



Penny Price Academy - Course Prospectus

The Penny Price Academy is well established in the field of complementary health training and offers professional qualifications in many disciplines.

The Academy holds a reputation for quality and excellence in the courses offered and caters for a wide variety of students, from the complete beginner to the already qualified professional.

We proudly commend our therapy training programmes, which are favourably structured for candidates of all ages, differing abilities and backgrounds. We wish you every success in your future career, wherever your path may lead you.

Should you require more information after reading this prospectus, please do not hesitate to contact a member of our academy training team on 01455 251020 or courses@penny-price.com

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 Academy's in-house or distance learning courses. Candidates should be open to fresh ideas with regard to the principles of holistic health care. All applications will be determined individually, but we recommend the following **minimum** ages for entry:

- Foundation Units – 18 years
- Core Units – 19 years
- Distance Learning Programmes – 19 years
- Post graduate studies – 21 years

There is no upper age limit and we welcome mature students.

Booking a course

Courses can be booked by filling in the enclosed application forms or by downloading the application form from www.penny-price.com. Provisional bookings can be made by phone (Mon-Fri 8.30am – 5.00pm) or by email to courses@penny-price.com. These bookings must be confirmed by payment of a deposit and copies of relevant qualifications. All bookings will be acknowledged by post or email, with directions and accommodation details if requested. Start and end times of courses, lunch arrangements and other details will be in the letter of acceptance. The deposit is 50% of the full course fee for CPD and £90 for longer courses, payable on booking the course and securing a place. The full balance is due 14 days before the course date.

Cancellation Policy

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

- Cancellations giving over 14 days notice will 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 lose the deposit and any other outstanding amount to the full value of the course will be invoiced for
- If the Academy cancels a course, the fees will be refunded or the students transferred to a new date with no penalties. Cancellation is automatic if there are less than 3 students on a course.

What to wear?

Students at the Academy are encouraged to be relaxed and at ease. For this reason, it is recommended that loose, comfortable trousers and tops are worn that enable easy movement and do not restrict the body. All loose tops and shirts should be tucked in to prevent 'trailing' on the client. Shoes should be flat-heeled and comfortable. Uniforms may also be worn but are not compulsory unless there is an external examiner present. Uniforms can be bought from the Academy Shop.

Course Structure

Our modular 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 becomes available, this information is incorporated into the courses ensuring they are at the cutting edge of therapeutic training. The Academy also offers tuition to health-care professionals who wish to integrate a therapy into their own discipline.

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 comprehensive training programmes for complementary therapies
- 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 develop personal growth and professionalism
- To develop the necessary skills for the safe practice of complementary therapies

About our venue:

- A comprehensive library of books and journals relating to complementary health are available for students on site
- Tea, coffee and herbal tea is available throughout the day at no extra charge. Lunches are not provided – students are welcome to bring their own or purchase snacks locally
- The Academy has a Therapy Shop for the purchase of therapy products and accessories. Specialist orders can be completed by mail order. All students are offered goods at trade prices whether by direct sale or mail order
- Please note that our classrooms are mobile-free zones and the site is non-smoking
- We have an equal opportunities policy, a student complaints procedure and a disciplinary procedure in place. These are available on request
- Our health and safety policies and risk assessment are available on request
- Our codes of practice and ethics are available for perusal.

Accrediting bodies and examination fees:

- The Institute of Aromatic Medicine (**IAM**) accredits all foundation units, plus aromatherapy, massage, reflexology and aromatology courses.
 - The International Federation for Professional Aromatherapists (**IFPA**) accredits all foundation units and in-house aromatherapy courses.
 - The Federation of Holistic Therapies (**FHT**) accredits the 2-day Indian Head Massage Course, Baby Massage Course, Aromatherapy Diploma, Reflexology Diploma and all our CPD courses.
 - The International Therapies Examination Council (**ITEC**) accredits all foundation units, therapeutic body massage, hot stone massage, reflexology, Indian head massage and aromatherapy. There is an additional ITEC chargeable exam to sit before membership. Please ask if you require this qualification at the time of booking.
 - The Guild of Professional Beauty Therapists (**GPBT**) accredits most courses as CPD courses for Beauty Therapists.
 - The Guild of Infant and Child Massage (**GICM**) accredits the Baby Massage Course.
- Examination days are held regularly for all our certified courses.**

COURSES

Foundation Units

All accredited courses require qualifications in Anatomy and Physiology, Business and Professionalism, and First Aid (not necessarily prior to the course, but before a certificate can be awarded as courses can be taken in tandem).

