginger. Either peppermint or ginger may be administered by adding 2 drops to a handkerchief and inhaling the handkerchief.

Shock

The body reacts automatically to shock by directing more blood to the vital organs such as the brain, heart, lungs, liver at the expense of skin and muscles. Shock can be treated as for fainting. This means undoing any tight clothing and raising the legs higher than the head and assessing the casualty's condition. Waft the scent of lavender, rosemary or peppermint under the casualty's nose. Rescue Remedy is also ideal for someone in shock.

Frankincense

Elevating and spiritual



Frankincense

And so he would now study perfumes... he saw that there was no mood of the mind that had not its counterpart in the sensuous life, and set himself to discover their relations, wondering what there was in frankincense that made one mystical... Oscar Wilde, The Picture of Dorian Gray, 1891

Frankincense, also known as Olibanum is an aromatic resin obtained from African and Middle Eastern trees of the genus *Boswellia carteri*. The tree is a small shrub that grows to the height of approximately 3 metres.

The name olibanum is thought to be derived from Latin '*olium libanum*' meaning oil from Lebanon. The word Frankincense is derived from the medieval French word meaning '*real incense*'.

When the bark is damaged the tree exudes a milky resin that quickly solidifies. The solidified resin possesses a pleasant balsamic odour characteristic of the essential oil.

The resin is produced by the tree as a protection against infection from any physical damage to the bark such as that caused by an insect. The

resin oozes from the wood, plugging the incision by solidifying.

Pliny explains that the incision is made into the bark during the middle of summer when the heat is at its most intense. The incision must be deep to reach the secretory canals where the resin is stored. The resin oozes onto the outside of the bark in pearl-like blisters, often called tears.

In biblical times 'male frankincense' was distinguished from 'female frankincense' by being suspended in globular drops, resembling the testes. In some Roman formulations 'male frankincense' was specifically required.

All other frankincense was termed 'female' and Pliny notes that the most esteemed:

'is the breast-shaped, formed, when, while a previous drop is still hanging suspended, another one following unites with it.'

Today the resin is graded according to age, appearance, moisture level, olfactive characteristics and essential oil content:

- ◆ Grade 1: Oil from tears - which is the most carefully selected, white or light yellow in colour.
- ◆ Ungraded: Oil from a mixture of white/yellow and reddish angulated masses with particles of bark and often other foreign substances.
- ◆ Oil from dust and siftings.

It is sourced from Somalia and Yemen. Frankincense from Aden has a high α -pinene content, giving it an unpleasant note. It is therefore not commonly used within aromatherapy or perfumery, but is used in the manufacture of varnish to supplement turpentine.

Frankincense, in the form of a resin has been burnt at altars and in temples since antiquity. It was highly valued by many early cultures, hence one of the three gifts from the three wise men to the infant Jesus. Its inclusion in Jewish religious ceremonies was first mentioned in the 13th book of Exodus, where it was included in the recipe for

holy incense given to Mosses by God. It is still used by the Roman Catholic church as an offering during Mass, blended with benzoin and storax.

The sweet smoke from the resin was believed to drive out evil spirits from the sick and it was used to purify the body and soul.

Dioscorides mentions the therapeutic use of the gum in the treatment of skin disorders, haemorrhages and pneumonia. A sixteenth century surgeon Ambroise Pare noted how effectively it help to heal wounds and assisted the healing of scar tissues.

In common with most essential oils derived from gums, frankincense has a pronounced effect on the mucous membranes and is an ideal expectorant. It is also used for pulmonary and genito-urinary tract infections. Externally it may be used for wounds, ulcers, and carbuncles in the same way as myrrh.

It has been commonly used in skincare preparations because of its astringent and slightly anti-inflammatory properties and has been said to be particularly beneficial for older skins, and has a tonic effect, restoring tone to slack looking facial skin, preserving a youthful complexion and reputedly preventing wrinkles.

The oil is a uterine tonic and may be helpful for abnormally heavy periods and may be used in bathes and gentle abdominal massage.

According to Valerie Ann Worwood frankincense is elevating, spiritual and meditative. It may be used to counteract negative attributes such as fear, grief, anxiety, panic, apprehension and despair.

Patricia Davis suggests that frankincense has the ability to slow down and deepen the breath, and to breathe more slowly and deeply produces feelings of calm, which are conducive to meditation. It is therefore an ideal oil to use in

an oil burner for meditation. This perhaps explains why it may also be used as an inhalation for asthma.

Patricia Davis also suggests that frankincense will help us to break ties with the past, specially where this inhibits personal growth. This is interesting as this is one of the possible causes of asthma according to Louise Hay.

When frankincense was burnt, it was found to produce a substance tetrahydrocannabinol - a psycho-active substance that expands consciousness.

