



**Penny Price**  
Academy of Aromatherapy



# PROSPECTUS

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### **The Penny Price Academy of Aromatherapy**

Founded in May 2003, the academy specialises in clinical aromatherapy & complementary therapy training, offering accredited, professional qualifications, and has earned its reputation on the excellence of its courses and learning environment. The academy is managed by founder Penny Price's daughter Ellie Dunmore. Penny Price MEd also lectures on aromatherapy at De Montfort University, with whom she collaborates on research.

### **Our Courses are Accredited**

- The International Federation for Professional Aromatherapists (IFPA) accredits all core units and aromatherapy courses, whether in-house or distance learning.
- The Federation of Holistic Therapies (FHT) accredits the Indian Head Massage Course, Aromatherapy Diploma, Reflexology Diploma, Aromatherapeutic Massage and CPD courses in-house.
- The Association of Beauty Therapists (ABT) accredits all courses, in-house, e-learning and distance learning

All the above offer insurance to practice.

### **PPA Mission Statement**

The Penny Price Academy is committed to providing excellent quality products and training courses. We aim to train students to the best of their own ability and to encourage reflective practice and individualism. Also to work ethically with our staff, suppliers and students to offer appropriate levels of support to each.



### **The Penny Price Academy of Aromatherapy**

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# CONTENTS

“

We guarantee your  
complete satisfaction  
with our courses  
or we will retrain you”

Penny Price, Academy Principal

## Introduction

Our Venue	4
Student Qualifications and Experience	4
Objectives for Our Students	4
Booking a Course	4
Course Requirements	5
Course Structure	5
Cancellation Policy	5

## Core Units

Business Studies	6
Anatomy and Physiology	6

## Diplomas

Associate Diploma in Clinical Aromatherapy	8
Aromatherapeutic Body Massage Diploma	10
Reflexology Diploma	11

## Other Accredited Courses

Indian Head Massage	13
Post-Graduate (CPD) Massage Courses	13
Advanced Diploma in Clinical Aromatherapy	10, 14

## CPD Aromatherapy Speciality Courses 15

indicating those available as Distance Learning

## Other Complementary Courses

Posture for therapists	19
Ear Candling	19

## Special Events 20

## Appendix 22



## **Our Venue**

- We have an extensive library of complementary health publications.
- Tea, coffee and herbal infusions are available throughout the day at no extra charge. Lunches are not provided but students are welcome to eat their own on the premises.
- The Academy has a shop where students can buy goods at trade prices, including our online shop.
- Our premises and classroom are mobile-free and non-smoking.
- Copies of our equal opportunities policy, student complaints, disciplinary procedures, health and safety policies, risk assessments, codes of practice and ethics are available on request.



## **Aims of Our Training Programmes**

- To provide guidance for students starting a new career in complementary health
- To encourage students positively to draw on their own valuable experiences, both practical and theoretical
- To provide an environment conducive to learning, healing and wholeness

## **Objectives for Our Students**

- To acquire an understanding of complementary health from an holistic view
- To develop the ability to evaluate critically, assess empathetically and to treat accordingly
- To nurture personal growth and professionalism
- To learn the necessary skills for safe practice

## **Student Qualifications and Experience**

Previous training in a therapeutic discipline is not necessary as full training will be given to support each student. Life experience is as important to the Academy as formal qualifications: We place great importance on the candidate's personal maturity, caring nature and a clear commitment to the Academies in-house or distance learning courses. Candidates should be open to fresh ideas with regard to the principles of holistic health care.

## **Booking a Course**

Courses can be booked online at [www.aromatherapy-courses.co.uk](http://www.aromatherapy-courses.co.uk), by email to [courses@penny-price.com](mailto:courses@penny-price.com) or by telephone on 01455 251020.

Provisional bookings can be made by phone (Mon-Fri 9.00am – 5.00pm) or by email. These bookings must be confirmed by payment of a deposit (50% of the full

## Course Requirements

Our Diploma courses require prior qualifications in Anatomy and Physiology and Business Studies. All postgraduate CPD courses and other accredited courses require a validated qualification in a recognised therapy from an accredited school as a condition of entry. Copies of certificates should be supplied on application.