All postgraduate CPD courses require a properly validated qualification in a recognised therapy from an accredited school as a condition of entry. Copies of certificates may be asked for on application.

Anatomy and Physiology – 7 days

This course is a core unit for all courses and is accredited by all the professional bodies listed. The course is presented as a rolling programme, enabling the student to start at any point. The course is structured into 13 lessons, divided into three modules, usually run over weekends.

The in-house Academy certificate course is assessed by: Completion of assignments and essays
Also available as distance learning

Anatomy and Physiology Exemptions: If a qualification has already been achieved in this area then exemptions may be considered.

First Aid – 1 day

This is essential for all students qualifying in accredited courses and insurance is dependant upon it. The course is taught over 6 hours by a recognised training organisation and equips the student for emergency responses, risk assessment and how to deal with potential client health problems. A certificate is awarded after successful completion of a short multiple-choice test at the end of the day. If the student already has a qualification in this area of study then exemptions may be considered.

Business and Professionalism – 2 days

This course has an expectation of a further 30 hours home study to include the preparation of a 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

This course is incorporated into the Aromatherapy Diploma and is available to all students. It is assessed by continuous assessment and portfolio. If a qualification has already been achieved then exemptions may be considered.

CORE SUBJECTS

These units are essential before CPD in any of the 3 areas can be taken

1. **Associate Diploma in Clinical Aromatherapy**
2. **Reflexology Diploma**
3. **Therapeutic Body Massage Diploma**

Please note that Diplomas can only be issued for these courses if the 3 foundation units are completed successfully. Each core subject is followed by the relevant post-graduate Continuing Professional Development (CPD) courses. Aromatherapists can choose CPD from any section of the prospectus in addition to the aromatherapy section. Massage therapists may not choose aromatherapy CPD.

The Penny Price Academy was founded on the teaching of clinical aromatherapy to all levels, from basic to the highest standards demanded in Hospice Care. The vast range of CDP (Continuing Professional Development) courses that are available after the course ensures that the student continues to learn and progress with new information and trends.

1. Associate Diploma in Clinical Aromatherapy

The ADCA Course consists of five in-house modules plus home study and practice relevant to each module. The minimum period for the completion of this course is 12 months, and the maximum time recommended for completion is 48 months.

ADCA Module 1 – 5 days

Attendance on this foundation module is enough for those who wish only to use essential oils safely at home, to help their family and to enhance their own life.

The course includes:

- Aromatherapy massage, its principles, benefits and practical application
- The properties and effects of 12 of the most popular essential oils
- 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 case studies and 5 essays should be completed before Module 2

ADCA Module 2 – 5 days

The course includes:

- Comprehensive appreciation of body analysis for assessment of clients
- Choosing appropriate oils, creams and lotions used in the aromatherapy treatment for specific ailments and conditions
- Extended massage principles are demonstrated and practiced thoroughly
- 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 component parts
- Introduction to hydrolats

15 case studies and 5 essays should be completed before Module 3

ADCA Module 3 – 5 days

The course includes:

- Specific techniques in massage including foot reflex massage.
- Information on plant families and essential oils is expanded
- Organic chemistry and essential oil components awareness
- Toxicity, essential oil purity and safety
- 9 carrier oils are discussed in depth
- Allergy and substance sensitivity
- The properties and effects of 15 essential oils

10 case studies and 5 essays should be completed before Module 4

ADCA Module 4 – 5 days

The course includes:

- Differences between plant medicine and orthodox medicine
- Comprehensive study of common ailments, including those arising from care for the elderly, pregnancy and paediatrics, depression, special needs and massage with cancer patients
- Olfaction and its psychosomatic effects
- The properties and effects of 12 essential oils
- Techniques for neck and shoulder massage and relaxation
- Understanding medical terminology

5 case studies and written homework should be completed before Module 5

ADCA Module 5 – 2 or 3 days

The course includes):

- Optional revision day prior to the exam
- First Aid in the work place
- Exam, both practical and theory—2½ hours each exam

The 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

Theory Only Courses

For students who do not want to learn massage, the Academy offers courses that are theory only, with added assessment skills and blending techniques. Please ask for details.