It blends well with sandalwood, pine, vetiver, geranium, lavender, neroli, orange, basil, cinnamon and other spice oil. It gives an intriguing note to citrus blends.

Some suggested uses:

- ◆ Add 3 drops of frankincense, 2 drops of ylang ylang and 2 drops of geranium to 25ml of sweet almond oil to make a massage oil for nervous tension, depression and stress related conditions.
- ◆ Add 3 drops of frankincense and 4 drops of orange to a bath for a relaxing bath.
- ◆ Add 3 drops of frankincense and 4 drops of lemon in an oil burner for an atmosphere conducive to meditation and prayer.

References

- Battaglia, S., *The Complete Guide to Aromatherapy*. The Perfect Potion, Australia, (1995).
- Lawless, J., *Aromatherapy and the Mind*. Thomsons, Great Britain, (1994).
- Worwood, V., *The Fragrant Mind*. Doubleday, Great Britain, (1995).
- The Essential Oil Catalogue*. Aqua Oleum, Great Britain, (1993).

Actions

Psychological

sedative, calming, grounding

Dermal

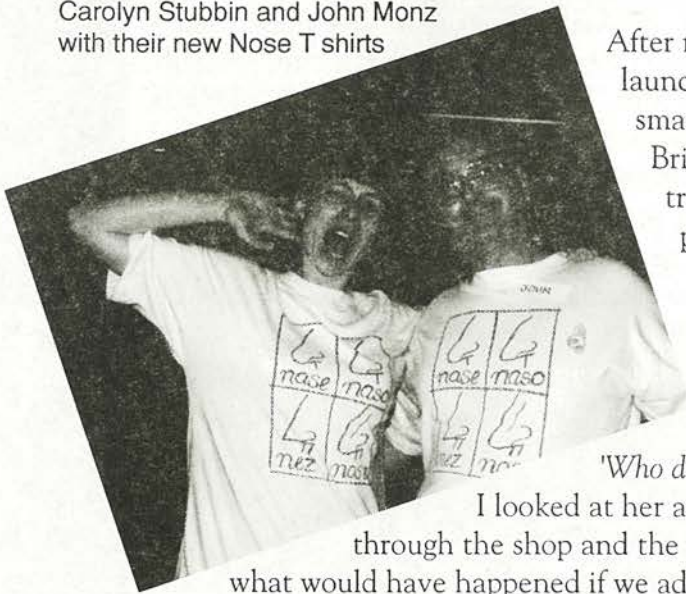
cicatrisant, cytophylactic, vulnerary

Physiological

antiseptic, anti-inflammatory, emmenagogue, expectorant, uterine

Modern Trends in Aromatherapy an

Carolyn Stubbin and John Monz with their new Nose T shirts



After months of preparation, both the Townsville and Brisbane launch and Modern trends in aromatherapy seminar, were a smashing success. Unfortunately we had a good problem in Brisbane. We were hoping to have our launch in our new training centre, which could have comfortably held 80 people, however at the last minute we realised there would be over 160 people and we had to find a new venue. Fortunately the Metro Art Centre was available and this proved to be a very comfortable venue which was able to accommodate both the launch and seminar. The manager of the Metro Arts asked me

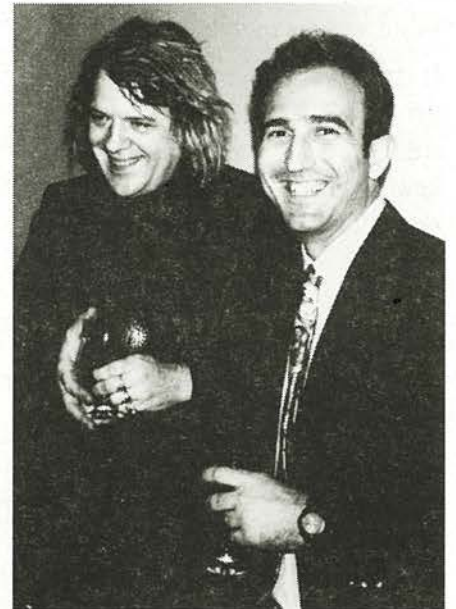
'Who did you use to promote your seminar and launch?'

I looked at her a little puzzled, and said, we promoted it ourselves, through the shop and the newsletter. It was then that I realised, can you imagine what would have happened if we advertised, well may be the new convention centre may not have even been big enough.

I was excited to see so many people turn up and celebrate the launch of my new book. It certainly will remain one of my most memorable experiences. The launch and seminar would not have been success if it was not for all the staff who share the same passion and enthusiasm for aromatherapy as I do. I wish to thank them for their hard work and commitment. In future issues we will be including extracts from the seminar.



The enthusiastic and happy Perfect Potion staff at the Townsville launch



Johnathon Midgley, the creator of our aromatherapy perfumes, with Sal after his speech at the Brisbane launch.



