

Infertility, Gynaecology & Aromatherapy

1-weekend Advanced Certificate Course with

JANETTA BENSOUILAH

at Regent's College, Regent's Park, London NW1

Gynaecology is one of the most sophisticated branches of traditional Chinese medicine (TCM), a medical system that has a long documented history of treating infertility and gynaecological problems generally. By drawing upon its traditional teachings and adapting them to modern conditions, this course aims to facilitate a thorough understanding of fertility and reproductive health from both TCM and western medical perspectives.

With surveys demonstrating a greater use of complementary therapies among infertile women than the general population, infertility represents a vitally important area of professional practice — and one that is full of possibilities for inter-professional exchange with infertility specialists. The course is ideal for aromatherapists wishing to work confidently with infertile couples, or who wish to develop gynaecology as a clinical specialty.

COURSE COMPONENTS

- **The biology of reproduction:** Understanding the menstrual cycle; reproductive hormones; fertility indicators.
- **TCM understanding of the menstrual cycle:** Four phases of the cycle; yin and yang aspects of fertilisation; balancing the imbalances with aromatherapy; the energetics of pre-menstrual syndrome (PMS).
- **Disorders and diseases that affect fertility:** Reviewing gynaecological conditions which compromise fertility, including polycystic ovary syndrome (PCOS); endometriosis; fibroids; miscarriage.
- **Effects of stress and lifestyle:** The impact of stress on fertility; negative lifestyles; social factors.
- **Orthodox approaches and assisted reproductive technology (ART):** Diagnostic methods and treatments; IVF protocols; ovarian hyperstimulation syndrome; combining natural treatment options with ART programmes; aromatherapy support through treatment cycles.
- **The role of aromatherapy:** essential oil energetics in gynaecology; reviewing the science of 'hormonal' oils; integrating aromatherapy with reproductive medicine; when and when not to treat
- **Diet and nutrition:** Modern insights into traditional dietary therapy for pre-conceptual health, foods for fertility
- **The emotions of infertility:** Emotional issues – their energetic impact on reproductive health; psychoaromatherapy.
- **Specialising in gynaecology and infertility:** Things to ask and be aware of when taking the case history; understanding medical investigations; treatment schedules.

*Entry onto this course requires a prior Aromatherapy qualification.
An Advanced Certificate is issued on completion.*



Janetta Bensouilah

LicAc, MBACc, MIFPA, CertEd

Janetta is a fertility and obstetric acupuncturist-aromatherapist. She qualified in aromatherapy in 1995, and went on to gain a Licentiate in Acupuncture in 1998. She has undertaken further studies in advanced clinical aromatherapy as well as fertility and pregnancy acupuncture, and holds a postgraduate Certificate in Obstetric Acupuncture. As a member of the Acupuncture Fertility Network, Janetta is committed to ongoing professional development of traditional acupuncture in support of pregnancy and fertility.

Janetta is currently undertaking an MSc Degree course in Chinese Herbal Medicine at Westminster University, and maintains a busy private practice specialising in traditional gynaecology and dermatology. She is co-author of the book *Aromadermatology – aromatherapy in the treatment and care of common skin conditions*.

DATES & TIMES: Sat-Sun, November 29-30, 2008; 10 am to 5 pm.

VENUE: Regent's College, Inner Circle, Regent's Park, London NW1.

COURSE FEE: £150 incl VAT, payable on booking.

BOOKING: Mail your cheque (*payable to ITHMA*) to:

ITHMA, 1 Laburnum Lane, Burwell, Cambridge CB25 0EB
For further info and credit card bookings, tel. 01638 741296

info@aromatherapy-studies.com

www.aromatherapy-studies.com

Aromadermatology

Using aromatherapy effectively for the treatment of common skin conditions

with **PHILIPPA BUCK** and **JANETTA BENSOUILAH**

at Regent's College, Regent's Park, London NW1

Aromatherapists regularly encounter individuals seeking relief from the symptoms of skin disorders. This course aims to provide a stimulating and focussed learning environment in which the therapeutic role of aromatherapy in this area of practice can be explored from an evidence base. The principles of aromadermatology that are presented on the course are as much about facilitating an integrated, complementary approach as about providing alternatives in cases where mainstream treatments have little to offer.

