

Aromatherapy & Massage in Pregnancy

**2-weekend Advanced Certificate Course with
SHIRLEY-ANNE FOSTER
at Regent's College, Regent's Park, London NW1**

Our Aromatherapy and Massage in Pregnancy course is designed for aromatherapists who seek to enhance their practical skills and knowledge in the therapeutic care of pregnant clients.

This 2-weekend Advanced Certificate Course will combine practical and theory-based learning, and is designed to clearly demonstrate the benefits and use of massage and essential oils throughout the different stages of pregnancy. Particular focus will be given to understanding the changing physiology and emotions of the pregnant mother, and how best to address these changes at each stage of pregnancy through aromatherapy massage.

COURSE COMPONENTS

- Emotional and physical changes that occur during each of the three trimesters of pregnancy.
- Common ailments during pregnancy.
- Contraindications to massage and aromatherapy during pregnancy.
- Pregnancy-related case history consultation forms and note-taking.
- Positioning and safe massage techniques for each stage of pregnancy.
- The safe use of essential oils during each stage of pregnancy.
- Stages of labour and appropriate techniques to support the labouring mother.
- Psychological and physical benefits of pre- and post-natal massage.
- Home care for the pre- and post-natal mother.
- Care of you, the therapist!

At the end of the course, course participants will be able to:

- Understand the changing physiology and emotions of pregnant women.
- Feel confident in treating and advising pregnant women.
- Provide with confidence therapeutic massage treatment to women during pregnancy and labour.
- Apply with confidence the appropriate and safe use of essential oils during pregnancy and labour.

***Entry onto this course requires training in massage or aromatherapy.
An Advanced Certificate is issued on completion.***



Shirley-Anne Foster MIFR, MIFPA

Shirley-Anne Foster is an Aromatherapist and Reflexologist with over 12 years' professional experience.

She completed her original training with some of the UK's most respected training providers, including Clare Maxwell-Hudson, Renee Tanner and Aromatherapy Associates. She has since gained qualifications in Advanced Massage and Aromatherapy, Soft Tissue Release, Kinesiology and Metamorphic Reflexology.

Shirley-Anne has specialised in treating pre- and post-natal women following the birth of her first child. She regularly works with Active Birth teachers, giving lectures to pregnant women on the benefits of massage, and has a busy Aromatherapy practice in which she works extensively with pregnant mothers.

DATES & TIMES: Sat-Sun, Feb 11-12 and March 10-11, 2012; 10 am to 5 pm.

VENUE: Regent's College, Inner Circle, Regent's Park, London NW1.

COURSE FEE: £350 incl VAT, payable through a non-refundable deposit of £100 on booking, followed by the balance of £250 on the first day of the course.

BOOKING: Post your cheque (*payable to ITHMA*) to:

ITHMA, 11 Denman Road, London SE15 5NS

For further info and credit card bookings, tel. 0207 708 2626 or 0798 501 2565

info@aromatherapy-studies.com www.aromatherapy-studies.com

Aromatic Acupressure & Meridian Massage

2-weekend Advanced Certificate Course with
with **ALAN STUART**
at Regent's College, Regent's Park, London NW1

Meridian or Acupressure Massage is an approach to therapeutic bodywork that incorporates the hands-on stimulation of the body's Meridian system — the same network of energy channels used in Acupuncture. For the Aromatherapy and Massage practitioner, this dynamic system of manual treatment offers an exciting opportunity to deepen one's effectiveness as a bodywork professional.

When integrated with Aromatherapy, Acupressure Massage becomes Aromatic Acupressure. It refers to the therapeutic application of specific essential oils to the Organ Meridians and Acupoints of Oriental Medicine, and emphasizes the vitalistic, as opposed to the biochemical, aspects of their actions

Alan Stuart draws from years of experience as an Oriental bodywork practitioner, Aromatherapist and highly popular instructor. The emphasis of his relaxed yet inspired and dedicated approach to teaching Aromatic Acupressure and Meridian Massage is on its easy integration with traditional massage styles.

There are three main ways that Aromatic Acupressure may be applied in practice:

1. Incorporating the stimulation of acupressure points in the whole-body massage application of essential oils. This increases the overall effectiveness of the treatment.
2. The second application of Aromatic Acupressure is appropriate in situations where there is not the time nor space to carry out a full-body massage treatment. Here, a single essence or blend of essential oils – diluted in an oil, ointment or gel base – may be applied to one or several specific meridians and acupoints.
3. The aromatherapist, when dispensing a blend of essences in a carrier oil or ointment, may demonstrate to the client their daily application on one or more specific acupoints.