## Course Structure

Our training programmes, whether taken in-house or by distance learning, enable students to progress at their own pace, as time and resources permit. As the benefit of new research and advances in the field of complementary health become available, this information is incorporated into the course ensuring they are at the cutting edge of therapeutic training. The Academy also offers tuition to healthcare professionals who wish to integrate a therapy into their own discipline.

course fee) and copies of relevant qualifications where required. The remaining balance of the fee is due 14 days prior to the course start date. All bookings will be acknowledged by post or email, with directions and accommodation details provided. Start and end times of courses, and other details will be in the letter of acceptance.

## Cancellation Policy

If you are unable to attend a course for any reason, the following will apply:

- Cancellations giving over 14 days notice receive a refund or be transferred to another course less a £10 cancellation fee
- Cancellation within 14 days will automatically forfeit the 50% deposit. Non attendees on the day of the course will forfeit the full amount.
- If a course fails to reach minimum booking numbers within the 14 days of the cancellation policy, the course will no longer be viable and the student will be offered the following options:
  - (i) To have a free transfer to the next available course of the same title or value
  - (ii) To take their chosen course via distance learning if the course is available.
  - (iii) To have a bespoke 1:1 training session – additional price on application
  - (iv) To be given a full refund

Please ensure you have read and understood these terms and conditions of booking.

## Bespoke Course Information

1:1 training is available to all students and for all courses in our prospectus. Contact us for cost and availability. Corporate Training is available on request.

# CORE UNITS

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## BUSINESS STUDIES

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*Also available as a Distance Learning course.*

This 2-day course has an expectation of a further 30 hours home study to include the preparation of a full, detailed business portfolio.

Topics covered include:

- RIDDOR, COSHH, Hygiene, Sanitation
- Business Management
- Insurance, Professional Indemnity
- Financial Management
- Marketing, Publicity and Promotion
- Presentation Skills
- Good Employment Practice

Available to all students, this course is a requirement for all core Diploma Courses, including IFPA and FHT qualifications. It is assessed by a business portfolio submission. If a qualification has already been achieved then exemptions may be considered.

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## ANATOMY AND PHYSIOLOGY

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This is a core unit for all courses, available via three learning methods, each having the following lessons:

- Cells and Tissues
- Skin – Structure and Functions
- Skeletal System
- Muscle System
- Respiratory System
- Nervous System
- Digestive System
- Endocrine System
- Cardio-vascular System
- Immune System
- Reproductive System

### In-House

The lessons are taught over two modules, each one being three days in length. The course is assessed by essays at the end of each module. The Academy offers tutor support via email or telephone to give advice during the course. This in-house course is recognized by IFPA, FHT and ABT.

### By Distance Learning

This is a workbook and home study course which provides a flexible approach to learning but requires self-discipline and a high degree of dedication. The student should expect to complete a minimum of 100 hours of study. The Academy offers tutor support via email or telephone to give advice during the course. This distance learning course is assessed by essay and multiple-choice questions, and is recognised by IFPA and ABT.

**By E-Learning**

This online learning course requires no in-house attendance or paperwork submissions. Tutorials and notes can be downloaded, and self-assessments are available for the student to complete at the end of each module. It is ideal for students wishing to study at their own pace; a personal tutor is available via email or phone to answer any questions as study progresses. The course is assessed by a final online exam based on the previously completed self-assessments used to help aid the student's learning, and is recognised by IFPA, FHT and ABT.

**Anatomy and Physiology Exemptions:**

If a qualification has already been achieved in this area then exemptions may be considered following the students' providing the relevant appropriate documentation.



# DIPLOMAS

1. ASSOCIATE DIPLOMA IN CLINICAL AROMATHERAPY (ABT, FHT, IFPA)
2. AROMATHERAPEUTIC BODY MASSAGE DIPLOMA (ABT, FHT)
3. REFLEXOLOGY DIPLOMA (ABT, FHT)

## ADCA - A Brief Outline

There are 4 modules to study, plus the Anatomy and Physiology and Business Studies core units, followed by an exam. The student will need to complete each module and home study assessments successfully before proceeding to the next module. Advice is offered at every stage of the course via contact with a personal tutor. A student can combine distance learning with in-house modules to comply with some accrediting bodys' requirements, or to simply vary the learning environment. A bridging course will be necessary to integrate the two programmes. Please ask for details.

