BASE FORMULA · ENGLAND

BASE FORMULA

WELLBEING INSPIRED BY NATURE

The Aromatherapy Journal

WINTER EDITION | ISSUE 01

The Art of Slowing Down

Restorative winter evenings with aromatherapy

Staying Healthy This Winter

Essential oils and simple rituals for seasonal wellbeing

Cinnamon Leaf

The warmth of winter

The Scents of Christmas

10 favourite essential oils for the festive season

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The Aromatherapy Journal

A warm welcome to our first issue

Welcome to the very first issue of The Aromatherapy Journal, Base Formula's brand-new quarterly publication, which we're delighted to be bringing to you free of charge as part of your newsletter subscription.

2026 has been a special year for us as we've proudly celebrated 30 years of Base Formula. It's a milestone we're incredibly proud of, and one that we've marked with a fresh new look for our products and the launch of our newly redesigned website. Now, we're thrilled to be adding The Aromatherapy Journal to the next chapter of our journey.

For three decades, aromatherapy has been at the heart of everything we do, and this magazine is our way of sharing even more of that knowledge, experience and passion with you.

Each season, we'll bring you a carefully curated collection of articles, oil profiles, recommended blends and practical advice to help you make the most of aromatherapy throughout the year. We'll also have information on new products, exclusive offers, competitions and more

In this first issue, we're particularly excited to shine a spotlight on our new Reseller Packs, our beautiful Oak Display Stands and a brand new own-label concept that we're looking to trial.

Whether you're a professional therapist, a retailer or simply someone who loves the benefits of essential oils, we hope you'll find something in every issue to inform, inspire and enjoy.

Finally, we'd like to say a heartfelt thank you to all customers, old and new, who have supported us over the past 30 years. We wouldn't be here without you!

So, settle down with a cuppa, get comfy and enjoy our very first issue!

Happy reading!

The Base Formula Team



Natural solutions for a healthier, happier you

Inside this issue

Discover, unwind & be inspired



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Aromatherapy Safety & Good Practice

Essential oils are highly concentrated natural substances and should be used with care. Do not apply undiluted to skin or add directly to bathwater; use an appropriate carrier or dispersing base. Avoid eyes, mucous membranes and damaged or sensitive skin. Keep oils out of reach of children and pets, and do not ingest them. Seek qualified advice before use during pregnancy or breastfeeding, with children, or where medical conditions or medication are involved. Check each oil's contraindications and dilution limits. Diffuse intermittently in a well-ventilated room, following your diffuser manufacturer's instructions and taking particular care around children, pets and people with respiratory sensitivities. Specific warnings beside recipes and oils take precedence over this general guidance.

Winter Health and Wellbeing

Staying healthy this winter

As the days grow shorter and temperatures begin to fall, coughs, colds and seasonal sniffles become an unwelcome part of winter life. With more time spent indoors and less fresh air circulating, it's the perfect time to employ the power of essential oils to give our immune and respiratory systems a little extra support.

Although essential oils cannot "boost" or replace the human immune system, research shows they can influence and modulate our immune responses.

There are many essential oils that can help do this at this time of year, with the most studied ones being Eucalyptus, Tea Tree, Lavender, Clove and Frankincense. In this article though, we thought we'd focus on three slightly different oils that we personally recommend for supporting health and wellbeing this winter.



Winter Immunity Power Blend

- 4 drops Black Pepper essential oil
- 8 drops Ravensara essential oil
- 2 drops Sandalwood (Agmark) essential oil



Black Pepper essential oil

Piper nigrum

With its anti-catarrhal, antibacterial, antiseptic, expectorant properties, this oil is very beneficial for the respiratory system. Its warming, stimulating, analgesic and circulatory stimulating properties are also valued in winter massage blends for the muscles and joints. ***See safety notes on our website***



Ravensara essential oil

Agathophyllum aromatica

This oils antiseptic, antimicrobial, antiviral, expectorant and immunomodulant properties make it an excellent choice for the cold and flu season.
Avoid in pregnancy



Sandalwood essential oil

Santalum album

Expectorant properties are useful for respiratory relief. It can help clear catarrh and soothe irritated mucous membranes. It can also help calm persistent stress which can weaken our immune response.