Conversion courses to IFPA

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 details and an application form to upgrade to IFPA standards.

Distance Learning Courses

See further down



2. Reflexology Diploma – 4 days

The PPA Reflexology Diploma is fast-tracked into 4 intensive days. To secure the practical and theoretical skills learned during the course, homework may be given to assist the students during the evenings of the course.

Reflexology Diploma includes:

- History of reflexology
- How reflexology works – treatments and benefits
- Contra-indications to reflexology and client assessment
- Zones and cross-reflexes
- Foot disorders
- Medical liaison and referral
- The reflexology treatment and after care

The course is assessed by

- 20 case studies
- 1 ½ hour practical assessment

Further Study for FHT and ITEC:

(The following courses are necessary to complete the hours required for the ITEC and FHT membership and Diploma. Please note that if you are enrolled on the PPA Diploma you need to complete the 4 day course and the Hand Reflexology course.

- Hand reflexology – 1 day CPD see below.)
- Reflexology for Pregnancy—1 day CPD see below
- Ear Reflexology—1 day CPD see below
- Holistic Foot Care - 2 day CPD see page 15
- Chakras and Meridians - 1 day CPD see page 17
- Reflex Revision Day - 1 day CPD (optional) see below
(plus case studies for above)

Hand Reflexology – 1 day (see more reflex CPD on page 10)

This one-day course teaches the art of hand reflexology.

This is particularly useful for clients with problem feet or as a self-treatment regime between appointments. Learning to treat the hands efficiently can help your clients as much as traditional foot reflexology, particularly with aches and pains. The routine and reflexes are practised thoroughly, so that you can have confidence in this beneficial treatment.

Reflexology in Pregnancy - 1 day

Discover the benefits of using reflexology with pregnant women to relieve symptoms commonly associated with pregnancy. Contra-indications and precautions will be fully discussed and practical techniques that are safe during the different stages of pregnancy will be practiced fully.

Ear Reflexology - 1 day

Learn how to administer the benefits of reflexology without touching the feet. All reflex points will be demonstrated and practiced thoroughly to ensure confidence in practice and application.

Reflexology Revision Day

Consolidate and reaffirm your traditional reflexology knowledge with a revision day for qualified reflexologists. Taught by a specialist tutor to ensure you enhance your skills, with time for questions and new techniques.

3. Therapeutic Body massage – 4 days

This course is a core unit for any further massage courses such as Sports Massage, Advanced Massage, Manual Lymph Drainage, Indian Head Massage, Hot Stone Massage etc. To secure the practical and theoretical skills learned during the course, homework may be given to assist the students during the evenings of the course. The course teaches Swedish-style massage that is deeply therapeutic, working on all parts of the body to promote health, well-being and stress-relief.

The course is assessed by
5 case studies comprising 3 treatments each
1 hour written exam
2 hour practical examination

This qualification gives access to Hot Stone Massage, Baby Massage, Thai Massage, Chinese Massage and Indian Head Massage.

For the optional ITEC qualification, Intermediate Massage must also be completed and the student is assessed by:

1-hour written examination
1 ½ hour practical assessment

The Intermediate Massage gives access to Sports, Advanced, Finger Lift Facials and Lymphatic Massage Courses.

Post-graduate courses for massage therapists and aromatherapists

The following courses can be taken by qualified massage therapists and aromatherapists. There are no formal examinations for these, but case studies are required for certain courses. Certificates of Attendance are given on the course. Certificates of Competence will be given to students who submit case studies.

See more in the CPD in aromatherapy and courses open to everyone regardless of qualifications. Some can be taken by Distance Learning

Intermediate Massage - 2 days

Existing massage/aroma therapists wishing to develop their massage skills beyond basic body massage can attend the Intermediate Massage Course before embarking on Sports or Advanced Massage courses. It is recommended for aromatherapists as an introduction to different techniques. The course develops the massage skills to the next level to enable the student to offer massage for a variety of problem areas. This further massage qualification gives access to the following courses: Sports and Remedial, Advanced Massage, Lymphatic Drainage Massage and Finger Lift Facials. 3 case studies should be completed for a certificate of competence.