## ADCA Exam

All written homework should be completed before the exam  
Both exams, practical and theory, are 2½ hours in duration.

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## 1. ASSOCIATE DIPLOMA IN CLINICAL AROMATHERAPY

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The ADCA Course consists of 4 in-house modules plus home study and practice relevant to each module. The recommended time allowed for completion of this course is from 12 to 48 months.

### Full Diploma Course

The Associate Diploma in Clinical Aromatherapy teaches the full theory of aromatherapy over two days of each module, dedicating the rest of the time to aromatherapy massage. This is the only path by which aromatherapists may gain a full diploma, and qualify in aromatherapy massage, Aroma-flexology techniques and neck and shoulder massage. This course includes the *Free Posture for Therapists* course on day one of Module 1, details of which are in the Appendix, which can be found on page 22.

### Theory-Only Diploma

This course requires you to attend theory elements of each of the in-house modules. Exact times will be advised by your tutor upon booking. During this course you will learn the full theory of aromatherapy, and be asked to complete any theory related homework before continuing. A theory only exam, business studies and anatomy and physiology are required to complete this course. Details of what is included in this diploma are shown in the Appendix (page 22).

### Distance Learning

The course consists of four modules and an exam. The learning is based around the course notes provided, background reading, and research materials supplied. You will need to complete each module and the required assessments successfully before proceeding to the next module. Advice is offered at every stage of the course through contact with a personal tutor. Upon successful completion of the course a Penny Price Aromatherapy Diploma will be awarded. Students are advised to take between 12 and 36 months to complete all modules, although students are not penalised for taking longer.

### Distance Learning Theory-Only

You will learn the full theory of aromatherapy and be asked to complete any theory-related homework before continuing your course. A theory only exam, Business Studies and Anatomy and Physiology are still required to complete this course. See the Appendix for details of what is included in this diploma.

### Distance Learning with Massage

The practical elements of the course are shown on a DVD which accompanies the course. However to gain a diploma accredited by IFPA you would need to attend a 5 day Aromatherapeutic Body Massage course, which is taught at our academy. The massage shown on the DVD will help you to prepare for this practically based intensive course.

Qualified massage practitioners looking to learn our techniques may also benefit from the massage techniques on DVD, and would not need to attend an in-house course. Details of what is included in this diploma are shown in the Appendix (page 22).

### Associate Diploma in clinical Aromatherapy is Assessed by:

- 2½ hour written examination
- 2½ hour practical assessment (unless the student is theory only)
- 200 hours of case studies (as done for course homework)
- Continuous assessment by homework and/or class work.

**NB:** Students with English as a foreign language may be given extra time to complete.

### Conversion Courses to IFPA Standard

Accreditation of Prior Learning (APL) is available for all aspects of our aromatherapy programmes, where prior learning is assessed against the Academy syllabus. Please ask for an application form to upgrade to IFPA standards.

“

The tutor picks up any difficulties and gently supports.”

ADCA, Module 2

**The Aromatherapeutic Body Massage Diploma course is assessed by:**

- 2½ hour written examination
- 2½ hour practical assessment
- 300 hours of case studies




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## **2. AROMATHERAPEUTIC BODY MASSAGE DIPLOMA**

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This 5-day course is a stand-alone, massage-only unit for those who wish to learn massage for clinical treatments, family and friends. The course is also designed to add massage to theory-only courses, or to complete the ADCA distance learning course to full diploma level. Teaching the PPA full aromatherapy body massage, including the face and abdomen, this practical based course is a core unit for Massage CPD and a useful addition to those from other disciplines who have theory in aromatherapy but not practical elements.

### **Key areas of learning include:**

- Introduction to massage and the definition of massage.
- The value of touch, and how massage can play an important role.
- Client assessment and consultation, with body analysis and a comprehensive questionnaire.
- Therapist posture and physical inspection of your clients posture.
- Benefits of Massage and the physiological effects for the different systems such as the skin, joints and muscles.
- Massage movements and a full body massage sequence.
- Contra indications specific to certain massage movements.