Some of the enthusiastic and happy Perfect Potion staff at the Brisbane launch



Some of our guests celebrating at the Brisbane launch

and Follow Your Nose Launch Review

With the kind permission of Judy Day, Clinical nutritionist in Townsville and Guest speaker at our Townsville book launch we have published an extract of her speech which was very inspiring to all those present.

As a nutritional therapist, I must confess that until recently, I didn't know much about aromatherapy as an art and a profession in its own right. That changed when my partner, Peter began studying Sal's aromatherapy course a couple of years ago. Peter's enthusiasm was infectious and since that time we have become a well and truly 'aromatherapized' family, and I a converted practitioner.

You might be interested to know some of the ways we've used essential oils as a family, but firstly I'd like to tell you a story about how as a fairly straight nutritionist, I have come to embrace other natural therapies such as aromatherapy in my practice.

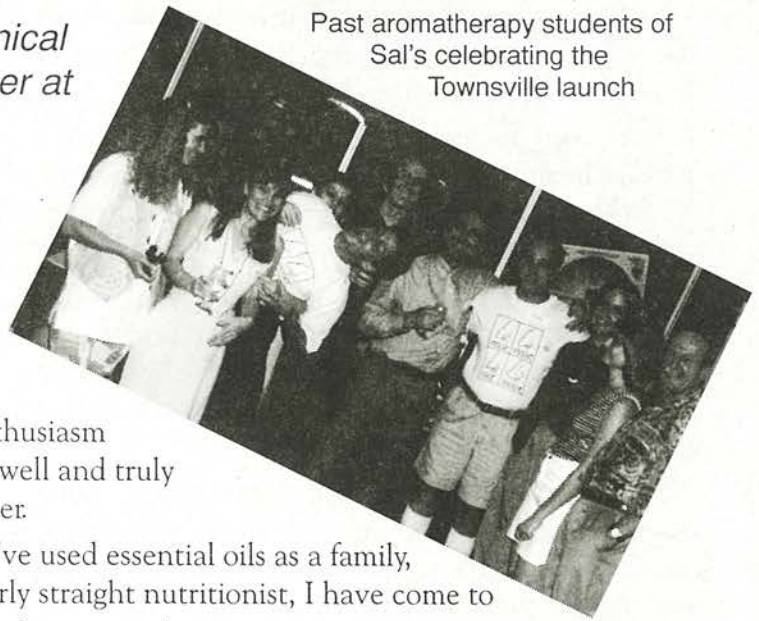
some four years ago, I was at a conference on the Sunshine Coast and I met up with a colleague who's had a very alternative style pharmacy in Tasmania since the early 1980s. He made a statement which was, to me at the time, very provocative. He said that 'Plant-based medicine is the medicine of the future, because the energy is right for it'.

At the time, I thought, 'Fair bite of the pineapple doughnut!' I mean, 'Who says?' and 'Nutrition is the medicine of the future, anyway!', and tried to dismiss what he'd said.

But I kept thinking about it, and wondering if there was any truth in it. The thought that there might be, left me as a committed nutritionist, feeling a bit like the little pig in the Three Little Pigs story who suddenly finds she has a house that's made of sticks which is just about to be blown away by the cold winds of change. There have been many changes in community attitudes since then, and I'm pleased to say I've come to see the truth of what my friend was saying.

It seems to me that people want environmentally friendly medicines; that is medicines that do not pollute

Continued next page



Past aromatherapy students of Sal's celebrating the Townsville launch



Michelle, Terri and Kerry all deeply engrossed in the enjoyable Zen of Blending session.

Continued from previous page

the internal or the external environment. People want medicines with few or no side effects, and that are non-invasive. For example, given a choice, most people want to avoid the unpleasant side effects of drugs and the invasiveness of surgery.

People want medicines that work with nature to restore health in a holistic way, by healing the physical, the mental and the spiritual as one entity, rather than treating just the problem part, such as the big toe or the emotions.

I also think people want affordable medicines that allow them to improve their quality of life by treating simple ailments by themselves, and by maintaining responsibility for their own wellbeing.

I think you would agree that aromatherapy, along with a number of other natural healing disciplines, meets these criteria, so in a sense, perhaps the 'energy is right' for plant based medicines to become the medicine of the future.

Also, fortunately for me I suppose, the energy also seems to be right for nutritional therapy because it also meets these criteria for modern healing. On the subject of nutrition, I think you'll be delighted as I was with the quality and quantity of nutritional information Sal has packed into his book.

So, to use the Three Little Pigs analogy, perhaps my nutritional house is made of more sturdy material than sticks and perhaps is actually strengthened by my willingness now to embrace other healing arts such as aromatherapy.