Advanced Massage Techniques – 2 days

This course is aimed at the experienced therapist who wants to add further techniques to their 'toolboxes'. It is recommended that the therapist has Intermediate skills prior to attending the course. There is an introduction to neuromuscular techniques and trigger points. Dermatomes and myotomes are discussed along with their effects on pain in the body. There is inclusion of both passive and active movements into massage to mobilize the joints and tone the muscles. Shiatsu and acupressure techniques are introduced into the massage techniques alongside existing techniques. 3 case studies should be completed for a certificate of competence. Students should have attended the Intermediate Massage course as a pre-requisite.

Further study:

Sports and Remedial Massage – 3 days CPD

Sports and Remedial Massage – 3 days

This advanced course explores the importance of correct warm up and cool down procedures. Pre and post-sport routines are taught and a general maintenance massage is practiced. There is a focus on specific injuries and methods of treatment. The course covers management of injuries, returning back to exercise after an injury, neuromuscular techniques and intra-sound massage.

3 case studies should be completed for a certificate of competence. Students should have attended the Intermediate Massage course as a pre-requisite.

Further study:

Advanced Massage Techniques — 2 days CPD

Lymphatic Drainage Massage – 3 days

This advanced course is teaches various methods of lymphatic drainage massage movements, for relief of oedema, sinusitis, low immunity, stress and ME. It can be used on clients with fluid retention and lethargy to give energy and mobility. The treatment techniques are light in pressure, but effective to help relieve fluid retention and blockages.

3 case studies should be completed for a certificate of competence. Students should have attended the Intermediate Massage course as a pre-requisite.

Further study:

Aromatherapy for Cancer Care —1 day CPD

Baby Massage Tutors Diploma – 2 modules of 2 days each

This course is to teach therapists how to teach individuals or groups of mothers to massage their own babies and children. The course covers:

- Safety and contra-indications
- Ethics and practice
- Full assessment techniques
- Full baby massage
- Teaching skills to enable mothers to fully understand how to complete the procedure themselves

The course is accredited by the Guild of Infant and Child Massage and assessed by:

Reflective diary

5 case studies

Multiple choice questionnaire on last day of course

Further study:

Aromatherapy for babies and children – 1 day CPD

Finger lift facials – 2 days

This course teaches students how to use light finger-touch techniques to help delay and improve the signs of aging. Facials are often seen as a relaxing treatment to pamper a client, but this facial routine will not only pamper but will actively relax the facial muscles and help to tighten the skin of the face, neck and décolletage to give a rejuvenated appearance. Students look at the muscular structure of the face, neck and décolletage to understand how wrinkles form and how to help prevent them.

Massage in Pregnancy – 1 day

This course is available to massage therapists and aromatherapists who want to give the best possible service to women during their pregnancies. Different massage positions that are comfortable will be taught alongside massage movements to relax both mother and baby. Movements are also taught for passing on to the birth partner for ante and post natal care.

Hot Stone Massage – 2 days

The course begins with a historical introduction to the basic principles of using heated stones. Massage techniques for the whole body, including the face, will be demonstrated and practiced, using the hot stones to relieve stress and tension. There will be discussion of the healing benefits, contra-indications, practical application and an introduction to using stones on chakra areas.

3 case studies should be completed for a certificate of competence.

Further study:

Chakras and Meridians – 1 day CPD

Crystals and healing – 1 day CPD

Masterclass Hot Stone Massage – 1 day CPD

Indian Head Massage – 2 days

This popular post-massage course leads to an Academy certificate. The course teaches a seated full head, neck and shoulder routine and discusses Ayurvedic principles of healing. All 40 of the massage movements are explained and demonstrated fully before supervised practice.

It is necessary to complete 3 case studies after the course for a certificate.

Further study:

Chakras and Meridians – 1 day CPD

Masterclass Indian Head Massage – 1 day CPD

Hair and Scalp Conditions and Remedies – 1 day CPD

Hot Stone Massage Masterclass—1 day

An intensive day confirming and perfecting existing techniques in Hot Stone Massage and adding in new techniques. Theory in treating certain conditions will be given and extensive practical application will perfect new skills.

Indian Head Massage Masterclass —1 day

An intensive day confirming and perfecting existing techniques in Indian Head Massage and adding in new techniques. Theory in treating certain conditions will be given and extensive practical application will perfect new skills.

Back Care Course – 1 day

An informative day of both the theory and the practice of looking after one of our most important bone structures – the back. Full body analysis is taught alongside practical massage manipulations for various back conditions such as sciatica and arthritis. Some essential oils are discussed but it is not necessary to be cognisant with aromatherapy to partake in the course.