## Post Graduate Course

### **Advanced Diploma in Clinical Aromatherapy - for qualified aromatherapists**

A 5-day course designed to enhance considerably the aromatherapist's knowledge and practical skills. The course consists of:

- Chemistry of essential oils, including individual components
- Pharmacological properties and uses of components
- Finding essential oils with the components you need and how to use them
- Suppositories and pessaries
- Intensive compresses for small areas
- Making capsules for carrier oils
- Dealing with difficult situations – how to choose oils and blend for best therapeutic outcome

### **Examination**

The Advanced Diploma in Clinical Aromatherapy is awarded after successful completion of:

- 10 case studies
- 2 set essays

## 3. REFLEXOLOGY DIPLOMA

The Reflexology Diploma Course consists of three in-house modules plus home study and practice relevant to each module. The minimum period for completion of this course is 6 months, and the maximum time recommended is 12 months. Homework will be set for each module, to be completed and submitted before the next. This will require a minimum of 14 hours of study per module. To allow plenty of time for completion of homework and case studies there are several weeks between each module.

Accredited by the FHT and recognised by the AOR for membership.

### **Reflexology Diploma Module 1 (4 days)**

This module includes:

- The history of Reflexology and how it has developed as a treatment.
- How does Reflexology work and how can it help?
- Contra-indications.
- Visual examination and anatomy and physiology of the foot.
- Carrying out a reflexology treatment.
- Homework and case study guidance.

### **Reflexology Diploma Module 2 (4 days)**

This module includes:

- Codes of ethics and practice
- Medical liaison and referral
- The treatment sequence part two
- Pathology of common foot disorders
- Hand Reflexology (see CPD course for details)
- Homework and case study guidance

### The Reflexology Diploma Course is Assessed by:

- 2 ½ hour written examination
- 2 ½ hour practical assessment
- 200 hours of case studies
- Continuous assessment by homework and class work.



### Reflexology Diploma Module 3 (4 days)

This module includes:

- Pathologies for consideration in Reflexology treatments
- The Meridians and Reflexology
- Reflexology in pregnancy (See CPD course for details)
- Ear Reflexology (See CPD course for details)
- Precision Reflexology
- Homework and assignment

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#### CPD FOR REFLEXOLOGISTS:

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##### Hand Reflexology

On this one day course the routine and hand reflexes are practised thoroughly. Conditions such as eczema, warts and nail diseases are explored.

##### Reflexology for Pregnancy

When carried out by a well-trained and qualified reflexologist, Reflexology is safe to use, from early pregnancy through to full gestation at 40 weeks. As well as developing sound practical techniques, the one day course teaches how to give home care advice.

##### Ear Reflexology

Ear reflexology stimulates points on the ear which correspond to points on the body as a whole. It can be traced back 4000 years to Chinese medical work. This one day course covers the anatomy of the ear, contra-indications and treatment protocol.

##### Aromaflexology Techniques

Taught over two days, the course introduces basic reflex points on the feet, and a good understanding of the methods used in this powerful, concise treatment.

# OTHER ACCREDITED COURSES

“

Wonderful to be able to ask so many questions and get all the answers!”

Pain Management CPD

### Note

 denotes 1 study day carrying 6 IFPA CPD points or 5 FHT CPD points.

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## INDIAN HEAD MASSAGE (2 days)

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This popular post-massage course teaches a seated full head, neck and shoulder routine.

- All massage movements are explained and demonstrated fully before supervised practice.
- It is necessary to complete three case studies after the course.
- Accredited by FHT.

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## POST-GRADUATE MASSAGE (CPD) COURSES

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The following courses can be taken by qualified massage therapists and aromatherapists with massage. There are no formal examinations for these, but case studies are required for certain courses. Certificates of Competence will be given to students who submit case studies, otherwise a certificate of attendance will be issued.

### Finger lift facials

This course teaches students how to use light finger-touch techniques to help delay and improve the signs of aging. This facial routine will not only pamper, it will also actively tone the facial muscles and help to tighten the skin of the face, neck and décolletage to give a rejuvenated appearance. A comprehensive skin care range is introduced to enhance the treatment.

