



## FEBRUARY AROMANEWS 2012 (Issue 02/12)

### Welcome to our February Newsletter

Dear Customer,

What a great start to our month with a fully attended Chemistry course and Licentiate Diploma course! The interest in clinical aromatherapy is growing and so these courses are more in demand – if you want to know more for our next intake in September please email [courses@penny-penny.com](mailto:courses@penny-penny.com)

Our Spring Open Day is on March 31<sup>st</sup> and we have an exciting programme including a workshop on developing your own perfume – please see all the details below. For a list of all our courses throughout 2012 please visit [www.penny-price.com/downloads](http://www.penny-price.com/downloads)

We now have a SLES free range of foaming products that you can read about below, and also some very nice offers! We hope you have a great month!

With best wishes from  
Penny Price and the Team



#### **February Offer**

**Book your courses with Penny Price Aromatherapy for all your CPD needs. During the month of February you can book 3 courses – in-house or by Distance Learning and only pay for 2. This means you can get all your points for the year with some to spare for next year! Take a look at our website and choose your courses today. Phone 0844 8844 966 or email [courses@penny-price.com](mailto:courses@penny-price.com) for your own prospectus. Offer applies to CPD courses only and ends on 29th February 2012**



#### **New Year De-tox**

**After all the festivities are over we often feel bloated and can't fit in all those lovely party clothes we bought before Christmas! Sound familiar? Look no further than our effective De-Tox gift set which comprises of a detoxifying bath soak and a detoxifying body lotion to help reduce swelling, excess fluid and improve cellulite. Used daily you will be amazed at the results! Maybe your friends and clients would be interested too so pass it on! Summer is just around the corner!**

[+ more](#)

## Niaouli Essential Oil

[Good for aches and pains, cough and colds and more](#)

Latin name: Melaleuca viridiflora

Synonyms: M. quinquenervia, 'gomenol'

Plant family: Myrtaceae

Extraction: Steam distillation of the leaves and young twigs.

Origin: Native to Australia, New Caledonia, French Pacific Islands.



Plant characteristics: An evergreen tree with a flexible trunk and spongy bark, pointed linear leaves and bearing spikes of sessile yellowish flowers. When crushed the leaves have a strong aromatic scent.

Oil characteristics: a collarless, pale yellow or greenish liquid with a sweet, fresh, camphoraceous odour.

Traditional use: used locally for a wide range of ailments, such as aches and pains, respiratory conditions, cuts and infections. Niaouli is also used to purify the water and is named 'gomenol' as it used to be shipped from the Gomen in the French East Indies.

Properties: Hormonally balancing this oil is a regulator, analgesic, anthelmintic, anticatarrhal, antirheumatic, antiseptic, antispasmodic, bacterial, balsamic, cicatrisant, diaphoric, expectorant, stimulant and vernifuge. Also useful for infection, cuts, bruises, rheumatism, asthma, coughs and colds, urinary infection and period pains.

Blends well with:

Cautions and comments: Non-toxic, non-irritant, non-sensitizing. Often subject to adulteration.

Main chemical constituents: Cineol (50-60%), terpineol, pinene, limonene.

[+ more](#)

Hydrolat of Rose

[A wonderful hydrolat for women!](#)

*Rosa damascena* is one of the most popular rose plants available. The essential oil can be distilled or gained through solvent extraction. Either way, although the quality is different with the distilled oil being far superior, the aroma is truly delightful. There are not many women who do not love the smell of rose oil. Usually with a hydrolat, the smell of the product is different to that of the distilled oil. In the case of rose, the smell is almost identical. The delightful aroma of the hydrolat is lighter and fresher than the oil and is very useful for lifting the spirits and cheering the client.



The main components of rose hydrolat show alcohols as the main components. This suggests that the hydrolat should be anti-inflammatory, antifungal, antispasmodic, balancing (to the hormonal system), calming, uplifting and slightly decongestant. One of the main uses for eau de rose is for balancing hormones during the menopause.