COURSE COMPONENTS

- ◆ Bodymind intention: the importance of intuition, trust and energetic sensitivity.
- ◆ Integrating classic therapeutic and Oriental bodywork techniques.
- ◆ The location and actions of the main channels or meridians; their treatment through Meridian Massage.
- ◆ The location and actions of a range of important acupressure points; their correlation and combined usage with a variety of major essential oils through practical techniques of Aromatic Acupressure.
- ◆ A review of the energetic and psychological actions of a several essential oils as part of their correlation and combined usage with the acupressure points taught.
- ◆ Techniques to energize and centre oneself in preparation for treatments.

Entry onto this course requires a prior Massage or Aromatherapy qualification.

***The course includes detailed printed notes.
An Advanced Certificate is issued on completion.***



Alan Stuart

Alan completed the Institute's Diploma Course in Aromatherapy and Therapeutic & Acupressure Massage in 1994, establishing a successful therapy practice in north London.

Alan worked closely with Carola Beresford-Cooke and Gabriel Mojay in developing the Institute's unique approach to Aromatic Acupressure and Meridian Massage. He has been involved in teaching this approach since 1995 — as well as Qi Gong meditation and healing.

Alan gained considerable experience in aromatic product design for both private clients and aromatherapy companies, and has engaged in all aspects of product creation — from formulation, design and materials sourcing to production, marketing and distribution. He produces a range of specialised aromatherapy products sold worldwide, and has written a number of articles on the safe therapeutic use of essential oils.

Alan is former Vice-Chairman of the Register of Qualified Aromatherapists (RQA) and has served as a Council member of the International Federation of Professional Aromatherapists (IFPA).

DATES & TIMES: Sat-Sun, February 25-26 and March 24-25, 2012; 10 am to 5 pm.

VENUE: Regent's College, Inner Circle, Regent's Park, London NW1.

COURSE FEE: £350 incl VAT, payable through a non-refundable deposit of £100 on booking, followed by the balance of £250 on the first day of the course.

BOOKING: Post your cheque (*payable to ITHMA*) to:

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Aromatherapy Product Blending

From Creation to Regulation

with **ALAN STUART**

at Regent's College, Regent's Park, London NW1

Growing awareness and interest from both the public and certain regulatory agencies have brought the 'therapy of scent' to the fore. Increasing sales of 'aromatherapy products', inspired by a desire to self-nurture, have reacquainted us with one of our most direct and instinctual senses: smell. As our high street shelves have given more space to aromatherapy, so the powerful licensing agencies, primarily the MCA (Medicines Control Agency) and the EC, have become more watchful of how aromatherapy markets itself.

If we define aromatherapy as the use of essential oils to promote physical, psychological and spiritual well-being, how as responsible practitioners can we utilise the tools of our art – essential oils, vegetable oils, creams, gels etc – within the various guidelines and restrictions, whether in a therapist to client setting or within a more commercial market?

The main objective of this two-day workshop will be to enable trainee and practising Aromatherapists to enhance and develop their blending skills. It will provide practical guidance on confidently creating and marketing one's own unique range of Aromatherapy products — with a special emphasis on labelling and meeting EC regulations. The course will be very 'hands-on' and will include a number of in-class exercises and practical blending work with essential oils and bases. Topics covered will include:

CREATIVE AND ADVANCED BLENDING TECHNIQUES

Aesthetics of blending; odour families and fragrance energetics; the synergistic approach to blending; physiological, psychological and spiritual aspects of blending; the art of smelling and the psychology of fragrance; olfactory influence; blending preparation; the Tao of blending.

USE OF BASE PRODUCTS

Active constituents within base materials; natural vs. synthetic ~ their variance and uses; blending bases to your own preference; introduction to aromatherapy and cosmetology; hydrolats; giving a 'signature' to your bases; storage; adding essential oils.

SUPPLIERS; PRODUCTION HYGIENE & CONTROL

Working with and building relationships with suppliers; health and safety; utensils and sterilisation; purchasing raw materials; batch-blending.