### Massage in Pregnancy

This course is available to massage therapists and aromatherapists who want to give the best possible service to women during their pregnancy. Different massage positions that are comfortable will be taught alongside massage movements to relax both mother and baby. A useful addition to 'Aromatherapy for Pregnancy'

### Gentle Touch Massage

Aimed at therapists who treat, or wish to treat the elderly, frail, confused, or mobility-compromised client. This is a gentle treatment that teaches both bed and wheelchair sequences. The course is also suitable for MS, Parkinson's and Motor Neurone sufferers as well as many other types of pain and conditions. There is the opportunity to experience the treatment yourself. One case study (one person 3 times) required for a certificate of competence

### Lymphatic Drainage Massage

Please note this is not the Vodder method, and is very different from other techniques with which you may be familiar. The main difference is the speed of the sequence, requiring the therapist to remain very focussed for the duration of the treatment. Suitable for use on clients post-surgery (e.g. cosmetic surgery), or with lymphatic blockages and swelling, the course is taught over 3 days to ensure thorough learning and the development of a perfect technique. Three case studies should be completed for a certificate of competence.

## Post Graduate Course

### Advanced Diploma in Clinical Aromatherapy - for qualified aromatherapists

A 5-day course designed to enhance considerably the aromatherapist's knowledge and practical skills. The course consists of:

- Chemistry of essential oils, including individual components
- Pharmacological properties and uses of components
- Finding essential oils with the components you need and how to use them
- Suppositories and pessaries
- Intensive compresses for small areas
- Making capsules for carrier oils
- Dealing with difficult situations – how to choose oils and blend for best therapeutic outcome

### Examination

The Advanced Diploma in Clinical Aromatherapy is awarded after successful completion of:

- 10 case studies
- 2 set essays

# CPD AROMATHERAPY SPECIALITY COURSES

## CPD Course Costs

For up-to-date costs please see the enrolment form. Full tutor support is included in the cost of the course, and all prices quoted exclude VAT.

## CPD Certification

Certificates are awarded on full completion of the course, assignments and case studies (if relevant).

## Note

All our CPD speciality courses are studied at the Academy. Those marked **DL** are available to study as a Distance Learning option.

 denotes 1 study day carrying 6 IFPA CPD points or 5 FHT CPD points.

Each year we run two weeks of in-house CPD courses, and you can attend as many of these as you like. All speciality weeks are on our dates list. Distance Learning CPD and bespoke 1:1 options are available at any time. Please call, or see the website for a full list and dates of all the courses. The more popular courses include:

### **DL Aromaflexology**

The combination of aromatherapy and reflexology is a very powerful method for treating your client. This two day course introduces basic reflex points on the feet in order to help with client assessment. Full reflex massage is also taught. This excellent treatment is invaluable for bed-bound, inactive clients, such as the elderly or infirm, as well as arthritic or pregnant clients.

### **DL Arthritis and Aromatherapy**

A workshop which explores the pathology behind different types of arthritis, the essential oils most efficient to help, and efficacious massage techniques.

### **DL Aromatherapy for Babies and Children**

Discover which essential oils can be used safely with babies and children, including information on toxicity, contra-indications and precautions. Childhood ailments, including emotional conditions, are covered.

### **Massage for Babies and Children**

Techniques for a full baby massage for the therapists to give or pass on to parents. Common ailments, case taking and safety precautions are also given to ensure that full confidence in treating youngsters is imparted.

**Aroma Detox for Cellulite** 

Discover the root causes of cellulite and its pathology in detail. Diet, lifestyle, exercise and the influence of the hormonal system will be discussed with extensive practical work in the afternoon, including body masks, body brushing, occlusions and other treatments.

**DL Cancer Care and Aromatherapy** 

Find out about the pathology of different cancers, the care of clients and how essential oils can be used in the clinic and in the home to alleviate presenting symptoms. Contra-indications will be explored, and essential oil blends and application techniques that have been used in hospital and hospice settings (with the approval of medical consultants) and practical guidelines are shared.