So that's the story of my journey towards newer therapies such as aromatherapy. So for anyone

already in the healing professions, and considering furthering your knowledge of aromatherapy, I hope you will be encouraged by the considerations I have just mentioned.

As I mentioned earlier, we have become an aromatherapized family. I will briefly mention some of the ways we have used certain oils at home. (See table below)

So you can see how a knowledge of these oils has empowered us to improve our quality of life in many different ways. As a side effect, we now have a house and baby that smell like a garden in blossom, and we love it that way!

As a nutritionist, I know I will find Sal's book an excellent guide to have on hand for just these purposes. I have read a great many books on natural therapies of mixed quality, some of which have very little information and are poorly referenced. Having reviewed the Complete Guide to Aromatherapy, I must say I am proud to be associated in even a small way with such a beautifully written book, packed with well referenced information. I think it will stand up to critical review. Not that we should be so critical of it! Let me now propose a toast to the future of aromatherapy and to Sal's contribution to it with his new book.

Judy R. Day

B.Soc.Wk. B.Sc. Dip. Clin. Nutr. M.C.M.A.

Judy practices clinical nutrition and environmental medicine and is available for consultations at:
5 Trot Street, Mundingburra, Townsville, 4812.
Ph. (077) 214901.

Lavender oil	For pain relief for wasp bites, for inducing a long sound sleep, for pain relief and tissue repair following minor surgery, in a bath for a calming and relaxing effect
Childbirth blend	Clary sage, rose oil and jasmine oil were combined for increasing the strength of contractions, and reducing fear in childbirth. We had a home birth with Jaric, which was a very spiritual and gentle way of bringing a baby into the world.
Breathe Easy Oil	In a burner and on a tissue for the relief of congestion due to sinus and colds
Lemon and orange oil	In a burner in the clinic giving a lovely fresh smell
Blue chamomile and lavender oil	For reducing irritability due to tiredness and teething, and for inducing sleep in an over-tired child

Peppermint

How a Greek Mythological Love Affair Turned into a Cup of Tea.



Pluto, God of the Dead, fell in love with a beautiful nymph named Minthe. His wife, the Goddess Persephone, understandably became very upset, decided to transform Minthe into a plant. Pluto, despite his attempts, could not bring his lover back to her former glory so instead gave her plant form a beautiful aroma. Hence, Minthe the nymph became 'Mentha', the genus for mint - our most popular herbal tea!

The history of peppermint goes back a long way. It is mentioned in the oldest surviving medical text the 'Ebers Papyrus' as a stomach soother. Since then it has been used by many cultures for just about everything. From payment of taxes or tithing:

'But woe unto you, Pharisees for ye tithе mint and rue and all manner of herbs and passing over judgement the love of god.' (Luke 11:42)

to some of these more unusual uses recorded by the 17th century herbalist, Nicholas Culpeper:

'It helpeth the biting of a mad dog ... an especial remedy for venereal (sexual) dreams and pollutions in the night (nocturnal emissions), being applied outwardly to the testicles.'

Peppermint (*Mentha piperita*) was only recognised as a separate species to spearmint (*Mentha spicata*) in the 1600's. Since then it has been considered of higher medicinal value because of its menthol constituent.

Peppermint is first and foremost a digestive aid. The perfect herb for the Christmas season. So when you're

sitting around the table with friends and family and have just finished your second or third helping of turkey (or nut roast if you're a vegetarian) and just about to tuck into steam pudding and brandy sauce when your digestive system decides to go on strike, its time to put on the kettle and make a pot of peppermint tea because it is going to help:

- ◆ soothe and calm the muscle lining of the digestive system
- ◆ act as an antacid relieving the discomfort of indigestion and preventing the formation of ulcers
- ◆ stimulate the gall bladder which in turn produces more bile to break up fat globules (especially if you have actually made it through dessert)
- ◆ by expelling gas from the intestines and relieving flatulence
- ◆ also helpful for relieving nausea and is therefore helpful for those who suffer from travel sickness or morning sickness

For the added benefits in relieving indigestion add fennel seeds to your peppermint tea.

Peppermint has also been traditionally used in the treatment of colds, flu and nasal or chest congestion. Although the essential oil is more effective than the herb as a steam inhalation, the herbal tea can be taken to fight the bacteria and regulate the body temperature by inducing sweating. This classic tea remedy for colds and flu uses this principle of 'sweating it out' as its success:

2 parts peppermint leaves
2 parts elderflowers
1 part yarrow

Take one heaped teaspoon of combined dried herbs per cup of boiling water. Steep for up to 10 minutes and drink three times a day.

Peppermint is one of the easiest herbs to grow. It will run rampant in no time if given plenty of sun and water in well drained soil. It will grow easily from cuttings of an established plant. Leave the cuttings in a glass of water on a window sill and roots will soon sprout. Planted in a container it makes a lovely gift and in confinement won't take over your garden.