Ways to use our Power Blend





Diffuser

Use between 3-5 drops of the blend in an oil burner or several drops in a diffuser.



Massage

Mix the synergistic blend into 30ml of carrier oil for a full body massage.



Inhaler

Add up to 5 drops to an Aromatherapy Inhaler or a tissue and inhale regularly.



Throat or Chest Rub

Mix 5 drops of the blend in 10ml of carrier oil or lotion. Massage into the throat and upper chest.



Muscle Rub

For aching muscles and joints mix 5 drops of the blend in 10ml of Arnica oil and massage it into the affected areas twice a day.

Don't forget our pre-blended essential oils

Our pre-blended oils offer a great alternative to blending your own essential oils and are ideal for use in a diffuser or inhaler.

* WIN *

To help you stay healthy this winter, we're giving away a free set of these three oils. Simply click here for a chance to win! Entry closes on Sunday 13 December.



With pure essential oils of French Lavender, Tea Tree, Lemon, Myrrh, Plai and White Camphor to support a healthy immune system and keep bugs at bay.



With pure essential oils of Rosemary, Cinnamon Leaf, Pimento Berry, Eucalyptus smithii, Mandarin, Grapefruit and Carrot Seed to support immunity and guard against infection.



With pure essential oils of Eucalyptus radiata, Cornmint, Hyssop and Myrtle to support clearer airways and easier breathing.

The Art of Slowing Down

Restorative winter evenings with aromatherapy



With shorter, darker days, winter invites us to rediscover the simple pleasure of slowing down. With the help of essential oils and a few comforting rituals, even the coldest evenings can become an opportunity to relax, restore and reconnect.

From the soothing notes of Lavender to the grounding aroma of Frankincense, essential oils can transform everyday moments into comforting sensory experiences, helping us leave the demands of the day behind.

A little winter wisdom

Nature has its own way of responding to winter. Trees become dormant, wildlife seeks shelter and the landscape settles into a quieter rhythm.

Although our lives rarely allow us to follow the seasons quite so closely, we can still take inspiration from nature by making time for rest and reflection.

And a restorative ritual need not be elaborate. What matters is giving yourself permission to enjoy it.



Lavender
The gentle relaxer

Renowned for its calming and sedative properties, Lavender is a favourite for easing nervous tension, encouraging relaxation and supporting restful sleep. Its soft, floral aroma makes it ideal for evening baths, massage and bedtime rituals.



Frankincense
The grounding companion

Warm, woody and subtly resinous, Frankincense has a long association with meditation and contemplation. Traditionally valued for its calming and grounding qualities, it is a wonderful choice for quiet reflection and mindful breathing.



Sweet Marjoram
The comforting herb

With its warm, herbaceous fragrance, Sweet Marjoram is traditionally used for its relaxing, antispasmodic and sedative properties. Particularly lovely in massage blends, it is often chosen to help ease muscular tension and encourage relaxation.



Clary Sage
The evening unwinder

Clary Sage has a distinctive sweet, herbal aroma and is valued in aromatherapy for its relaxing, uplifting and traditionally sedative qualities. It blends beautifully with Lavender and citrus oils for a soothing evening fragrance.



Sweet Orange
A little Winter sunshine

Bright, sweet and cheerful, Sweet Orange brings a welcome burst of sunshine to darker days. Its uplifting aroma is particularly effective in balancing richer, woody essential oils, creating blends that feel both comforting and refreshing.

Three rituals for a restorative Winter's night

1 The Winter Sanctuary

A comforting aromatherapy bath



Turn your bathroom into a peaceful retreat with a beautifully aromatic soak.

You will need:
2 drops Lavender
1 drop Sweet Marjoram
1 drop Frankincense
15ml Unscented Bath oil.

Blend the essential oils into your bath base before adding to warm running water. Dim the lights, put away your phone and allow yourself 15–20 minutes to relax in the fragrant warmth.

2 A Moment of Mindfulness

A grounding diffuser blend



Take some time to simply breathe - especially helpful if you're feeling anxious or stressed.

You will need:
2 drops Sweet Orange
3 drops Frankincense
2 drops Sandalwood

Add to your diffuser, following the manufacturer's instructions and diffuse into your chosen room for a maximum of 20 minutes. Sit near a soft light or flame. Place hands over the chest and breathe deeply.