COURSE CONTENT

The course has a strong theoretical and applied orientation and will appeal to those with a keen interest in developing clinically focussed skincare treatments. During the course, we use a precise interpretation of relevant research to formulate a wide range of dermatology treatment options. You will find this adds depth and breadth to your existing knowledge and skills, giving you confidence to use these immediately in your practice and to extend the effectiveness and variety of your work.

COURSE COMPONENTS

- Skin physiology; the effects of age, race and skin integrity on essential oil permeation.
- Skin reactions and their avoidance: irritation, sensitisation, phototoxicity.
- Ingredients used in topical preparations; selecting the correct medium.
- Product formulation and approaches to dosages.
- Hair and scalp care: sebaceous gland disorders, acne, rosacea, seborrheic dermatitis.
- Inflammatory dermatoses: dermatitis/eczema, psoriasis, urticaria.
- Wound care.
- Cosmetic treatments and preventing skin ageing.
- Paediatric dermatology: bathing and cleansing, nappy rash, warts, impetigo, chicken pox, head lice.
- Aromatic psychodermatology.

Entry onto this course requires a professional qualification in aromatherapy or herbal medicine. It assumes a good working knowledge of essential oil chemistry. A participative approach is encouraged and participants are welcome to share their experiences.



Philippa Buck and **Janetta Bensouilah** are tutors with a thorough knowledge of aromatherapy sciences and broad clinical experience. They are authors of the textbook *Aromadermatology – aromatherapy in the treatment and care of common skin conditions* and between them have published over 20 articles in the professional literature.

Philippa Buck BPharm,MRPharmS,PGC MedToxicol,MIFPA

Philippa qualified as a pharmaceutical chemist in 1986. In 1991, after having worked as a hospital and community pharmacist, she became a Clinical Research Associate for a multinational company involved in dermatological clinical trials. Philippa holds qualifications in clinical holistic aromatherapy, and has studied medical toxicology at the University of Wales College of Medicine, giving her a thorough understanding of essential oil safety. She currently teaches at Raworth College of Natural, Nutritional and Sports Therapies, and runs a private aromatherapy practice in which she specialises in paediatrics and aromadermatology.

Janetta Bensouilah LicAc,MBAC,Cert Ed,MIFPA

Janetta holds qualifications in clinical holistic aromatherapy, reflexology and acupuncture, and has been in professional practice since 1995. She is Course Coordinator for Raworth College of Natural, Nutritional and Sports Therapies. Janetta is currently undertaking an MSc Degree Course in Chinese Herbal Medicine at Westminster University, and maintains a busy private practice.

DATES & TIMES: Sat & Sun, Jan 17-18 & Feb 7-8, 2009 (4 days); 10 am to 5 pm.

VENUE: Regent's College, Inner Circle, Regent's Park, London NW1.

COURSE FEE: £295, payable through a deposit of £95 on booking, followed by the balance of £200 by January 3rd, 2009.

BOOKING: Mail your cheque (*payable to ITHMA*) to:

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Aromatherapy Product Blending

From Creation to Regulation

with **ALAN STUART**

at Regent's College, Regent's Park, London NW1

Growing awareness and interest from both the public and certain regulatory agencies have brought the 'therapy of scent' to the fore. Increasing sales of 'aromatherapy products', inspired by a desire to self-nurture, have reacquainted us with one of our most direct and instinctual senses: smell. As our high street shelves have given more space to aromatherapy, so the powerful licensing agencies, primarily the MCA (Medicines Control Agency) and the EC, have become more watchful of how aromatherapy markets itself.

If we define aromatherapy as the use of essential oils to promote physical, psychological and spiritual well-being, how as responsible practitioners can we utilise the tools of our art – essential oils, vegetable oils, creams, gels etc – within the various guidelines and restrictions, whether in a therapist to client setting or within a more commercial market?

The main objective of this two-day workshop will be to enable trainee and practising Aromatherapists to enhance and develop their blending skills. It will provide practical guidance on confidently creating and marketing one's own unique range of Aromatherapy products — with a special emphasis on labelling and meeting EC regulations. The course will be very 'hands-on' and will include a number of in-class exercises and practical blending work with essential oils and bases. Topics covered will include:

CREATIVE AND ADVANCED BLENDING TECHNIQUES

Aesthetics of blending; odour families and fragrance energetics; the synergistic approach to blending; physiological, psychological and spiritual aspects of blending; the art of smelling and the psychology of fragrance; olfactory influence; blending preparation; the Tao of blending.