LABELLING; EC REGULATIONS

Latest information and regulations concerning label information; catalogue literature and promotional material; MCA (Medicines Control Agency) ATC (Aromatherapy Trades Council); medicinal claim restrictions; what you can and can't say!

PRICING; MARKETING; PROMOTION

Pricing for both the private client or the commercial market; market analysis and techniques to evaluate your product market; trade and health fairs; methods of promotion.

*Students are asked to bring their own essential oils —
base materials, containers and utensils will be provided.*

The course includes detailed printed notes.

An Institute Certificate is issued on completion.



Alan Stuart

Alan completed the Institute's Diploma Course in Aromatherapy and Therapeutic & Acupressure Massage in 1994, establishing a successful therapy practice in north London.

Together with his aromatherapist wife Juliette Preston, Alan produced organic essential oil products for women during pregnancy, and held regular workshops in aromatherapy in pregnancy for couples and for midwives. He also gained considerable experience in aromatic product design for both private clients and aromatherapy companies, and has engaged in all aspects of product creation — from formulation, design and materials sourcing to production, marketing and distribution. He produces a range of specialised aromatherapy products sold worldwide, and has written a number of articles on the safe therapeutic use of essential oils.

Alan is former Vice-Chairman of the Register of Qualified Aromatherapists (RQA) and has served as a Council member of the International Federation of Professional Aromatherapists (IFPA).

DATES & TIMES: Sat & Sun, April 28-29, 2012 (2 days); 10 am to 5 pm.

VENUE: Regent's College, Inner Circle, Regent's Park, London NW1.

COURSE FEE: £175 incl VAT, payable on booking.

Payments made on booking are non-refundable, but are transferable to any subsequent course.

BOOKING: Post your cheque (payable to ITHMA) to:

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A Study Day at Kew Gardens: Rediscovering aromatherapy plants and their essential oils

**1-day Advanced Certificate (CPD) Course with
DR VIVIENNE ANTHONY**

This one-day course is held at the internationally famous Royal Botanic Kew Gardens, Richmond. It provides an idyllic setting to revitalize your knowledge of aromatic plants, their essential oils and how to use plants to energise your aromatherapy business and interest in natural therapies.

Aromatherapy essential oils each have a unique therapeutic profile encompassing emotional and physiological healing properties. Massage carrier oils also have a range of therapeutic and emollient characteristics. With over 150 oils commercially readily available, the array of options for us to use them individually and in blends is very broad.

Do you tend to select your favourite oils or sometimes find it difficult to remember the full range of their properties?

By using your senses and linking visualization of the mother plants, their natural energy, how they grow, what they are like to touch and smell provides an excellent method to learn quickly. This is also a powerful way to trigger your memory and knowledge about oils and their therapeutic uses. This technique will be explained and used throughout the day to assist your learning. Practical demonstrations will include comparing the scent of essential oils with the aromatic portions of the plants producing them, and linking their healing properties with traditional knowledge and modern scientific research.

COURSE COMPONENTS

- ◆ Therapeutic properties of key essential oils and their profiles.
- ◆ Learning sensing and visualization techniques to aid knowledge assimilation, memory and recall about aromatic plants and oils .
- ◆ Major botanical and anatomical features of aromatherapy plants and their parts used to produce essential and carrier oils.
- ◆ Identification and comparison of characteristic features of plant families.
- ◆ Ecological adaptation strategies for survival and the evolutionary benefits of essential oils to plants.
- ◆ Ideas and discussion on how to use plants to vitalise your aromatherapy business.
- ◆ Opportunity to energise with plants and take photographs.



Dr Vivienne Anthony
BSc(Hons), PhD, MSM, MIFPA

Viv trained as a botanist and plant disease specialist, and has worked for over 20 years in Plant Science Research and Development for a major international agribusiness.

Following her interest in the healing properties of plants, Viv qualified in Aromatherapy and Essential Oil Science at Neal's Yard Remedies, London. For the last three years she has had an aromatherapy practice in Switzerland. She has also studied at the Institute of Stress Management. She now specialises in aromatherapy for stress management and is an advisor to industry on occupational health and wellness programmes.

Viv combines her work in aromatherapy with plant science consulting on plant biodiversity, and her interest in field botany, and alpine and medicinal plants. In summer months she is an alpine flower guide in the Swiss Alps and Italian Dolomites.