So, don't forget to have your pot of peppermint tea ready and waiting for the end of the Christmas feasting and I think we'll all come around to Pluto's way of thinking. We'll love peppermint.

References

- Castleman, M., *The Healing Herbs*. Bookman, Australia, (1994).
Hall, D., *The Book of Herbs*. Pan Books, Great Britain, (1976).
Hoffman, D., *The Holistic Herbal*. Findhorn Press, Scotland, (1984).



Great Christmas Ideas from The Perfect Potion



This year's Christmas shopping has been made easier with the launch of our new full colour catalogue. This article will highlight the extensive range of products and great personal gift ideas The Perfect Potion has for Christmas.

We have our usual favourites such as a stunning range of *Spanish glassware* filled with all your favourite bath products.

For those that are not fortunate enough to enjoy the pleasures of aromatherapy in a bath, the *Body washes*, make an absolutely wonderful practical gift. Fill the shower with the fresh and invigorating scent of *Ozone*, the cool and cleansing aroma of *Cool Mint*, the sensuous and exotic *Eros*, the refreshing free-spirited scent of *Citrus Surge* or the spicy and invigorating *Exotic Spice*. These body washes are available in 125ml, 250ml or 500ml plastic containers.

Your existing oil burner looking a little worn, this year we have an extensive range of Australian-made *stylish oil burners*. From the traditional ceramic burners, to the ornate wrought iron burners, the

modern and stylish stainless steel burners to the more unusual sandstone burners.

If you already have an oil burner, why not choose from an excellent range of essential oil blends or from our extensive range of pure essential oils. The new *five element blends* have proven to be extremely popular.

A great gift for those starting out in aromatherapy is an oil burner, with one of the essential oil kits such as The Peace of Mind Kit; The Meditation Kit; The Jet Setters Kit; The Clear Mind Kit; The Tranquillity Kit or The Lover's Kit.

The Complete Guide to Aromatherapy which has already been hailed as the bible of aromatherapy would make a perfect gift for someone who would like to know almost everything about aromatherapy.

The amazing *wooden fingers* have been walking out the door. They were reviewed in the last newsletter. Apart from their unique shape they are very functional and are excellent as a massage accessory. They would make a perfect gift for one who regularly suffers with stiff tight shoulders or neck.

If you just don't know what to choose, what about a *gift voucher*.



Some of the vast array of products available from The Perfect Potion

Book reviews ...

This month we don't exactly review a book, but more fantastic Perfect Potion publications. These are a quarterly clinical journal on aromatherapy and a big bright colourful aromatherapy wall chart.

Aromatherapy Today Journal

Edited by Salvatore Battaglia

The Aromatherapy Today Journal is a quarterly Journal of Clinical and Holistic Aromatherapy. Its purpose is to bridge the gap between aromatherapists, other practitioners using aromatherapy and clinical trials and scientific research that has been conducted on essential oils. It also serves as a forum for practitioners to share their experiences and opinions.

The first issue discusses the anti-microbial properties of essential oils, reviews the Aroma'95 conference, includes an essential oil profile on the chamomile oils, includes case studies on insomnia and psoriasis, defines the term 'natural' which is so often used in the skin care industry, helps you understand how to treat an infection holistically and discusses the effectiveness of odours. Laura McEwan has also written an incredible almost believable story about Gattefosse's assistant who searches the world for essential oils that helped the allies to victory during the Second World War.

The Journal will contain regular features such as news and views, essential oil profile, research reports, case studies, skin deep, essential issues and book reviews.

Published with a full colour cover, the first issue is 24 pages. The Journal sells for \$6.50 per issue or \$25.00 for an annual subscription of 4 issues.

As usual, any newsletter subscriber may purchase the first issue of The Aromatherapy Today Journal, for only \$5.00 or subscribe for 4 issues for only \$20.00.

Aromatherapy Wall Chart

Designed by Salvatore Battaglia

I am sure the wait was worth it! Our wall chart has been out of print for over 6 months, but our new revised full colour version is certainly visually stunning and packed with heaps of practical information. The new illustrations have been done by our very own Dianne Hitchcock. The wall chart is laminated and is 620mm x 420mm. \$15.00 each.

This month has certainly been another busy period, with the introduction of the new aromatherapy perfumes, aromatherapy wall chart, base cream, aromatherapy skin care brochure and our new Follow Your Nose T-shirt.

Base Cream

Now you will be able to easily prepare your own specialised and customised creams by using this base cream which is made entirely from vegetable oils and plant-derived ingredients. Ideal for adding essential oils, infused oils, vegetable oils, herbal extracts and flower remedies. Sold in 65gm and 500gm containers.