3 The Bedtime Wind-Down

A soothing evening massage



A gentle hand or foot massage can become a lovely part of your bedtime routine after a busy or demanding day.

You will need:
2 drops Lavender
1 drop Sweet Marjoram
15ml Sweet Almond or another suitable carrier oil

Combine the ingredients in a small bottle and mix thoroughly. Massage gently into hands or feet using slow, rhythmic movements, taking a few moments to appreciate the aroma and sensation of touch.

Making time for you

Choose one small ritual and make it part of your evening. Notice your breathing, relax your shoulders and allow yourself a moment without demands. You need not solve anything or achieve anything. Simply enjoy the stillness.

Embrace the season

Winter need not be something we simply endure while waiting for spring. Aromatic baths, gentle massage and comforting fragrances can make its quieter moments feel special. So, tonight, close the curtains, slow the pace and enjoy a little winter tranquillity.

Cinnamon Leaf
The Warmth of Winter

ESSENTIAL OIL SPOTLIGHT

Few aromas capture the comforting warmth of winter quite like Cinnamon. Rich, spicy and beautifully aromatic, its distinctive fragrance evokes festive baking, cosy evenings and the gentle glow of a winter fire.

A spice steeped in history

The use of Cinnamon dates back to ancient civilisations. It was highly prized in ancient Egypt, where it featured in aromatic preparations, perfumes and embalming practices.

In traditional Ayurvedic medicine, Cinnamon has long been associated with warmth, digestion and circulation. It is also used in traditional Chinese herbal practices to support the body during periods of coldness and discomfort.

Today, Cinnamon continues to be appreciated in aromatherapy for its warming, stimulating and uplifting properties.



From leaf to essential oil

Cinnamon Leaf essential oil is obtained by steam distilling the leaves of the Cinnamon tree (Cinnamomum zeylanicum). The oil contains a high proportion of eugenol, which give the oil its characteristic warm, spicy aroma and contributes to many of its recognised therapeutic properties.

Therapeutic properties

- Antiseptic and antimicrobial
- Stimulating
- Rubefacient
- Analgesic and anti-inflammatory
- Antispasmodic
- Carminative and digestive

How it can help with Winter wellbeing

Cinnamon's warming, stimulating, cleansing properties makes it a popular choice in winter diffuser blends, helping to lift the spirits and create a sense of warmth and reassurance. It can also be used sparingly in warming massage blends for tired and aching muscles.

Recommended Winter diffuser blends

Winter Spice

A comforting, festive aroma for cosy evenings

3 drops Sweet Orange
2 drops Frankincense
1 drop Cinnamon Leaf

Winter Morning

An uplifting blend to brighten cold, dark mornings

3 drops Mandarin
2 drops Ginger
1 drop Cinnamon Leaf

Fireside comfort

A rich, grounding aroma for peaceful evenings

3 drops Cedarwood
2 drops Sweet Orange
1 drop Cinnamon Leaf

Therapist tip:



Adding a little Cinnamon Leaf oil can help transform an ordinary massage blend into something wonderfully seasonal, bringing warmth and richness to your winter blends. For a massage blend that will warm, comfort and revive the mind and body, combine:

3 drops Sweet Orange • 2 drops Geranium • 1 drop Cinnamon • 15ml of carrier oil

Safety note: Use a maximum 2 drops diluted appropriately in an aromatherapy bath and 1% concentration for massage. Do not use during pregnancy or breastfeeding. Use cautiously around people with respiratory problems or fragrance allergies.

Macadamia Nut Oil

CARRIER OIL SPOTLIGHT

Naturally rich, beautifully silky and deeply conditioning Macadamia Nut Oil is perfect for giving your skin and hair a little extra love this

A winter treat for your skin

Rich in beneficial fatty acids, including oleic acid (59%) and palmitoleic acid (20%), Macadamia Nut Oil helps soften and condition dry skin while supporting its natural protective barrier.

Known as the vanishing oil because of its extremely light skin feel, it glides effortlessly over the skin, helping to lock in moisture without leaving a greasy feel.

Used regularly, it can help keep skin feeling supple, smooth and beautifully nourished, even in the harshest winters.