**DL Care of the Elderly** 

Determine which essential oils are best suited to the frail and elderly, and which methods of use are the most effective in cases of common ailments. A number of common ailments including incontinence, chest infection and leg ulcers are discussed with applications for each ailment in the light of individuality.

**Gentle Touch Massage**  

Safe and beneficial touch techniques for clients who are frail or elderly to enhance quality of life, ease pain and improve circulation and mental wellness.

**Holistic Facial Course** 

This intensive course covers facial treatments for different skin types and skin conditions. A full skin analysis is shown and practiced and an explanation of how to blend your own facial oils, masks and creams for individual requirements is taught.

**Distance Learning Course Cost**

All of the following are included in the cost of the course:

- all supporting products, study aids which support the notes, and the shipping of these materials
- the marking of course assignments
- the issue of a certificate upon successful completion of the distance learning course

**Tutor Support**

When enrolling onto a distance learning course you will be assigned a personal tutor who will be available to contact throughout your course, either by phone, email or post. Your personal tutor will provide any guidance or advice which you feel you may require, and will mark all your assignments once they have been submitted.

**Completion Times**

There is no deadline set for students to complete the course work. However, if our tutors do not hear from you after a period of time they may contact you to check that you are happy with the course content and the accompanying materials.

**DL Aromatherapy and Pain management** 

Different types of pain are discussed, followed by an exploration of how aromatherapy products can affect the way we experience and control pain. This course explores different essential oil blends and application techniques that have been used in clinical settings.

**DL Aromatherapy for Pregnancy** 

Find out which oils to avoid, which are safe to use, and how to use them in pregnancy and beyond. Explore the use of essential oils and aromatherapy techniques with pregnant women. Safety issues are clearly explained along with methods of use.

**Massage in Pregnancy** 

The course includes the locating of various shiatsu points alongside the specialist massage techniques taught. There are also guidelines for how to place the pregnant lady for massage for various treatments to the parts of the body. Partner massage is also shown to support the clinic treatments.

**DL Aromatherapy for Stress and Wellbeing** 

This thought-provoking course explores how aromatherapy can relate to the higher levels of the human mind and being. Chemical properties of essential oils are considered, helping the student to equate mental processes to bodily function. A variety of emotions is explained in context with essential oils.

**DL Chemistry of Essential Oils**  

This fascinating course aims to give a competent understanding of how essential oils can affect certain pathological conditions by exploring and explaining their molecular composition and the pharmacological effects on the human body.

**Distance Learning Course Assessment**

These courses are assessed by one or more of the following:

- essay
- short questions
- reflective diary
- evaluation



“

Excellent presentation  
with a friendly and  
informal delivery.”

Cancer Care & Aromatherapy CPD

**Aromatic Creations**  
course, held each  
year in November

**Aromatic Creations**  

A fun, practical, two-day course exploring ways of creating blends for individual needs, includes mixing with gels, clays, butters, creams, lotions and carrier oils. The blends are taught in detail and students will have a course manual that includes recipes for home and clinical use.

The course also looks in greater depth at ingredients such as bicarbonate of soda and includes a comprehensive recipe section with practical experience in the art of mixing and blending.



**DL Headaches and Migraine** 

Lifestyle pointers for good health together with treatment suggestions for clients are embraced, as the student learns which aromatherapy oils and therapeutic techniques can help to relieve the pain and distress of headaches and migraines.

**DL Hormones, Menopause and Essential Oils** 

Learn how certain essential oils can bring about balance and harmony to the human being by supporting the hormonal system. Oil components will be explored to treat conditions such as PMS, stress, thyroid deficiency, menopause and more.

**Neck and Shoulder Massage** 

A one day, practical-based course which teaches a sequence of massage movements forming a useful additional technique for the therapist who works in restricted space, or whose clients would prefer not to undress, or have limited time for treatment.

**DL Pain Management** 

Different types of pain are explained, followed by an exploration of how aromatherapy products can affect the way we experience and control pain. This course explores different essential oil blends and application techniques that have been used in clinical settings.

**DL Respiratory Conditions and Aromatherapy** 

Learn to define the types of respiratory conditions and the appropriate use of essential oils, put together a treatment plan and identify contra-indications and precautions. Practical application skills are explained in the notes, including a back and chest treatment, and the use of pressure points with inhalation methods.