USE OF BASE PRODUCTS

Active constituents within base materials; natural vs. synthetic ~ their variance and uses; blending bases to your own preference; introduction to aromatherapy and cosmetology; hydrolats; giving a 'signature' to your bases; storage; adding essential oils.

SUPPLIERS; PRODUCTION HYGIENE & CONTROL

Working with and building relationships with suppliers; health and safety; utensils and sterilisation; purchasing raw materials; batch-blending.

LABELLING; EC REGULATIONS

Latest information and regulations concerning label information; catalogue literature and promotional material; MCA (Medicines Control Agency) ATC (Aromatherapy Trades Council); medicinal claim restrictions; what you can and can't say!

PRICING; MARKETING; PROMOTION

Pricing for both the private client or the commercial market; market analysis and techniques to evaluate your product market; trade and health fairs; methods of promotion.

*Students are asked to bring their own essential oils —
base materials, containers and utensils will be provided.*

The course includes detailed printed notes.

An Institute Certificate is issued on completion.



Alan Stuart MIFPA

Alan has been working in essential oil blending for over eight years, and produces in a range of specialised aromatherapy products sold worldwide. He is Assistant Principal and a Senior Lecturer at the Institute of Traditional Herbal Medicine and Aromatherapy, and teaches aromatherapy, Oriental medicine, and therapeutic and acupressure massage. He has written a number of articles on the safe therapeutic use of essential oils.

Alan has gained wide experience in aromatic product design for both private clients and aromatherapy companies, taking a strongly vitalistic approach to the art of blending. He has been involved in all aspects of product creation from formulation, design and materials sourcing to production, marketing and distribution. Alan is ideally placed to offer genuine advice and experience with regard to creating one's own aromatherapy product range.

Alan maintains a busy professional aromatherapy practice in North London, and practices *Tai Chi Chuan* and *Qi Gong* meditation and healing therapy.

DATES & TIMES: Sat & Sun, February 21-22, 2009 (2 days); 10 am to 5 pm.

VENUE: Regent's College, Inner Circle, Regent's Park, London NW1.

COURSE FEE: £150 incl VAT, payable on booking.

BOOKING: Mail your cheque (*payable to ITHMA*) to:

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Aromatic Energetics & the Five Elements

The psychological properties of essential oils according to basic Oriental Medicine

with **GABRIEL MOJAY**

at Regent's College, Regent's Park, London NW1

Traditional systems of energy medicine such as Ayurveda and TCM classify the therapeutic actions of medicinal plants partly according to their taste. In a similar way, the physical and psychological effects of essential oils can be fully understood in relation to their fragrance — specifically, the impact of their primary odour notes.

Gabriel Mojay in this engaging weekend seminar provides the key to understanding the energetic effects of essential oils — through an experiential study of the vital properties of their most important fragrance notes: the rooty, woody, green, herbaceous, fruity, floral, spicy, sweet-pungent, resinous, coniferous and camphoraceous aromatic energies. By dynamically relating these to the Oriental Five Elements, he provides participants with an intuitive framework through which the potential of aromatherapy can be fully realised.

COURSE COMPONENTS

- ◆ The energetic and psychological effects of the primary fragrance notes of essential oils, and how they are inseparable from their therapeutic properties and uses.
- ◆ Essential oil energetics according to the Oriental Five Elements and principal vital organs; an introduction to Oriental diagnosis.
- ◆ The detailed scientific, energetic & psychological properties of 24 essential oils.
- ◆ The aromatic treatment of common psychological complaints including nervous tension, anxiety and depression, worry and 'overthinking', etc.

Entry onto this course requires a prior Aromatherapy qualification.

The course includes detailed printed notes.

An Advanced Certificate is issued on completion.



