

# Aromatherapy

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Aromatherapy is the art and science of using the essential oils extracted from aromatic plants to enhance health and beauty. The oils have a positive effect on our physical health as well as subtle effects on the mind and emotions. Essential Oils work in two different ways: firstly, through the sense of smell, affecting the olfactory nerves and our emotional and mental well being; secondly, through absorption into the skin, affecting our physical well being. The sense of touch is also important and massage is an integral part of an aromatherapy treatment.

Essential oils can relax the nervous system, stimulate the circulation, lift depression, help detoxify the body, ease aches and pains, headaches and migraine. They can reduce inflammation, including arthritis, and help with asthma, bronchitis, catarrh and other breathing difficulties. They can also help to revitalise and rejuvenate the skin and are helpful with problems such as acne, eczema and psoriasis.

## How does it work?

Essential oils work directly on the chemistry of the body – a single essential oil contains an average of one hundred different chemical components. They are very powerful, potent substances. Essential oils are particularly useful therapeutically because they enter and leave the body efficiently, leaving no toxins behind. The most effective way to take them is by external application (massage) or inhalation (baths, burners, compresses, room sprays). The oils do not stay in the body but are gradually and naturally excreted over a period of time. Although the oils work directly on the physical body they also have more subtle effects. Scent has a powerful effect on mood and memory; for example, the smell of suntan cream or candyfloss can trigger memories of holidays.

## What happens during a treatment?

At the first session a full medical and lifestyle history will be taken. It is important to let the therapist know about any particular problems, such as sensitive skin, high or low blood pressure, epilepsy, diabetes etc. or if you are pregnant. Using this information and looking at presenting conditions, specific oils will be chosen and blended to suit the client's needs. You will then be asked to undress down to your underwear and covered with towels. Only the part of the body being massaged is exposed. Depending on the individual, a course of treatments may be recommended to deal with specific conditions or problems.

**Cathy Fernie** holds BSc (Hons) degree in Complementary Therapies from Staffordshire University and has studied Aromatherapy and Reflexology, in depth, over a 3 year period. Her qualification includes, not only in-depth study of Aromatherapy, Massage and Reflexology, but also, anatomy and physiology, nutrition, pathology and biochemistry, management of pain, as well as energy, health and well-being. She carried out over 100 hours of case study treatments as part of the Degree. She is a member of the Aromatherapy and Allied Practitioners Association (AAPA) and her practice is governed by their professional code of conduct.

**Cheryl Finch** holds the Associate Diploma in Clinical Aromatherapy and Swiss Foot Reflexology as well as qualifications in Swedish massage, The Dorn Method Body Alignment, Breuss Spinal Massage and is a Reiki Master/Teacher and Relaxation, Meditation and Mindfulness Instructor. Cheryl is a Member of the International Federation of Professional Aromatherapists (IFPA) and the Dorn Method Therapists Association (DMTA).

For further information or to book a consultation please call 01283 516444.