**DL Skin and Aromatherapy** 

This intensive study of the structure of the skin and its pathology gives an understanding of skin conditions such as eczema, psoriasis, acne and athlete's foot. Recipes for dealing with skin disease and skin ailments and blending techniques are given, based on the pathology of each disorder.

**DL Unusual and Exotic Essential Oils** 

Explore the different healing properties of essential oils you may not have considered before. Notes on how the different oils can be blended in various ways to enhance the common qualities will link family properties and effects in synergy for your clients.

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**CPD SPECIALITY COURSES WHICH ARE NOT SPECIFIC TO AROMATHERAPY:**


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**DL Carrier Oils – Properties and Uses** 

Did you know there is a vast range of vegetable carrier oils to use and enhance treatments? Learn how to really value the gentle effects of carrier oils and their subtle, yet efficient, healing effects on clients, both externally and internally.

**DL Hydrolats** 

Hydrolats are explained through history, usage and properties. Safety in application and administration, plus several hydrolats are explained in detail for clinical treatments. Hydrolats are provided to taste, and recipes recommended to help various conditions.

**Other Complementary Courses**

*Note: No prerequisites or prior qualifications required for these.*

**Posture for Therapists** 

A one day course looking at how therapists can improve their posture while giving treatments to ensure that the spine and muscular system stay fit and healthy. Alignment and Chi Gung will be explored and advice given to individual therapists for their particular needs. Invaluable to keep you fit for practice. This course is complimentary with Module 1 of the Associate Diploma of Clinical Aromatherapy (ADCA).

**Ear Candle Therapy** 

Ear candles were used by the native American-Indians to cleanse and harmonise many problems relating to the ear and head area. Ear Candles can help with tinnitus, compacted ear wax and glue ear, sore throats and hay fever, headache and migraine, rhinitis and sinusitis and catarrh and asthma, as well as many other stress related conditions.

# SPECIAL EVENTS THROUGHOUT THE YEAR

“

You are a great and very supportive team at PPA and the course content is easy to follow for a not-native-english speaker like me.”

Distance Learning student

## Note

 denotes 1 study day carrying 6 IFPA CPD points or 5 FHT CPD points.

## Saturday Club

Saturday Club is worth 1 CPD point and is held throughout the year on the second Saturday of every month, 10.00am until 12.00 noon. Open to everyone, whether qualified as a therapist or not, it comprises a welcome with coffee, followed by a short talk on the topic of the month. There is plenty of opportunity to network, shop, use the library, and to ask questions.

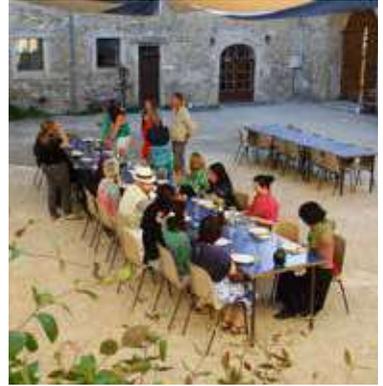
## Refresher Days

Refresher days in massage and theory are held throughout the year to keep our therapists up to date and competent in their work. Please ask for details.

## Penny Price Aromatherapy Product Training Days

FREE product training days are available for all our therapists and customers. Please ask for full details. Penny Price Aromatherapy caters for the product needs of all practising therapists. The aromatherapy and massage products available in our extensive range are of the very highest quality and are all suitable for the discerning professional to use. If you require any help or need further information then please call us on 01455 251020 or visit [www.penny-price.com](http://www.penny-price.com).





### French Aromatic Experience Week

Based at the ancient monastery in the tiny village of Sainte Croix in the Drôme valley, this course provides a great opportunity for spiritual and emotional refreshment. Wonderful food and wine are provided by the local community, and study trips and activities include a visit to a distillation plant, lectures on local flora, and a botanical walk exploring the dramatic scenery of the vercors massif. It's great fun, and everyone is welcome, not just aromatherapists! Please ask for further details.