Try our enriching facial oil for dry or mature skin:

- 5ml Jojoba Oil
- 5ml Macadamia Nut Oil
- 5ml Walnut Oil
- 2 drops each of Vetivert, Rose and Neroli essential oil
- 3 drops Carrot Seed essential oil

Mix together and massage in a few drops at night or during a facial treatment, after cleansing and toning.

Give winter-weary hair some TLC



Winter can be just as challenging for our hair leaving it looking lacklustre and feeling dry or brittle.

Macadamia Nut Oil makes a luxurious hair-conditioning treatment, helping to smooth the hair cuticle, tame frizz and improve softness and shine.

Smooth a few drops through dry-looking ends or use more generously as a pre-shampoo conditioning treatment.

Try our deep conditioning hair mask

To revive dull, dry, frizzy hair combine:

- 5ml of melted Extra Virgin Coconut Butter
- 5ml Macadamia Nut Oil
- 2 drops Lavender essential oil
- 2 drops Ylang Ylang essential oil

Massage into hair and scalp. Cover head with cling film or shower cap and leave for as long as possible (at least 30 minutes). Massage in some shampoo before wetting your hair and then shampoo as normal.

And don't forget your hands and nails

Massage a couple of drops into hands and cuticles at night to soften dry skin and nourish the nails.





Safety note: Do not use with nut allergies

Would you like to retail?

Introducing our Resellers Range



Would you like to offer your clients your very own range of aromatherapy products? Our new Reseller Packs offer a simple, low-cost way to introduce high-quality products to your clients, without the expense or commitment normally associated with launching your own range.

Professional products, attractive trade prices

Our Reseller Packs feature our most popular products; all offered at attractive trade prices to help you generate additional income for your business, and to enable your clients to enjoy the benefits of aromatherapy in between treatments. Repeat orders start from just £50, meaning you can replenish your bestsellers whenever you need.

Your brand, your identity.

Every Reseller Pack is available with Base Formula labelling or, for a more personalised approach, your very own-branded labels designed and printed completely free of charge. Our in-house design and printing facilities allow us to produce high-quality, high resolution labels in a variety of shapes and sizes. Giving you the freedom to create your own brand identity. Whether you already have established branding or need creative inspiration, our team can help bring your brand to life!



Discover our range of Reseller Packs and take the first step towards creating your own brand aromatherapy collection.

Beautiful products deserve beautiful displays



To complement your new range, each reseller pack can be purchased with a beautifully crafted, oak display stand - handmade in Leicestershire by Oak at Home. Your stand can also be personalised with your own branding to create a coordinated professional display.

A partnership you can trust

With 30 years of aromatherapy expertise, Base Formula understands the importance of quality, consistency and professional presentation. Our reseller collection brings together that experience with flexible ordering, own label capabilities and beautifully crafted stands – helping you build your own retail range with confidence.

Most of our products are available at trade pricing

If our Reseller Packs aren't quite right for your business, we also offer highly competitive wholesale terms for retailers. A minimum spend and minimum order quantities apply. *Click here to find out more.*

Trial our Own-Label Service!



Want to sell your own-label products, but not quite ready to invest in one of our new Reseller Packs? We're exploring an exciting new service that will allow you to purchase small quantities of essential oils, carrier oils and massage oils, beautifully presented with your own-branded labels, which we'll design and print free of charge, subject to a small minimum order. We're looking for just three customers to help us trial this new concept and shape our future offer.

Interested in being one of three trial customers?

Simply click here to register your interest

The 10 most popular essential oils for Christmas



There's something magical about the aromas of Christmas. From the warming spice of cinnamon and clove to the fresh, uplifting fragrance of pine and sweet orange, certain scents instantly evoke memories of festive celebrations, cosy evenings and winter walks.

Essential oils offer a wonderful, natural way to capture these seasonal aromas. Whether you're creating a welcoming atmosphere with a diffuser, making handmade gifts or simply enjoying a little festive relaxation, here are ten of our favourite essential oils for Christmas.



Cinnamon Leaf

Warm, spicy and comforting, Cinnamon Leaf is a quintessential Christmas fragrance. Its rich aroma brings to mind festive baking, mulled wine and cosy evenings by the fire.



Sweet Orange

Bright, sweet and uplifting, Sweet Orange blends beautifully with Christmas spices. Its cheery scent is perfect for creating a welcoming atmosphere.