Follow Your Nose T-Shirt

This great new T-shirt is destined to become a classic with our new promotional logo 'Follow Your Nose to The Perfect Potion'. You will certainly attract attention with four great noses printed on the front of the T-shirt. See the front cover for the design. Available in M, L, and XL.

Aromatherapy Skin and Hair Care Preparations Catalogue

A full colour 28 page catalogue which has got every body talking. We have put a lot of thought into the design of this catalogue and all the products are grouped into different sections so that they can be easily referenced. We have included a great chart which will help you select the products most suitable for your skin type. The only problem is that we keep making new products, which are not listed in the catalogue. These of course will always be reviewed in the new product section of the newsletter.

Aromatherapy Perfumes

Enjoy the benefits of pure essential oils through the use of the Perfect Potion's aromatherapy perfumes. Each perfume is a balanced symphony of the world's finest quality essential oils, designed to awaken the spirits, enhance inner strength, promote sensuality and restore vitality. These are available in an attractive 50ml spray bottle and packaged into a cardboard box.

Terra Nuova

Enthusiasm and Vitality

A tangy, light and fresh citrus symphony of neroli, orange, bergamot and lemon blended with ylang-ylang, sandalwood and Atlas cedarwood. You will feel wide awake, fresh and ready to go, you will have boundless inexhaustible energy that will keep you going when you inhale this tangy blend of citrus oils. An essential oil from an Australian native, *Bachousia citriodora* gives this perfume a delightfully fresh, sweet and intriguing note.

Terra Dolce

Joyful and Sensual

A rich, sensuous, warm, sweet floral blend of jasmine, rose, coriander, iris concrete and ylang ylang. No other essential oils are capable of changing our mood so intensely. Its euphoric qualities enhance self confidence, promote trust and relaxed physical awareness. Combined with rose which refreshes the soul and clary sage with its warmth and liveliness, this perfume has the ability to lift the dullest moods.

Terra Antica

Harmony and Tranquillity

A simple blend of sandalwood, Atlas and Virginian cedarwood, bergamot and jasmine making a rich and warm perfume with a woody sophistication. The rich

woody tones of sandalwood can promote both physical and mental wellbeing. It is traditionally used for its calming, harmonising and balancing affects. The delicate sweetness of bergamot oil casts away tension and its rejuvenating properties make you feel eternally young, while jasmine's luxuriant floral perfume is used as a powerful anti-depressant, promoting renewed optimism and well being.

Terra Verde

Enthusiasm and Inner Strength

A fresh, vibrant and invigorating blend of basil, bourbon geranium, clary sage, galbanum, Tasmanian lavender, petitgrain and violet leaf. The euphoric properties of clary sage and basil have the ability to lift the dullest moods, while geranium and bergamot banish shyness and self doubt, and give you renewed faith in your abilities.

Terra Exotica

Warmth and Inner Strength

A rich musty, earthy and sensuous blend of myrrh, spikenard, opapanax resin, rock rose, vetiver and Atlas cedarwood. The sweet and musky fragrances of myrrh and spikenard help to ease stress and banish feelings of apprehension, while vetiver's earthy-musty, spicy, deep fragrance is a source of vital energy and regeneration.

YOUR VIEWS

This time we have been overwhelmed with positive feedback about The Modern Trends in Aromatherapy and Follow Your Nose Launch. Thank you very much for your comments. If you have any comments, any questions, great ideas, recipes that you would like to share with everyone else, please let us know so that we can publish them in the newsletter.

One of our subscribers recently wrote to us, confirming the benefits of peppermint oil to help lower high temperature. →

Editor's comment: Another product which is ideally suited for this purpose is Cool-It.

NOTE

- ◆ We welcome your letters and views on *The Perfect Potion Aromatherapy Newsletter*. We would love to hear about your aromatherapy experiences. If you would like to write to us, letters should be addressed to:
The Perfect Potion Aromatherapy Newsletter,
PO Box 273
Zillmere, Qld 4034
- ◆ Publication is at the editor's discretion and letters may be edited in the interest of clarity and space.

To the Editor

Recently I took long service leave from my profession as a teacher and travelled to Hong Kong and Canada. Of course we took along a small selection of oils [from the Perfect Potion of course] and preparations I have made up.

On the trip from Hong Kong to Vancouver I fell victim to a case of food poisoning, arriving in Vancouver violently ill, the usual case of vomiting and a high temperature. Apart from the headache tablets and cool drinks my wife was at her wits end as to how to reduce my very high temperature.

A spark of an idea! Remembering the value of peppermint she found the Cooling Foot and Leg Lotion, which contains peppermint oil. Try anything once! So for several hours during the night and very early morning she rubbed my forehead with this lotion. By 6.00 am that morning I was able to get up, shower, catch a bus to travel 400 km. I was not 100% but the lotion did the trick. My temperature had dropped dramatically. I won't travel without it. So don't be afraid to experiment.