## APPENDIX

**Analysis of the modules of the Associate Diploma in Clinical Aromatherapy (ADCA) and their content, with respect to the in-house and distance learning options available.**

**ADCA Module 1 (6 days)**

Includes <i>Posture for Therapists</i> , and a complimentary tabard	✓			
One year's complementary student membership with the IFPA	✓	✓		
Aromatherapy massage, its principles, benefits and practical application	✓		✓	
Methods of extraction, storage and blending, and the use of carrier oils	✓	✓	✓	✓
History of aromatherapy and massage, with the philosophy of holistic healing	✓	✓	✓	✓
Introduction to botany, plant cell function and photosynthesis	✓	✓	✓	✓
Introduction to case taking and assessment	✓		✓	
10 treatments must be completed before Module 2	✓			
5 essays must be completed before Module 2	✓	✓		
5 treatments must be completed before Module 2			✓	
14 essays and multiple choice must be completed before Module 2			✓	✓
<b>Materials supplied:</b> 12 essential oils, 3 carriers, measuring cup, stirring rod, relevant DVD, and <i>Aromatherapy - An A-Z</i> by Patricia Davis			✓	✓

**ADCA Module 2 (5 days)**

Comprehensive appreciation of body analysis for client assessment	✓		✓	
Choosing oils, creams and lotions to treat specific ailments and conditions	✓	✓	✓	✓
Demonstration and thorough practice of extended massage principles	✓		✓	
Introduction to plant families, and therapeutic and physical properties of essential oils and their pharmacological effects on the body	✓	✓	✓	✓
Properties and effects of 15 essential oils	✓	✓	✓	✓
Introduction to the chemistry of essential oils and their constituents	✓	✓	✓	✓
Introduction to hydrolats	✓	✓	✓	✓
5 case studies (15 treatments) must be completed before Module 3	✓			
5 essays must be completed before Module 3	✓	✓		
10 Treatments must be completed before Module 3			✓	
10 essays must be completed before Module 3			✓	✓
<b>Materials supplied:</b> 13 essential oils, 2 luxury blends, 5 carrier oils, relevant DVD, and <i>The Encyclopaedia of Essential Oils</i> by Julia Lawless			✓	✓

**ADCA Module 3 (5 days)**

Specific techniques in massage, including aromareflexology massage	✓			
Expansion of information on plant families and essential oils	✓	✓	✓	✓
Organic chemistry and essential oil components awareness	✓	✓	✓	✓
Toxicity, essential oil purity, and safety	✓	✓	✓	✓
In-depth discussion of 9 carrier oils	✓	✓	✓	✓
Allergy and substance sensitivity	✓	✓	✓	✓
The properties and effects of 15 essential oils	✓	✓	✓	✓
5 case studies (20 treatments) must be completed before Module 4	✓			
5 essays must be completed before Module 4	✓	✓		
15 treatments must be completed before Module 4				✓
10 essays must be completed before Module 4			✓	✓
<b>Materials supplied:</b> 14 essential oils, 1 luxury blend, 9 carrier oils, massage cream, amber jars, relevant DVD, and <i>Carrier Oils for Aromatherapy and Massage</i> by Len Price			✓	✓

**ADCA Module 4 (5 days)**

Differences between plant medicine and orthodox medicine	✓	✓	✓	✓
Comprehensive study of common ailments*	✓	✓	✓	✓
Olfaction and its psychosomatic effects	✓	✓	✓	✓
The properties and effects of 12 essential oils	✓	✓	✓	✓
Techniques for neck and shoulder massage and relaxation	✓			
Understanding medical terminology	✓	✓	✓	✓
7 case studies (11 treatments) must be completed before the final exam	✓			
Written homework must be completed before the final exam	✓	✓		
11 essays must be completed before the final exam				✓
<b>Materials supplied:</b> 11 essential oils, 1 luxury blend, 2 carriers, glass jars, plastic bottles, and <i>Aromatherapy for Babies and Children</i> by Penny Price			✓	✓

\* including those related to care for the elderly, pregnancy and paediatrics, depression, special needs, and massage with cancer patients

**Key to Symbols:**

✓ In-House Full ADCA Diploma	✓ Distance Learning Theory with Massage
✓ In-House Theory-Only Diploma	✓ Distance Learning Theory-Only



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