Frankincense

With its rich, resinous, woody aroma, Frankincense has been associated with Christmas for centuries. Valued for meditation and contemplation, it's ideal for creating moments of peace.



Clove Bud

Warm, sweet and spicy, Clove Bud is reminiscent of pomanders, Christmas puddings and festive decorations. Just a tiny amount adds wonderful depth to seasonal blends.



Pine

Fresh, crisp and wonderfully outdoorsy, Pine captures the unmistakable fragrance of a real Christmas tree. Perfect for bringing woodland freshness indoors.



Ginger

Warm, zesty and invigorating, Ginger adds a spicy twist to festive blends. It pairs well with citrus oils, Cinnamon and Frankincense.



Cedarwood

With its soft, woody, grounding aroma, Cedarwood creates a beautifully comforting atmosphere. It's perfect in the evening to help you unwind after a busy day!



Peppermint

Cool, refreshing and invigorating, Peppermint brings to mind traditional candy canes and peppermint treats. A little amount adds a fresh, uplifting note to festive blends.



Myrrh

Another oil with strong historical links to Christmas, Myrrh has a deep, warm, resinous aroma. It blends well with Frankincense and Sweet Orange for a rich, contemplative blend.



Black Spruce

Evoking snowy forests and crisp winter days, Black Spruce is sweeter and softer than most other evergreen oils and is a perfect alternative to Pine.

Three Festive Diffuser Blends

Christmas Morning

3 drops Sweet Orange
2 drops Pine
1 drop Frankincense



Warm Winter Welcome

3 drops Sweet Orange
2 drops Ginger
1 drop Cinnamon Leaf



Peaceful Christmas Evening

3 drops Frankincense
1 drop Cedarwood
1 drop Myrrh



WIN A FESTIVE COLLECTION

Your chance to win all five Christmas Blends!

To celebrate the festive season, we're giving one lucky reader the chance to win our complete collection of five Christmas essential oil blends, beautifully presented in a handcrafted oak presentation tray.

Bring the magic of Christmas home with our beautiful festive essential oil blends. From the warming aroma of Christmas spices to the fresh, uplifting scent of winter evergreens, our five specially created festive blends capture the wonderful fragrances of the season. Made exclusively with 100% pure essential oils, our blends contain no synthetic fragrances or artificial scents – just the beautiful, authentic aromas of nature.



Christmas Spice – With Cinnamon, Clove and Sweet Orange.

Festive Fruits – With Pine, Tangerine, Lemon and Grapefruit.

Holy Nights – With Frankincense, Myrrh and Lemon.

Ginger Snap – With Ginger, Clove, Nutmeg, Cinnamon, Orange, Peru Balsam and Pimento Berry.

Winter Spruce – With Fir, Tangerine, Black Spruce and Pine.

Perfect for use in one of our new aromatherapy diffusers, these beautiful blends offer a wonderful way to fill your home with the natural scents of Christmas.

Simply click here for a chance to win!

Entry closes on Sunday 13 December and the winner will be contacted ASAP by email.

Top 5 Christmas Gifts

Looking for a little gift inspiration? From luxurious aromatherapy treats to beautifully handcrafted diffusers, we've selected five gorgeous gifts to help you spoil someone special this Christmas.

1 Bath Time Bliss Gift Set

£15.00



Give the gift of relaxation with our indulgent bath-time collection. The perfect way to unwind and enjoy some well-deserved me-time.

2 Aromatherapy Massage Oil Gift Set

£42.00



A luxurious collection of six natural oils, beautifully presented in a linen gift bag. A wonderful gift for anyone who deserves a little pampering.

3 Rose Skin Care Gift Set

£27.55



A beautifully fragrant trio of rose-inspired skincare treats to hydrate, nourish and pamper the skin. A little everyday indulgence.

4 Sienna Glass Ultrasonic Diffuser

£53.60



Combining exquisite, handcrafted glass design with modern ultrasonic technology, this stunning diffuser makes a stylish addition to any home.

5 Sienna Glass Violet Reed Diffuser

£16.50



Individually mouth-blown by skilled artisans, this striking violet glass diffuser makes an elegant gift for lovers of beautiful home accessories and natural home fragrance.