Gentle Touch Massage

This 2-day course is aimed at the experienced therapist who treats, or wishes to treat, elderly, frail, confused or immobile clients. As the name suggests, it is a gentle treatment that takes into account the mobility and pain thresholds, accommodating both bed and wheelchair sequences.

It is also suitable for MS, Parkinson's and Motor Neurone sufferers.

Table Top Thai Massage Workshop – 2 days

This course teaches traditional and beneficial Thai Massage. The therapy is used for relaxation, normalising energy flow and increased mobility. The massage is carried out on a normal massage table and the recipient remains fully clothed. Stretching and massage movements are taught for the whole body which leaves the client feeling relaxed and with improved flexibility.

It is necessary to complete 3 case studies after the course for a certificate.

Thai Hot Herbal Compress Massage - 1 day

Traditional Thai herbal compresses are steamed and applied to the body in specialised movements to help improve aches and pains and other muscular problems. The treatment is luxurious to receive and also helps to improve circulation and lymphatic flow.

Post-graduate courses for aromatherapists

Licentiate Diploma in Clinical Aromatherapy

This course comprises two modules that have been designed to considerably enhance the aromatherapist's knowledge and practical skills. Although the course teaches intensive application through the skin, lungs and mouth, it is not necessary for the student to apply these methods in their own clinic. The Academy teaches these subjects to engender a deeper understanding of the safety and possible uses of the essential oils.

LDCA Module 1 – 3 days

On this intensive course, aromatic treatment is discussed historically to determine its place in practice today and the importance of integrity and integration of treatment regimes is emphasised. The course includes materia medica, where essential oils are pin-pointed by their chemical components in order to help treat various specific conditions. Safety in practice is explored with different methods of application of essential oils, including intensive treatments.

Prerequisite – Chemistry for Aromatherapists, see page 14

LDCA Module 2 – 3 days

This module teaches the theory of intensive use of essential oils and carrier oils both on the skin and also their controlled and informed internal use via pessary, suppository, teas, gargling, and encapsulation. This module is designed to promote the beneficial uses of essential oils, as well as considering all possible hazards. Practical techniques are taught including compresses, specialised local massage movements, specific reflex points, pessary and suppository manufacture.

The student will also need to complete Pain Management and Hydrolats as CPD (2 separate days) page 15 and 16 (also available as Distance Learning page 18)

Examination

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

- 10 case studies (100 hours)
- Completed course work (200 hours)
- 3-hour theory exam
- Practical assessment

The Fellowship Diploma in Clinical Aromatherapy – 4 days

Prerequisites for the course - LDCA and commitment to further study and research.

This intensive 4-day module is taught one-to-one and discusses models of research, how to plan and accurately carry out pilot studies and full research programmes, how to interpret results and how to write up the research. The student will be shown literature search techniques and how to use different methodology models. Support is given by personal tutor throughout the dissertation process.

Examination

The examination is by successful completion of a 15,000 word dissertation. A Fellowship is then granted by the Academy.

Post-graduate short courses for aromatherapists

The following short courses can be taken by qualified aromatherapists or aromatherapists who are still in training if indicated as below:

*After Module 2 and + After Module 3

Arthritis and Aromatherapy – 1 day

A workshop exploring the pathology of different types of arthritis, the essential oils that are most efficient to help arthritis and the massage techniques that can be used. Therapeutic massage techniques using gentle pressure point therapy on the spine is explored during this informative and practical day.

Aromatherapy for Babies and Children * - 1 day

A course exploring essential oils and massage as used for babies and children, including information on toxicity, contra-indications and precautions. A range of childhood ailments and their treatment plans will be taught, including emotional and physical conditions and how to choose and blend essential oils with relevant bases. Massage is demonstrated, and the principles of massage for children are discussed.

Cancer care and aromatherapy – 1 day

A course teaching the pathology of different cancers, the care of clients and how essential oils can be used in the clinic and at home to alleviate presenting symptoms. Contra-indications will be explored. The course also looks at different 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 given.

Care of the elderly* - 1 day

A course to 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, leg ulcers and senility are discussed in detail and also the treatment plans and applications for each ailment in the light of individuality.