**Skin care**

Rose hydrolat can be applied as a skin toner, on a soft piece of lint and dabbed over acne rosacea. It is calming and helps to reduce the redness. Over time, the skin texture will improve and become smoother. To enable maximum absorption, a gauze can be soaked in the hydrolat and placed over the face or affected area and left for 45 minutes. This is especially useful if a client is stressed, as the time taken for relaxation will help to ease the stress and therefore improve the skin.

**For the menopause**

The hydrolat of rose is exceptional for helping to gently balance the hormonal system. For night sweats, take 20mls in warm water every evening before bed. Sleep will be enhanced and the night sweats should diminish over a period of time. Keeping the hydrolat in a spray bottle can be helpful during the day to help keep temperature regulated. Use 50mls of the hydrolat in a warm but not hot bath to help with mood swings and PMS. For tiredness and irritability the hydrolat is also very beneficial either in the bath or taken as a bedtime drink.

**As a linen spray**

The hydrolat can be used undiluted in a spray bottle for spraying bed linen, towels and mattresses. It can also be used for spraying clothes before ironing and to generally freshen rooms and workspaces. Because the aroma is so relaxing and refreshing, the whole atmosphere of your home and the moods of the people in it will be instantly calmed.

**Rose hydrolat is probably the one I would never be without!**

[+ more](#)

---

Spring Open Day

**Open Day is always a great event where you can meet old friends, make new ones and also gain 4 CPD points! This Spring we have put on the following workshops and lectures for you:**

**Workshop Options.**

**1. New facial techniques for yourself**

Wendy will demonstrate new facial techniques for you to use on yourself to help promote a youthful appearance with nourished skin.

**2. Create your own perfume**

Debbie will take you through the basics of making your own fragrance, which you will then take home with you.

**3. Make your business a success even in recession**

Sandra will tell you how to recession-proof your business, how to attract new customers and how to encourage your clients to spend more in your clinic.

**Lectures**

**How safe are essential oils – exploding some myths.**

Penny will cover several areas of safety including epilepsy, high blood pressure, pregnancy, and others to help you choose oils for difficult situations.

**Old oils, new facts**

Penny will take several familiar oils and bring new research facts to show how versatile they really can be in new and different situations.

The Day costs £50 including VAT and a healthy lunch and glass of wine or fruit juice is also included in the cost. Book now by emailing [clare@penny-price.com](mailto:clare@penny-price.com) or by phoning 0844 8844 966 and asking for Clare or Denise.

[+ more](#)

---

**SLES FREE PRODUCTS**

Penny Price Aromatherapy Ltd has now formulated Sodium Lauryl Ethyl Sulphate FREE products! All our shampoos, shower gels and bath foams in every range have now been reformulated to make them even safer and more luxurious for you and your clients. Go to our Hair and Body Care area in our shop to select the products you need.

Ranges changed include Mother and Child, Just for Men, Frankincense and Orange Body Care, Rose and Lavender Body Care and ALL our base products!

Go to [our shop](#) right now and check it out!



Penny's News

**[Another busy time!](#)**

So yes, the first month of the year has been great – but so busy! This is not a moan as I would much rather be busy than moping around wondering what to do with myself, but really, it has been hectic, with lots of new product development and new course schedules to prepare. I am also almost at the end of studying for another degree too, so next week I am off to college for a week to study the final module. I now empathise with all my distance learning students – keeping focused is not as easy as it seems! The week after that we are off to Scotland to visit Bob's family so we may get a rest while we are there.



Teaching the Chemistry and Licentiate courses has been great fun and very exciting. To see aromatherapy being taken to the next level is always uplifting and thought provoking. If you want to join us for the next course please let me know and I can send you some information.

See you next month!

Until then, keep well and take care

Penny Price

[FaceBook](#)



Phone [0844 8844 966](tel:0844 8844 966)

[Unsubscribe](#)

[Contact](#)

Tel: 01455 251020

Penny Price Aromatherapy Ltd, Spa Villa, 41 Leicester Road, Hinckley, LE10 1LW

[courses@penny-price.com](mailto:courses@penny-price.com), [orders@penny-price.com](mailto:orders@penny-price.com), [www.penny-price.com](http://www.penny-price.com)

0844 8844966, 01455 251020