

How does Aromatherapy work?

Many researchers have shown that when they are applied to the skin or inhaled, essential oils are absorbed into the bloodstream and metabolised in the body. (Preen C. (2005) Today's Therapist (35) 2-4) substantiated by Aromatherapy Science, Pharmaceutical Press 2006 Chapter 7 p.78.

Clinical trials have shown that when applied topically, some essential oils, including **Tea Tree oil**, have antibacterial and [antimicrobial/antiseptic] properties (Hay et al. Arch Dermatol. 1998; 134:1349-1352) and that **Peppermint oil** may optimise/maintain a healthy digestive system (Stevensen C.J. Fundamentals of CAM, Churchill Livingstone 1996:137-148).

There are many studies that demonstrate how essential oils can positively affect mood. Essential oils also impact on brain wave activity, creating either stimulating or relaxing effects (Stevensen 1996).

Essential oils are highly concentrated, volatile, aromatic essences of plants obtained by steam distillation, solvent extraction or expression. They have therapeutic properties and most essential oils are antibacterial, some are antifungal and others anti-viral. They also have properties for assisting in wound and skin healing and balancing internal systems.

Should I tell my Doctor?

If you are currently receiving treatment or medication from your doctor or a consultant then it is important to tell them of other forms of treatment you are receiving. Your aromatherapist may wish to contact your GP, with your permission, to inform them that you are receiving aromatherapy treatments.

Finding a CHP practitioner

To find a CHP practitioner in your area please email our office at:

enquiries@complementaryhealthprofessionals.co.uk

Phone: 0333 577 3340

Website:

www.complementaryhealthprofessionals.co.uk



CHP Aromatherapist:

Complementary Health Professionals (CHP)



Aromatherapy & Your Health



What is aromatherapy?



Aromatherapy is a Complementary health care profession concerned with the systematic topical/external use of essential oils, excluding direct ingestion, in holistic treatments to improve physical and emotional well being of human beings.

An "**Aromatherapist**" is a person who practices aromatherapy and has been trained to a specific standard, as may be defined by the Complementary & Natural Healthcare Council (CNHC), which is our voluntary self-regulatory body from time to time, in the use of Essential Oils for therapeutic purposes.

The Aromatherapist is able to utilise a range of complementary diagnostic techniques within the scope of their practice to evaluate the needs of their patient and has the therapeutic skills and knowledge to undertake an aromatherapy treatment suitable for an individual after a face to face consultation.

Aromatherapists work in a wide variety of health settings such as intensive care, palliative care, mental illness, stroke recovery, occupational health, care of the elderly as well as being excellent for treating various chronic illnesses and stress related condition and maintaining general wellbeing.

CHP members work in a variety of settings including hospitals, health centres, GP practices, work places, private clinics and also by visiting people at home. Unless the clinic/GP centre/hospital offers aromatherapy treatments on the NHS, invariably aromatherapists work in private practice and there will be a charge for treatment. This can range from £40 - £80 depending on the treatment.

Private medical insurance - schemes for individuals through the independent healthcare sector will sometimes include aromatherapy treatment. Check with the scheme providers for eligibility.

Booking your treatment with a CHP member guarantees that:

- their qualification is properly recognised
- they are governed by a professional code of conduct
- they are covered by professional liability insurance
- They will use MCHP after their names
- Some of our members have a special award as a Fellow using FCHP behind their name
- They carry out annual professional development to keep their knowledge and skill current

What should I expect from my visit to an aromatherapist?

CHP Aromatherapists consider each person as an individual. On your first visit, your therapist will spend time taking a detailed **medical history** including Important information about your lifestyle and diet. This will allow for a complementary diagnosis and treatment plan to be tailored for your individual needs. The consultation also helps your therapist to select specific essential oils for you. These are then blended with a carrier oil and tested on your skin to ensure the oils are suitable for your skin.

You will normally be asked to undress to your underwear and then lie on a couch and covered with towels, only the area being worked on will be uncovered. Aromatherapy can be administered in a number of ways, through **inhalation, compress, using creams/lotions, in baths** but usually in a treatment it is applied through the medium of **massage**. This soothing, massage will help the therapeutic oils to be absorbed through your skin as you relax within the fragrant aromas.

Your CHP aromatherapist will make you feel at ease and communicate procedures before treatment commences. Please ask for further explanations at any time during your treatment.