Together with aromatherapist Harriet Robinson, Viv recently published four articles in IFPA's professional journal, *In Essence*, on leading aromatherapy gardens, including *An Aromatic Walk at Kew* (Summer 2008 issue).

DATES & TIMES: Sat, May 19, 2012; 10 am to 4 pm.

VENUE: The Royal Botanic Kew Gardens, Richmond, Surrey TW9 3AB.

COURSE FEE: £95 incl VAT, payable on booking.

Payments made on booking are non-refundable, but are transferable to any subsequent course.

BOOKING: Mail your cheque (*payable to ITHMA*) to:

ITHMA, 11 Denman Road, London SE15 5NS

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Japanese Holistic Face Massage

with **ROSEMARY PATTEN**

at Regent's College, Regent's Park, London NW1

Japanese Holistic Face Massage is a special therapeutic treatment of the face, neck, shoulders and head. Incorporating use of the Chinese meridians and acupressure points, it promotes the natural lustre of the skin as well as the harmonious balance of mind and body as a whole.

Drawing upon the principles and practices of a traditional system of medicine, the treatment was developed and refined in Japan in a similar way to natural therapies such as Shiatsu. It is informed by the time-honoured conviction that the face reflects one's inner as well as one's visible beauty.

This advanced weekend course places an emphasis on a hands-on, step-by-step approach to learning the principal techniques that make up Japanese Holistic Face Massage. A pleasure to both give and receive, students master the treatment by working together in pairs.

COURSE COMPONENTS

- ◆ The Chinese meridians and acupressure points of the face, and how they may be treated to harmonise the flow of Qi- or Ki-energy in the face and bodymind as a whole.
- ◆ Hands-on, step-by-step instruction in the principal techniques, supported by pictures, diagrams and written guidelines.
- ◆ Basic skin types, skin texture and muscle tone: facial revitalization and rejuvenation.
- ◆ The benefits of natural skin care ingredients; how to formulate your own facial skin care applications for use in Japanese Holistic Face Massage.

Entry onto this course requires a previous aromatherapy and/or massage qualification. It includes a detailed printed manual, and an Advanced Certificate is issued on successful completion.



Rosemary Patten CThA,BT

Rosemary Patten has practiced natural therapies for 15 years, building on the foundation of her NHS background in rehabilitation.

Rosemary qualified as an Aromatherapist in 1990 and a Reflexologist in 1994 at Naturecare, London. She has since completed professional training courses in Reiki at the Bee's Natural Healing Centre in 1999, Nutrition in 2004 and Japanese Face Massage in 2005.

Rosemary is a full member of the Association of Reflexologists, the Complementary Therapists Association and the UK Reiki Association.

Her considerable experience as a practising therapist has given her insight into working with people with a range of physical and psychological problems, in particular depression.

DATES & TIMES: Sat & Sun, June 30th-July 1st, 2012 (2 days); 10 am to 5 pm.

VENUE: Regent's College, Inner Circle, Regent's Park, London NW1.

COURSE FEE: £175 incl VAT, payable on booking.

Payments made on booking are non-refundable, but are transferable to any subsequent course.

BOOKING: Mail your cheque (*payable to ITHMA*) to:

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Advanced Diploma Course in Clinical Aromatherapy and Oriental Diagnosis

with **GABRIEL MOJAY**

at Regent's College, Regent's Park, London NW1

Gabriel Mojay offers through this unique advanced study programme an opportunity for qualified Aromatherapists to incorporate into their practice the Institute's Oriental-energetic approach to Aromatherapy — normally available only as part of its full Diploma training. The course provides participants with a systematic and easily-integrated approach to the therapeutic application of essential oils according to Oriental Medicine.

Our Advanced Diploma Course in Clinical Aromatherapy and Oriental Diagnosis is designed to revolutionize both your therapeutic understanding of essential oils as well as your approach to their clinical selection. Part of this process is learning the fundamentals of Oriental medicine and diagnosis, giving you the ability to focus your Aromatherapy treatments on the underlying causes as well as the symptoms of ill-health.

The Course consists of two modules:

1. AROMATIC ENERGETICS AND THE FIVE ELEMENTS

Traditional medical cultures such as Oriental Medicine explain the properties of medicinal and aromatic plants partly according to their taste and aroma. For example, it is easy to see how a citrus, lemony scent has a clarifying, focusing effect psychologically — just as the rooty-balsamic aroma of Vetiver has a grounding, consolidating one. Such interpretations fall within the study of aromatic energetics — the vital properties of individual aromatic qualities which include the rooty, woody, green-herbaceous, fruity, floral, spicy, citrus, resinous and camphoraceous. Grasping the energetic effects of the primary fragrance notes is the key to understanding essential oil energetics as a whole.