New arrivals

Natural care, expertly formulated

Discover the latest additions to our range, designed to enhance your skincare and massage treatments. Our new luxurious facial oils combine carefully selected botanical ingredients to nourish and care for the skin, and our new Deep Massage Waxes feature Carnauba Wax which offers enhanced grip and control, making them ideal for deeper, more targeted massage techniques.



Jasmine & Sandalwood Facial Oil

£16.74

Particularly suited to dry, dehydrated and mature skin, this beautifully aromatic facial oil leaves the complexion feeling smooth, supple and wonderfully pampered.



Recovery+ Facial Oil

£12.90

Combines carefully selected essential oils and carrier oils to clarify and balance combination, oily and blemish-prone skin.



Deep Tissue Massage Wax

£10.74

A warming, invigorating blend of Black Pepper, Ginger, Lime, Rosewood and Fennel, enriched with skin-conditioning Borage Seed Oil and Shea Butter.



Deep Relaxation Massage Wax

£10.74

A calming, comforting blend of May Chang, Red Mandarin, Sweet Marjoram and Benzoin enriched with nourishing Carrot Tissue Oil and Shea Butter.



Deep Circulation Massage Wax

£10.74

A stimulating blend of Saro, Spearmint, Cypress and Fennel enhanced with Soya Bean Oil, Mustard Seed Oil and Shea Butter.

A *Fresh* Start Aromatherapy Rituals *for* the New Year

After the excitement and indulgence of the festive season, the New Year offers a welcome opportunity to slow down, take stock and focus on ourselves. It's a time for fresh beginnings, positive intentions and perhaps a little more balance in our everyday lives.

Whether you're looking to unwind after a busy Christmas, refresh your surroundings or introduce a few simple self-care rituals, aromatherapy can provide a wonderfully natural way to embrace the months ahead.

Make time for yourself



After weeks of festivities give yourself permission to pause. Run a warm bath, switch off your phone and enjoy a little uninterrupted relaxation.

Try this: Blend 2 drops of Lavender and 1 drop of Frankincense essential oil into 15ml of fragrance-free bath oil or suitable bath dispersant. Add to your bath for a beautifully calming aromatic experience.

Refresh your space, refresh your mind

Clear out the old and welcome in the new. A little decluttering, and an uplifting aromatic blend can help create a wonderfully refreshing atmosphere.

Try this: Add 3 drops of Lemon, 2 drops of Grapefruit and 1 drop of Rosemary essential oil to your diffuser, following the manufacturer's instructions. Perfect for focusing the mind and boosting energy levels.



Create a moment for reflection



Before rushing into another busy year, take time to reflect on the one just passed. Celebrate your achievements, acknowledge the challenges you've overcome and consider what you'd like to invite into your life over the coming months.

Try this: Diffuse 2 drops of Frankincense, 2 drops of Sweet Orange and 1 drop of Cedarwood essential oil while journalling, meditating or simply enjoying a few moments of quiet contemplation. The warm, grounding aroma creates a lovely backdrop for reflection.

Make self-care a daily ritual



New Year's resolutions don't have to involve dramatic lifestyle changes. Sometimes the smallest, most consistent habits make the biggest difference. A few minutes of gentle stretching, an evening massage or simply taking time to enjoy your favourite essential oils can become something to look forward to each day.

Try this: Combine 2 drops of Geranium, 2 drops of Lavender and 1 drop of Sweet Orange essential oil with 15ml of your favourite carrier oil. Massage gently into your shoulders, arms or feet as part of a relaxing ritual.

Set your intentions for the year ahead

Don't pressure yourself with an endless list of resolutions. Choose a simple intention for the year. Perhaps you'd like to make more time for rest, spend more time outdoors, reconnect with nature or find a better balance between work and relaxation.

Choose an essential oil or blend whose aroma you particularly enjoy and make it part of your daily routine. Over time, that familiar fragrance can become a lovely personal reminder to reconnect with your intentions.



Here's to a happy, healthy and beautifully aromatic New Year, from all of us at Base Formula.