John Monz
(Aromatherapist)

Your comments on the Modern Trends in Aromatherapy Seminar

'Thank you and congratulations Sal- you have gone from strength to strength and deservedly so- You are doing for aromatherapy what Cindy Crawford has done for lipstick!'

Liz Abel

'Thank you for an enjoyable and affordable day. Friendly, informative and easy to understand - Great.'

'Maybe this seminar should be aimed more at people with 'some knowledge' of aromatherapy, maybe an introduction for one or two hours before the seminar for a beginner.'

'Congratulations Sal and Team. A very thoughtfully prepared event with excellent lecture notes, displays and aesthetic details. I love the noses! I like that you maintain

a down-to-earth friendliness and generosity of spirit amidst your success.'

'Aromatherapy practitioners need more support from suppliers. There should be more differentiation between practitioners, students and lay persons in terms of subject matter supplied.'

'Learning and interacting in such a friendly atmosphere was interesting and fruitful, well conceived and executed by Sal and company; catering great - excellent lunch.'

'In appreciation for an occasion which was totally congenial, competent, confident, eloquent, entertaining, instructive and inspirational, with our very best wishes.'

Eileen and Vic McKay

The Perfect Potion Training Centre

The Perfect Potion Training Centre is the innovative concept of Salvatore Battaglia, the founder of the Perfect Potion. Salvatore has seen the need to provide an ideal environment for the individual wishing to learn aromatherapy, whether this includes studying the intricate chemistry and the pharmacological effects of the essential oils or making your own soaps.

Our centre is centrally located in the city in the Queen Street Mall at level 4/117 Queen Street Mall (near the Myer Centre). It is easily accessible by all public transport and is close to public car parks.

We believe that you will excel in aromatherapy by learning from others devoted to excellence. From your initial contact, and every class you attend, we will provide the very best for you and we will listen to your needs. The list of courses follows.

All subscribers to this newsletter are eligible for a 10% discount on all workshops and courses except the Post Graduate Aromatherapy Course.

Introductory Aromatherapy Workshop

This workshop has been carefully designed for the beginner of aromatherapy who wants to learn more about aromatherapy. It is an ideal opportunity to learn how to help yourself, your family and friends along the road to optimum health by using essential oils. It is also an ideal introduction for anyone considering professional training in aromatherapy.

Length of course: 10 hours
Entry requirements: none
Course fee: \$95

Introduction to Massage Workshop

Learn the therapeutic benefits of touch, and you will be able to soothe away stress and tension, lower blood pressure, banish headaches and back pain, stimulate alertness, help people relax and speed up the healing process. Therapeutic massage assists the circulatory, nervous, respiratory, digestive and muscular skeletal systems. It helps to eliminate toxins from the body, improves digestion and restores tone and flexibility to the muscles.

This course will provide you with all the basic skills and techniques of Swedish massage such as - effleurage, petrissage, tapotement and friction - enabling you to use massage on your friends and family, to ease tension, tone and strengthen the muscles, increase vitality and improve mental and physical health.

Length of course: 12 hours
Entry requirements: none
Course fee: \$125

DIY Workshop

Book in early for this class as numbers are strictly limited. This course is destined to become the most popular workshop. A one day hands on experience that will cover many topics such as:

- ◆ making your own room fresheners
- ◆ making your own perfumes
- ◆ making your own skin care products such as cleansers, masks and moisturisers

- ◆ making your own soaps

Everybody will be taking home the products that they make.

Length of course: 6.5 hours
Entry requirements: none
Course fee: \$85

Introduction to Flower Essences Workshop

Flower essences have long been associated with harmonising the mind, body and spirit. They are a simple and effective means of addressing life's challenges in a positive way.

This workshop will be an ideal opportunity to discover the healing qualities of the Bach Flower Remedies and the Australian Bush Flower essences. You will be making your own personal combination remedy.

Length of course: 6 hours
Entry requirements: none
Course fee: \$60

Introduction to Herbal Teas Seminar

The use of herbal teas as healing agents is universal. Herbs can catalyse potent healing without any harmful side effects. Herbs can be used for a wide variety of ailments such as respiratory problems, nervous problems, digestive problems, circulatory ailments and to help the body detoxify and heal itself. You will also have the opportunity to sample many of the commonly available herbal teas.

Length of course: 6 hours
Entry requirements: none
Course fee: \$60

Stress Management Workshop

This course will allow you to manage your stress, using aromatherapy as an integral tool in stress management. You will learn how to recognise and deal with stress that is getting you down and learn how to turn it to your advantage.

Once you understand how stress may affect your body you will see how increased body awareness, aromatherapy and relaxation techniques will help you take control. You will learn to identify your personal stressors and how your body adapts to

stress, the effects of stress on the body, and how to select from a range of essential oils that will benefit the healthy management of stress.