Gabriel Mojay MIFPA, MBACc, MRSS

Gabriel Mojay is a qualified practitioner of aromatherapy, herbal medicine and acupuncture. He first studied natural medicine in 1978, when he began to train in shiatsu therapy and Oriental medicine, later becoming a member of the British Acupuncture Council. Gabriel first trained in aromatherapy and herbal medicine in the 1980s, and has since undertaken advanced study programs with some of the world's leading experts in aromatic medicine.

Since 1990 Gabriel has been Principal of the Institute of Traditional Herbal Medicine and Aromatherapy, and has presented lecture papers at international conferences and seminars in the USA, Canada, Mexico, Australia, Ireland, France, the Czech Republic and the UK. He is founding Co-Chair of the International Federation of Professional Aromatherapists (IFPA), which has 3000 members worldwide.

Gabriel is co-author of *Shiatsu ~ the complete guide*, and of *Aromatherapy for Healing the Spirit*. The major focus of his work has been on the application of Oriental diagnosis to clinical aromatherapy, including its integration with the scientific properties of essential oils.

DATES & TIMES: Sat & Sun, May 16-17, 2009 (2 days); 9.30 am to 5 pm.

VENUE: Regent's College, Inner Circle, Regent's Park, London NW1.

COURSE FEE: £150 incl VAT, payable on booking.

BOOKING: Mail your cheque (payable to ITHMA) to:

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Aromatic Acupressure & Meridian Massage

2-weekend Advanced Certificate Course with
with **ALAN STUART**
at Regent's College, Regent's Park, London NW1

Meridian or Acupressure Massage is an approach to therapeutic bodywork that incorporates the hands-on stimulation of the body's Meridian system — the same network of energy channels used in Acupuncture. For the Aromatherapy and Massage practitioner, this dynamic system of manual treatment offers an exciting opportunity to deepen one's effectiveness as a bodywork professional.

When integrated with Aromatherapy, Acupressure Massage becomes Aromatic Acupressure. It refers to the therapeutic application of specific essential oils to the Organ Meridians and Acupoints of Oriental Medicine, and emphasizes the vitalistic, as opposed to the biochemical, aspects of their actions

Alan Stuart draws from years of experience as an Oriental bodywork practitioner, Aromatherapist and highly popular instructor. The emphasis of his relaxed yet inspired and dedicated approach to teaching Aromatic Acupressure and Meridian Massage is on its easy integration with traditional massage styles.

There are three main ways that Aromatic Acupressure may be applied in practice:

1. Incorporating the stimulation of acupressure points in the whole-body massage application of essential oils. This increases the overall effectiveness of the treatment.
2. The second application of Aromatic Acupressure is appropriate in situations where there is not the time nor space to carry out a full-body massage treatment. Here, a single essence or blend of essential oils – diluted in an oil, ointment or gel base – may be applied to one or several specific meridians and acupoints.
3. The aromatherapist, when dispensing a blend of essences in a carrier oil or ointment, may demonstrate to the client their daily application on one or more specific acupoints.

COURSE COMPONENTS

- ◆ Bodymind intention: the importance of intuition, trust and energetic sensitivity.
- ◆ Integrating classic therapeutic and Oriental bodywork techniques.
- ◆ The location and actions of the main channels or meridians; their treatment through Meridian Massage.
- ◆ The location and actions of a range of important acupressure points; their correlation and combined usage with a variety of major essential oils through practical techniques of Aromatic Acupressure.
- ◆ A review of the energetic and psychological actions of a several essential oils as part of their correlation and combined usage with the acupressure points taught.
- ◆ Techniques to energize and centre oneself in preparation for treatments.

Entry onto this course requires a prior Massage or Aromatherapy qualification.

The course includes detailed printed notes.

An Advanced Certificate is issued on completion.

DATES: Sat & Sun, May 16-17 and June 6-7, 2009; 10 am to 5 pm.

VENUE: Regent's College, Inner Circle, Regent's Park, London NW1.

COURSE FEE: £295 incl VAT, payable through a deposit of £95 on booking, followed by the balance of £200 on the first day of the course.

BOOKING: Mail your cheque (*payable to ITHMA*) to:

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Alan Stuart MIFPA

Originally a musician, Alan graduated in Aromatherapy and Therapeutic and Acupressure Massage from the Institute of Traditional Herbal Medicine and Aromatherapy (ITHMA) in 1994. He maintains a busy professional practice in North London, and practices Tai Chi Chuan and Chi Gong meditation and healing.

