



MAY AROMANEWS 2012 (Issue 05/12)

Welcome to our May Newsletter

Dear Customer.

We hope that the weather is not getting you all down! Hinckley has never seen so much rain and it is really cold. To cheer us all up we have some great offers below, some informative articles and news about what we are up to!

We are exhibiting at Holistic Health this coming weekend (Sunday 13th May and Monday 14th May) and hope to see you there. If you need a ticket or a free pass please contact clare@penny-price.com and we can e-mail you a ticket.

The Team at Penny Price Aromatherapy
(All offers in this newsletter expire on May 30th 2012)

Special Offers for May



Passion Flower Oil

Buy any size of Passion Flower Oil (see properties and uses below) and ask for 10% off the price quoting 'maynews'
[More Carriers](#)



Myrtle Essential Oil

Buy any size of Myrtle oil (see properties and uses below) and ask for 10% off the price quoting 'maynews'
Offers not available online.

Passion Flower Carrier Oil

Passiflora edulis

Cold pressed seeds from Central Africa. The colour is pale yellow to yellow/orange. Passionflower seed oil has 74% omega 6, up to 5.4% omega 3 and 19% omega 9. Shelf life is 2 years. Cold pressing the Passionflower seed yields approximately 60–70% of a seed's oil content. The seeds are considered a by-product when factories press the juice. They are then dried and exported to the UK and

the rest of the world for pressing.

Skin Care

A very useful oil for dry, itchy scalp and skin.

Passionflowerleaves and roots have a long history of use among Native Americans in North America. *Passiflora edulis* and a few other species are used in Central and South America. The fresh or dried leaves are used to make an infusion, a tea that is used to treat insomnia, hysteria, and epilepsy, and is also valued for its painkilling properties. We don't have much information on how the seeds can be used. Studies have indicated that the oil has healing and antibacterial properties and is useful for dry and itchy skin and scalp conditions. It's a good stimulating lubricant as part of a massage oil blend. Passionflower seed oil has a high content of up to 80% essential fatty acids.



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The Aztecs and Incas of South America valued the passionflower because of its pain relieving and soothing powers. It has been used as a remedy for neuralgia and irritative disorders. Traditional attributes to the passion flower are its sedative, antispasmodic and tranquilising

Myrtle Essential Oil

Latin name: *Myrtus communis*

Synonyms: Corsican pepper

Plant family: Myrtaceae

Extraction: Distillation of the leaves and twigs

Origin: Europe, North Africa

Plant characteristics: A small tree with reddish-brown bark and sharp, pointer leaves. It has white flowers followed by small black berries.

Oil characteristics: Colourless to pale yellow oil with a clear, fresh, woody aroma.

Traditional use: Dioscorides prescribed it for lung and bladder infections.

Properties: Antiseptic, anti-catarrhal, immuno-stimulant, pulmonary and neurotonic, myrtle essential oil is particularly useful for asthma in children. It is commonly used for coughs, colds, cystitis and arthritis. It stimulates the immune system and is useful for colds, fever and infections, while for the muscular system it is used for rheumatism.

Blends well with: Pine, cypress, cedarwood and Canadian balsam.

Cautions and comments: There are no known contraindications. Used extensively in eau-de-cologne and toilet waters.

Main chemical constituents: Cineole – up to 75%



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Course dates for April and May

Dates for May

- 1 – 2 Advanced Body Massage £200
- 14 – 18 Clinical Aroma Diploma 1 £500
- 14 Aroma-care for Elderly £100
- 15 – 16 Gentle Touch Massage £200
- 17 Aroma 4 Pain & Arthritis £100
- 18 Aroma for Cancer Care £100
- 21 – 22 Business Studies £200
- 23 First Aid £100
- 26 Saturday Club FREE
- 28 – 29 Anatomy/Physiology 3 £200
- 28 – 29 Indian Head Massage £200

Dates for June

- 8 Traditional Ear Candling
- 11 - 13 Sports and Remedial Massage
- 13 Holistic Hand
- 14 Warm Wax Therapy
- 18 Indian Head Revision
- 19 Holistic Aromatherapy Facial
- 20 Creative Mixing and Blending

- 21 Creative Mixing and Blending Advanced

- 21 Thai Hot Compress Massage

- 22 Base Basics (learning about base products)

- 27 Holistic Foot

- 30 Saturday Club - FREE
- 31 Massage in Pregnancy

**DON'T FORGET YOUR FIRST AID ON 23RD MAY -
CHECK IF YOU ARE STILL IN DATE.**



[MORE](#)

Don't forget that we have several venues around the country that have other dates and also offer courses on a 1-1 basis

New Courses for Old Courses!

For some years we have been running Chinese Therapy Courses. We have decided for 2012 to merge some of these courses together into a new Chinese Therapy Course. The course will be run over a weekend and will include acupressure, cupping, tuina techniques and tongue and pulse. This will give a general overview into all the therapies we have taught in the past and will give the student a good springboard into this realm of therapies.



This means that the Acupressure course we now teach

will cease to exist - your LAST OPPORTUNITY to take this course is on 13th November 2012. Please book NOW to show your interest.

Chakras, Colours and Meridians has not attracted students for 2 years now, so our LAST course will be on 4th December 2012. Please register your interest as soon as possible.

We also have some new courses coming on board - Base Basics is in June and will explore the base products we use for mixing and blending, detailing their ingredients, the explanation of the INCI names of the chemical ingredients and their wider uses.

BOOK NOW to avoid disappointment

Penny's Last Word

Last month was very exciting for us. We have invested in a new exhibition stand (actually the first 'proper' one we have ever had! It is going to be shown at Holistic Health, filled with lots of products and new lines.

The exhibition will also be the place we launch our new range Yummy Mummy Skincare, a whole new retail range for pregnant and new mums, babies and children. We hope it will be a runaway success - the stand does look gorgeous!

Mum and Dad are in Germany at the moment - teaching, would you believe, at 80 and 83 years respectively! They plan to visit my son while they are there so it will be a nice rest at the end of class!

We now do bespoke labelling for your clinic so if you want to know more please do call us to discuss volume and cost.

With best wishes - see you next month
Penny



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