



# School of Bodywork

## Aromatherapy in a nutshell

Safe and effective aromatherapy for massage and bodywork therapists

**The morning workshop:** you will cover a minimum of 12 base oils, including:

- Sunflower (refined and unrefined)
- Mineral oil (for contrast only)
- Grapeseed
- Sweet almond
- Apricot kernel
- Peach kernel
- Avocado
- Macadamia
- Mustard seed
- Evening primrose
- Rosehip
- Sesame
- Wheat germ
- Jojoba
- Hazelnut

Macerated oils will be touched on time permitting: arnica, calendula, carrot, comfrey, hypericum.

**The afternoon workshop:** you will cover the 5 products on the “Magic” Range:

- **Muscle Magic:** A warming massage oil for muscles and joints.
  - To enhance the benefits of massage and ease pain
  - To relieve muscular aches and tension
  - To promote mobility & maintain healthy circulation
- **Nerve Magic:** A soothing massage oil for nerves and muscle.
  - To facilitate massage over nerve impingement
  - To calm and soothe the muscles and nerves after exercise
  - To relieve aches and tension and enhance mood
- **Rescue Magic:** A cooling cream for early acute phase recovery
  - Following deep tissue massage techniques
  - As a substitute for icing treatments in the absence of ice
  - To maintain healthy immune and lymphatic functioning
- **Myofascial Magic:** To facilitate engagement of the therapist’s hands into the tissue
  - To warm the tissue
  - To maintain healthy circulation
  - To relieve aches and tension
  - To energise the body and mind
- **Scar Magic:** A nourishing massage balm for scars and adhesions.
  - To support healing of scars and tissue re-modelling.
  - To enhance the benefits of scar tissue massage.
  - To facilitate cross-fibre friction techniques over adhesions