Together with his aromatherapist wife Juliette Preston, Alan produces organic essential oil products for women in pregnancy, and holds regular workshops in aromatherapy in pregnancy for couples and for midwives. He also offers introductory and advanced courses in aromatherapy product development.

As previous Vice-Principal of the ITHMA, Alan played a leading role in teaching Therapeutic Massage to its aromatherapy students. He has worked closely with Carola Beresford-Cooke and Gabriel Mojay in teaching Acupressure Massage at both foundation and advanced levels since 1995.

Alan is former Vice-Chairman of the Register of Qualified Aromatherapists (RQA) and has served as a Council member of the International Federation of Professional Aromatherapists (IFPA).



**THE INSTITUTE OF
TRADITIONAL HERBAL MEDICINE
AND AROMATHERAPY**

GABRIEL MOJAY, PRINCIPAL
1 Laburnum Lane, Burwell
Cambridge CB25 0EB
Tel: 01638 741296
gm@aromatherapy-studies.com
www.aromatherapy-studies.com

**SPECIAL & ADVANCED COURSES:
DATES & FEES**

COURSE	LOCATION	DATES	COURSE FEE
INFERTILITY, GYNAECOLOGY & AROMATHERAPY <i>with Janetta Bensouilah</i>	Regent's College London <i>(1 weekend)</i>	November 29-30, 2008. <i>10 am to 5 pm daily.</i>	£150 - payable on booking.
AROMADERMATOLOGY <i>with Philippa Buck and Janetta Bensouilah</i>	Regent's College London <i>(2 weekends)</i>	Sat-Sun, January 17-18, 2009; February 7-8, 2009. <i>10 am to 5 pm daily.</i>	£295 - payable through a deposit of £95 on booking and £200 by January 3rd, 2009.
AROMATHERAPY PRODUCT BLENDING <i>with Alan Stuart</i>	Regent's College London <i>(1 weekend)</i>	Sat-Sun, February 21-22 2009. <i>10 am to 5 pm daily.</i>	£150 - payable on booking.
AROMATIC ACUPRESSURE AND MERIDIAN MASSAGE <i>with Alan Stuart</i>	Regent's College London <i>(2 weekends)</i>	May 16-17, 2009; June 6-7, 2009. <i>10 am to 5 pm daily.</i>	£295 - payable through a deposit of £95 on booking and £200 on the first day of the course.
AROMATIC ENERGETICS & THE FIVE ELEMENTS <i>with Gabriel Mojay</i>	Regent's College London <i>(1 weekend)</i>	Sat-Sun, May 16-17, 2009. <i>9.30 am to 5 pm daily.</i>	£150 - payable on booking.
ORIENTAL AROMATHERAPY <i>with Gabriel Mojay</i>	Regent's College London <i>(5 weekends)</i>	Sat-Sun, May 16-17, 2009; June 27; July 11; Sept 19-20; Nov 7-8, 2009; Jan 11; Feb 6, 2010 <i>9.30 am to 5 pm daily.</i>	£595 - payable through a deposit of £195 on booking and £200 on May 16 & Sept 19.

Institute Office:
1 Laburnum Lane, Burwell
Cambridge CB25 0EB
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gm@aromatherapy-studies.com
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**THE INSTITUTE OF
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info@aromatherapy-studies.com

London Teaching Venue:
Regent's College
Inner Circle, Regent's Park
London NW1 4NF
*(for information purposes only;
please send no correspondence)*

ENROLMENT FORM

NAME: Miss/Ms/Mrs/Mr _____

ADDRESS: _____

TEL NO(s): _____

EMAIL(?): _____

Previous qualifications in complementary medicine:

Please enrol me on the following training course(s) on the starting date(s) indicated:

Where (or in which magazine) did you first hear about us?

*Send this form with your deposit(s) to the Institute office address above, making your check payable to ITHMA.
Please phone us if you would like to pay by credit/debit card. Allow 7-10 days for written confirmation.*

Signature: _____

Date: _____

Refunds: Deposits and course fees are in all cases non-refundable. Deposits paid for courses not yet started may be transferred to a future course booking on one occasion only.