Length of course: 6 hours
Entry requirements: none
Course fee: \$60

Aromatherapy and Women's Health Issues

Aromatherapy is considered one of the most effective natural methods of dealing with many gynaecological problems. The aim of this workshop is to discuss how essential oils may be used and blended to alleviate and treat menstrual, pregnancy and menopausal problems. We shall also survey some of the more commonly used medicinal herbs important in the treatment of gynaecological disorders as well as the vital role of nutrition.

Length of course: 6.5 hours
Entry requirements: Introductory Aromatherapy Workshop
Course fee: \$65

Post Graduate Aromatherapy Course

Over 200 hours of state of the art training in aromatherapy developed by Salvatore Battaglia. This course is possibly the most comprehensive professional training in aromatherapy available in the world today.

The inter-related modular training program is available for aromatherapists, practitioners of complementary medicine and others working in the health industry. As these subjects are all post graduate subjects, proof of qualifications will be required before acceptance is confirmed. Minimum training requirements include qualifications in the field of remedial therapies and anatomy and physiology.

Although the minimum training period is usually 11 months, there is no maximum period in which the modules must be completed. Upon successful completion of all the modules and prerequisite subjects, graduates are eligible to join the International Federation of Aromatherapists.

The modules include:

Holistic Aromatherapy Principles (15 hours)	\$150.00
Origins (15 hours)	\$150.00
Aromatherapy Chemistry (15 hours)	\$150.00
Pharmacology (15 hours)	\$150.00
Psychology of aromatherapy (15 hours)	\$150.00
The Remedies (30 hours)	\$300.00
Aromatherapy skills (45 hours)	\$450.00
Clinical Sciences (30 hours)	\$300.00
Clinical Procedures (30 hours)	\$300.00

Aromatherapy and Nursing Seminar

An exciting development in aromatherapy has been the increasing number of nurses making practical use of aromatherapy. Many professional health care workers have seen that aromatherapy can be a very real benefit in the management and care of many acute problems. Some of the topics covered include: midwifery, oncology, AIDS, psychiatric conditions, pain reduction, care of physically challenged, care of the aged and relaxation.

Those trained in patient care such as nurses, occupational therapists will find this seminar an opportunity to expand their skills in the use of essential oils.

Length of course: 6.5 hours
Entry requirements: none
Course fee: \$65

Rare and Exotic Essential Oils Seminar

This intensive one day workshop which discusses the aromatherapeutic properties of many of the less commonly used and available essential oils. The oils discussed include ambrette seed, asafetida, boronia absolute, cassie, elemi, galbanum, guaiacwood, narcissus, oakmoss, opopanax, spikenard, tagetes, tuberose, turmeric, verbena and violet leaf.

Length of course: 6.5 hours
Entry requirements: Introductory Aromatherapy Workshop or appropriate aromatherapy training
Course fee: \$65

The Zen of Blending Workshop

The Zen of Blending will expand your creative olfactory horizons. Topics include characterology of essential oils, balancing therapeutic properties, aesthetic impact of blends and listening through your nose. We also discuss some of the techniques used by perfumers to create beautifully balanced compositions. At the conclusion, participants will make a blend to be taken home.

Length of course: 6.5 hours
Entry requirements: Introductory Aromatherapy Workshop or appropriate aromatherapy training
Course fee: \$75

Introduction to Chinese Medicine Seminar

A must for anyone who wishes to understand the principles of Traditional Chinese Medicine or wishes to integrate them into their aromatherapy practice. This course covers the basic principles from Yin and Yang, Five element theory, the organs of the body and origins of disharmony. If you have not previously studied Chinese philosophy, this course is a pre-requisite for the Oriental Diagnostic Skills course and the Energetics of Essential Oils course.

Length of course: 12 hours
Entry requirements: nil
Course fee: \$120

Oriental Diagnostic Skills Workshop

This workshop provides the participant with the basic diagnostic skills used in Traditional Chinese Medicine. These skills depend on an understanding of physiological, psychological and energetic patterns that underlie symptom and disease. If we are to treat our clients with aromatherapy or any other form of complementary medicine, it makes sense to use a complementary way of assessing their health.

Length of course: 15 hours
Entry requirements: Introduction to Chinese Philosophy and suitable natural therapies training
Course fee: \$150

The Energetics of Essential Oils Workshop

This fascinating workshop integrates Traditional Chinese Medicine, Ayurvedic principles and modern pharmacology to simplify the essential oils according to their functional energetic properties. We discuss methods of reclassifying the properties of the essential oils according to the five elements and review more than 20 essential oils according to their energetic aspects.

Length of course: 15 hours
Entry requirements: Introduction to Chinese Philosophy and suitable aromatherapy training
Course fee: \$150