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Your therapy family: An multi- therapy association run by complementary therapists, tutors and assessors.
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Advanced DBS Checks
We have a discounted scheme for members who are working with vulnerable adults and/or children
We sponsor National Complementary Therapy Week
This celebratory event of our profession takes place at the end of March each year
Meet Our Directors
Carole Preen FCHP FANM HonMIFA
Expert in Aromatherapy and Massage Therapy, specialising in back pain and pregnancy. Carole qualified in 1994 and is also a n experienced tutor & L4 assessor.
Julie Quinn FCHP CNHC Reg
Expert in Reflexology, Julie qualified in 1995 and has been teaching and assessing for 22 years. Julie specialises in cancer care.
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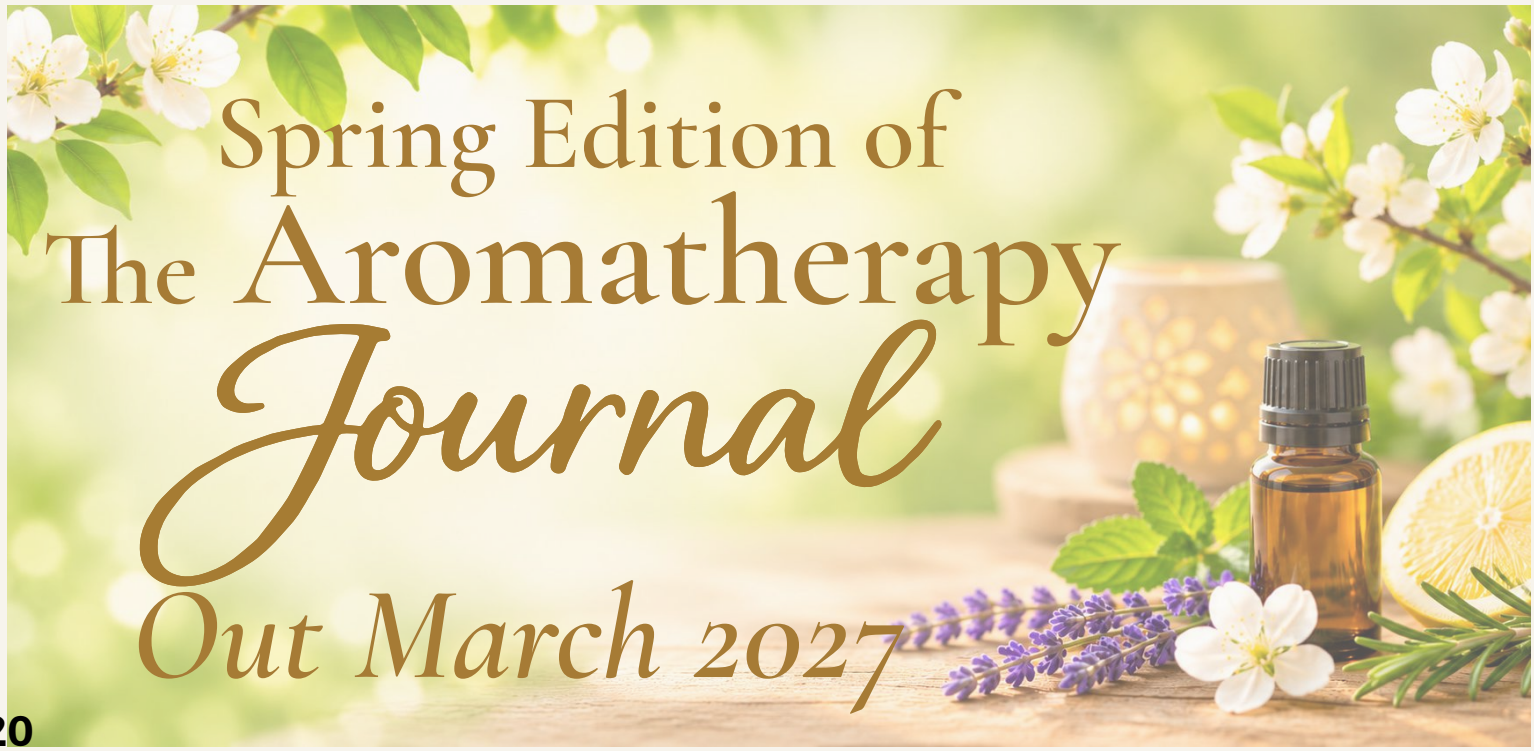
Spring Edition of
The Aromatherapy Journal
Out March 2027