Carrier oils – properties and uses+ - 1 day

A course to explore the many and varied uses of carrier oils in therapy. Since these oils are used in greater proportions in an aromatherapy treatment than essential oils it is important to understand their properties and benefits. Discover how to really value the healing effects of carrier oils and how to use them for subtle yet efficient healing effects on clients, both externally and internally.

Cellulite – clinical aromatherapy treatments* - 1 day

The morning is spent exploring the roots and causes of cellulite and its pathology in detail. Diet, lifestyle, exercise and the influence of the hormonal system will be explored. There will be extensive practical work in the afternoon, including body masks, body brushing, occlusions and treatments using aromatherapy products.

Chemistry of essential oils – 2 days

This fascinating course takes the student to a competent level of understanding of how the chemical molecules in essential oils can affect certain pathological conditions. The course is aimed at aromatherapists who seek a deeper understanding of the chemical composition of the tools of their trade (essential oils, hydrolats and carrier oils) and their many pharmacological effects on the human body. This course is a prerequisite for Licentiate Diploma Module 1.

Emotions and aromatherapy – 1 day

This thought-provoking course explores how aromatherapy can be related 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 wide variety of emotions are explored and explained in context with essential oils.

Holistic facial course – clinical aromatherapy treatment+ - 1 day

This intensive course teaches new facial treatments for different types of skin and various 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. There is also revision of professional cleansing, toning and moisturising techniques. Full facial massage is demonstrated and practiced.

Hair and scalp conditions and treatments – 1 day

Learn about the various conditions that can affect the skin on the scalp and the hair and hair root and shaft and all the different treatment methods using essential oils, carrier oils and hydrolats. A practical scalp massage to encourage hair growth is shown and practiced.

Headaches and Migraine—1 day

A day demonstrating aromatherapy oils and techniques to deal with headaches and migraines. Lifestyle pointers for good health and a full assessment will be shown with the appropriate treatments, including pressure points, being demonstrated and practised.

Holistic foot care – 2 days

An intensive course teaching therapists how to care for the feet and lower legs. The course includes an analysis of foot conditions and skin and nails, revision of the anatomy of the foot, Swiss reflex massage techniques, massage of the lower leg and foot and different oils and carriers to help the feet. A simple pedicure procedure is also shown.

Holistic hand care – 2 days

An intensive course to teach therapists how to care for the hands and lower arms. The course includes an analysis of hand conditions and skin and nails, revision of the anatomy of the hand, massage of the arm and hand and different oils and carriers to help the various conditions. A manicure procedure is also included.

Hormones and aromatherapy - 1 day

This one-day course will identify how certain essential oils can bring about balance and harmony to the human being by supporting the hormonal system. Individual molecules will be explored that can be used daily to treat common problems such as PMS, stress, thyroid deficiency, menopausal symptoms and much more.

Hydrolats+ - 1 day

Hydrolats are explained through history, through chemistry, through usage and through their properties. The course will teach about safety in application and administration and several hydrolats will be discussed in detail for clinical treatments. The hydrolats are tasted and recipes recommended to help various conditions.

Menopause and Aromatherapy

Essential oils, carrier oils, hydrolats and relaxation techniques will be looked at to preserve inner beauty and peace as well as help reduce the natural effects which the menopause may bring. The hormonal content of certain essential oils will be explored along with methods of use for the different areas of menopause.

Mixing and Blending+ - 1 day

A practical course designed for the professional aromatherapist to explore new ways of creating blends for individual needs. The course 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.

Mixing and Blending Advanced+ - 1 day

A second day of mixing and blending using more advanced methods. The course looks in greater depth at ingredients such as borax, bicarbonate of soda and more aromatherapy base products and oils. Includes a comprehensive recipe section and lots of practical experience in the art of mixing and blending.

Pain management – 1 day

An exploration of how aromatherapy, essential oils, and some herbal products and bases can affect the way we experience and control pain. This course is invaluable for those working with people in pain as it explores different essential oil blends and application techniques that have been used in hospital and hospice settings.

Pregnancy+ - 1 day

This essential course fully explores the use of essential oils and aromatherapy techniques with pregnant women. Safety issues are clearly explained along with methods of use. The afternoon is devoted to practical work using techniques that are suitable for all stages of pregnancy and includes practical application for the birth-partner. Conditions and recipes for during pregnancy are discussed

Pregnancy and Massage Techniques – 1 day

A 1-day course for massage therapists and aromatherapists who want to give the best possible services to women during their pregnancy. Different massage positions that are comfortable will be taught along with massage movements to relax mother and baby. Movements will also be learned for birth partners for antenatal and post natal care. A useful addition to the course 'Aromatherapy in Pregnancy'.