Aromatic Energetics and the Five Elements involves an in-depth study of the energetics of fragrance — i.e. how various aromatic qualities reflect vital actions on the body and mind. At the same time, Part 1 of this module introduces one of the most important pillars of Oriental Medicine – the theory of the Five Elements – and how the Five Elements may be applied to both aromatic energetics and Psychological Aromatherapy.

- ◆ **Fragrance energetics:** principal active quality; the Oriental and Ayurvedic interpretation of the effects of herbal tastes; odor profiling; the main essential oil fragrance families and their energetic effects.
- ◆ **The Oriental Five Elements:** their associated season, climate, Organ, Spirit, root emotion and fragrance energy; Five Element Client Assessment and Psychological Aromatherapy; alleviating nervous tension, anxiety and depression, worry and 'overthinking' etc.

2. ESSENTIAL OIL ENERGETICS AND ORIENTAL MEDICINE

The most articulate terminology for the energetic properties of medicinal plants is to be found in Oriental Medicine. It is a system that describes their actions through an instinctive, vivid language, and with a special emphasis on their effect on the vital organs. It incorporates, in addition, a wide range of health assessment techniques that ensure that aromatic treatment is always highly individualized.

Grasping the energetic effects of an essential oil also helps us to gain fuller understanding of its psychotherapeutic nature. It can then be selected for the simultaneous benefits it brings to the body and mind.



Gabriel Mojay FIFPA, MBAcC, CertEd

In this second, and main, module of the course, the detailed properties of 65 essential oils are taught in a way that relates their symptomatic uses to their energetic actions according to Oriental Medicine. At the same time, it covers important health assessment techniques such as Oriental tongue and face diagnosis.

It should be emphasized that the insight and understanding gleaned from these health assessment techniques is considered in direct relation to the practice of Aromatherapy. Constant reference is made to the use of essential oils for the imbalances that these techniques reveal.

- ◆ **Yin and Yang:** Yin-Yang in Nature; Yin-Yang aspects of the body and mind; Yin-Yang properties of essential oils.
- ◆ **The Vital Substances:** the Qi (vital energy), Blood, Fluids, genetic Essence (*Jing*) and Mind (*Shen*); the relative effects of essential oils on each.
- ◆ **Causes of disease according to Oriental Medicine:** the physical ('external'), emotional ('internal'), constitutional (genetic) and environmental causes; the potential role of essential oils.
- ◆ **Oriental Health Assessment:** TCM tongue diagnosis; interpreting signs and symptoms in a way that enhances the clinical selection of essential oils.
- ◆ **Using Oriental Medicine in clinical practice:** the Oriental functions of the organs; the diagnostic categories of organ disharmony; specific essential oils for the major patterns of disharmony; the Oriental Aromatherapy approach to consultative case-taking; alleviating specific health conditions including chronic fatigue, insomnia, headache, asthma, dyspepsia, cystitis, menstrual pain, etc.
- ◆ **Essential oils:**
 - 1 Aniseed (*Pimpinella anisum*)
 - 2 Basil (*Ocimum basilicum*)
 - 3 Bergamot (*Citrus bergamia*)
 - 4 Black Pepper (*Piper nigrum*)
 - 5 Cajeput (*Melaleuca cajuputi*)
 - 6 Caraway (*Carum carvi*)
 - 7 Cardamom (*Elettaria cardamomum*)
 - 8 Cedarwood (*Cedrus atlantica* & *C. deodara*)
 - 9 Chamomile, German (*Chamomilla recutita*)
 - 10 Chamomile, Roman (*Chamaemelum nobile*)
 - 11 Cinnamon Leaf (*Cinnamomum zeylanicum*)
 - 12 Cistus (*Cistus ladaniferus*)
 - 13 Citronella (*Cymbopogon nardus*)
 - 14 Clary Sage (*Salvia sclarea*)
 - 15 Clove Bud (*Syzygium aromaticum*)
 - 16 Coriander Seed (*Coriandrum sativum*)
 - 17 Cypress (*Cupressus sempervirens*)
 - 18 *Eucalyptus citriadora*