Respiratory conditions and aromatherapy+ - 1 day

A workshop to define the types of respiratory conditions and the appropriate use of essential oils. Treatment plans are given and discussed, as are contra-indications and precautions. Practical application skills are also taught, including a back and chest treatment, use of pressure points and trigger points and inhalation methods.

Skin and aromatherapy+ - 1 day

This intensive study of the structure of the skin and its pathology teaches an understanding of many skin conditions (such as eczema, psoriasis, athlete's foot etc). Recipes for dealing with skin disease and skin ailments will be discussed and there will be blending techniques given, based on the components of each disorder.

Swiss Reflex Techniques - 1 day

Treat your clients using an aromatherapy-based form of reflexology, where the reflex points on the feet are massaged using specific techniques taught on the course.

Unusual and Exotic essential oils+ - 1 day

A fascinating course that explores the different healing properties of individual essential oils that you may not have considered before. Demonstrations on how the different oils can be blended in various ways to enhance the common qualities will be shown. A fascinating experience that will link family properties and effects in synergy

Warm wax therapy* - 1 day

A practical course teaching the benefits of warm paraffin wax treatments with the use of essential oils and creams. This therapy is very beneficial for reducing swelling, and the pain of arthritis, rheumatism, gout and carpal tunnel syndrome. Skin conditions such as psoriasis and eczema can also be helped. Contra-indications, the safety of warm wax and the application of the treatment will be taught as well as the safe removal of the wax to benefit your clients' aches and pains.

Traditional Chinese Therapy Courses

Acupressure for Beginners – 1 day

Learn various acupressure techniques and how to locate common acupressure points to promote healing. This course offers a brief overview of the meridian system and shows the points that can bring healing to the system. Acupressure is a popular addition to mainstream massage techniques and can bring fast, efficient relief from many conditions.

Cupping and Moxibustion – 1 day

Cupping uses glass jars and heat to create a vacuum when applied to the body. This stimulates blood and body fluid movement, muscular stimulation and internal organ function. Moxibustion incorporates the burning of herbs over particular acupuncture points and injury sites to stimulate body functions and immune system response. A deep and powerful treatment that is popular with clients wishing to detoxify.

Tui Na Massage – 1 day

Learn Tui Na massage techniques that can be used on their own or in conjunction with acupressure points. This massage is applied through clothing providing an alternative for clients who are shy. A versatile technique that can be applied anywhere and is extremely beneficial for improving mobility and flexibility.

Chinese Diagnosis and Theory- Tongue Face & Pulse – 2 days

The theory behind Traditional Chinese Medicine and diagnosis techniques. Learn how to look at the body as a whole, considering the colour and shape of the tongue and face in conjunction with the visual and verbal messages of your clients. Learn a basic understanding of Chinese Pulse to help to confirm your diagnosis. The course will introduce the meridian system, Yin and Yang and the 5 Element Theory.

A certificate is available for students who complete the whole course.

Further study:

Posture Analysis and Chi Gung—1 day CPD see below

Posture Analysis and Chi Gung—1 day

This is a practical, 'hands on', one day course aiming to improve the health of therapists and their clients. The tutor will explain how common ailments (headaches, back ache, asthma, IBS etc) can be caused or aggravated by incorrect posture alignment and showing how simple changes can provide improvement and relief.

Chakras and Meridians, Crystals and Colours – 1 day

An introduction to the seven Chakras, the Sanskrit name for energy-circles in the body, explaining their meanings, colours, shapes and positions in the body. Meridians will also be explained and practically explored. Learn about different crystals and their healing effects on the body, especially via 'Aura Cleansing'. Choosing and using crystals for individuals will be taught, also how to cleanse them between clients. A useful addition to Indian Head Massage, Hot Stone Massage, Reiki and other energy therapies.

Other Complementary Courses (No prerequisites or qualifications needed)

Hopi Ear Candle Therapy – 1 day

Hopi ear candles were used by the native American-Indians to cleanse and harmonise many problems relating to the ear and head area. Hopi 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.

Distance Learning Courses

Distance Learning Anatomy and Physiology

This course is structured into 13 lessons, divided into three manuals. At the conclusion of each lesson there are questions set for the student to research and answer. The assignments are marked and contribute towards the final grade awarded. The correspondence modules are a flexible approach to learning but require self-discipline and a high degree of dedication. The student should expect to complete a minimum of 100 hours home study during the course. The Academy offers tutor support via email or telephone so the student can receive encouragement and advice at any time during the course. Successful students will be awarded the Academy Distance Learning Certificate in Anatomy and Physiology, which is recognised by the ITEC, IAM and the IFPA.

The distance course is assessed by continuous assessment through essay and multiple-choice questions.

The Distance Learning Diploma in Aromatherapy

The Distance Learning Diploma in Aromatherapy consists of four modules designed for students who prefer to study in their own time. The learning is based around the course notes supplied, background reading of aromatherapy texts and of research. The practical elements of the course, if desired are taught in-house bi-annually. Already qualified massage practitioners may benefit from the massage techniques on DVD.

The student 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, enabling the student to produce a high standard of work. A qualification in anatomy and physiology is necessary before the Diploma can be awarded. The Anatomy and Physiology Certificate Course can also be studied by distance learning. 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. It is possible for a student to combine distance learning with in-house modules to comply with some accrediting body's requirements or simply to vary the learning environments.

The course is assessed by

- 2 ½ hour written examination in-house
- 2 ½ hour practical assessment in-house
- 150 hours of case studies
- Continuous assessment by essay and assignment

The above course is available as a theory only course with certification

The Distance Learning CPD in Aromatherapy

Many of our post-graduate courses that are theory based, rather than practical based, can be taken as Distance Learning Courses. The courses are specially prepared to provide between 6 and 12 points for IFPA and other organisations depending on the hours they take to complete. Subjects available include (all aromatherapy topics):

Care of the elderly, Babies and children, Pregnancy, Menopause, Emotions, Hormones, Cancer care, Pain management, Hydrolats, Carrier oils, Arthritis, Asthma and Skin disorders.

The courses are assessed by:

Essay, reflective diary and evaluation

Special Events throughout the year

Open Days

The Penny Price Academy holds 2 Open Days per year for students. Diplomas and Certificates can be presented on this day on request. The day runs from 10am until 4pm and includes lectures and a choice of workshops. Lunch is included in the cost. An opportunity to network with other therapists and to collect 4 CPD points.

Saturday Club

Saturday Club is held once a month (usually the last Saturday in the month) and is open for everyone whether qualified as a therapist or not. Starting at 10.30am, there is welcome and coffee, followed by a short talk on the topic of the month. There is plenty of opportunity to network, use the library and to ask questions of our tutor. The club normally finishes at 12.00 pm. 1 CPD point is awarded.

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. The courses are run to the student's requirements so that time is used to the maximum advantage and benefit of the students attending. Please ask for details.

Penny Price Aromatherapy Product Training Days

If you need to know more about the products you use on a daily basis, or need to learn about new ways of incorporating different products into your routines and practice, Penny Price Aromatherapy offers FREE product training days for all our therapists and customers. Ask for details.

French Study Tour

Our wonderful tour is set in the south of France and is a fascinating journey of self discovery, where people of like minds can enjoy an enthralling week of lectures, learning and shared experiences. Field study trips will include a visit to a distillation plant, walks around herb fields and a botanical walk, revealing magnificent vistas over the Drôme valley. The course is based at the old monastery in the tiny village of Sainte Croix in the Drôme valley in south-east France. Wonderful food and wines are provided from the local community—a rare opportunity for spiritual and emotional refreshment. Everyone is welcome, not just therapists.

Penny Price Aromatherapy Products

Penny Price Aromatherapy caters for the needs of all busy therapists. Our products are naturally farmed and of the very highest quality for professional use. Call us to open an account or visit our website.

Penny Price Academy Insurance

The Penny Price Academy has a block school insurance scheme with Balens Insurance Company to cover the therapies that you study. In order to join, phone 01684 893006 and ask to be added as a therapist or student. Extra therapies can be added as and when necessary.

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.

**Penny Price Aromatherapy values its students, customers, staff and suppliers
at all times.**

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*We guarantee complete satisfaction with our aromatherapy products
and courses or we will replace and retrain**