- 19 *Eucalyptus globulus*
- 20 *Eucalyptus radiata*
- 21 Everlasting (*Helichrysum italicum*)
- 22 Fennel, Sweet (*Foeniculum vulgare*)
- 23 Frankincense (*Boswellia carteri*)
- 24 Geranium (*Pelargonium graveolens*)
- 25 Ginger (*Zingiber officinale*)
- 26 Grapefruit (*Citrus paradisi*)
- 27 Ho Leaf (*Cinnamomum camphora* ct. linalol)
- 28 Hyssop (*Hyssopus officinalis*)
- 29 Jasmine (*Jasminum officinalis*)
- 30 Juniper Berry (*Juniperus communis*)
- 31 Laurel (*Laurus nobilis*)
- 32 Lavender, French (*Lavandula stoechas*)
- 33 Lavender, Spike (*Lavandula latifolia*)
- 34 Lavender, True (*Lavandula angustifolia*)
- 35 Lavandin (*Lavandula x intermedia*)
- 36 Lemon (*Citrus limonum*)
- 37 Lemongrass (*Cymbopogon citratus*)
- 38 Mandarin; Tangerine (*Citrus reticulata*)
- 39 Marjoram, Sweet (*Origanum majorana*)
- 40 Melissa (*Melissa officinalis*)
- 41 Myrrh (*Commiphora myrrha*)
- 42 Myrtle (*Myrtus communis*)
- 43 Neroli (*Citrus aur. ssp aurantium*) (flos)
- 44 Niaouli (*Melaleuca quinquenervia*)
- 45 Orange, Sweet (*Citrus sinensis*)
- 46 Palmarosa (*Cymbopogon martinii* var *motia*)
- 47 Patchouli (*Pogostemon cablin*)
- 48 Peppermint (*Mentha piperita*)
- 49 Petitgrain (*Citrus aur. ssp aurantium*) (fol)
- 50 Pine, Scots (*Pinus sylvestris*)
- 51 Ravintsara (*Cinnamomum camphora* ct. linalol)
- 52 Rose Otto (*Rosa damascena*)
- 53 Rosemary (*Rosmarinus officinalis* ct. cineole)
- 54 *Rosmarinus officinalis* ct. verbenone
- 55 Sage, Spanish (*Salvia lavandulaefolia*)
- 56 Sandalwood (*Santalum austrocaledonicum*)
- 57 Savory (*Satureia montana*)
- 58 Spikenard (*Nardostachys jatamansi*)
- 59 Tea Tree (*Melaleuca alternifolia*)
- 60 Thyme (*Thymus vulgaris* ct. thymol)
- 61 *Thymus vulgaris* ct. geraniol
- 62 *Thymus vulgaris* ct. linalol
- 63 Vetiver (*Vetiveria zizanioides*)
- 64 Yarrow (*Achillea millefolium*)
- 65 Ylang Ylang (*Cananga odorata*)

ENTRY REQUIREMENT AND COURSE WORK

- ◆ Entry onto this course requires a prior Aromatherapy qualification including Anatomy and Physiology.
- ◆ The course includes a home study programme and case study work.
- ◆ The course incorporates printed course notes and numerous photos of aromatic plants are shown.



**THE INSTITUTE OF
TRADITIONAL HERBAL MEDICINE
AND AROMATHERAPY**

GABRIEL MOJAY, PRINCIPAL
11 Denman Road
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gm@aromatherapy-studies.com
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**SPECIAL & ADVANCED COURSES:
DATES & FEES**

COURSE	LOCATION	DATES	COURSE FEE
AROMATHERAPY & MASSAGE IN PREGNANCY <i>with Shirley-Anne Foster</i>	Regent's College London <i>(2 weekends)</i>	Sat-Sun, February 11-12, 2012; March 10-11, 2011. <i>10 am to 5 pm daily</i>	£350 - payable through a deposit of £100 on booking and £250 on the first day.
AROMATIC ACUPRESSURE & MERIDIAN MASSAGE <i>with Alan Stuart</i>	Regent's College London <i>(2 weekends)</i>	Sat-Sun, February 25-26, 2012; March 24-25, 2012. <i>10 am to 5 pm daily</i>	£350 - payable through a deposit of £100 on booking and £250 on the first day.
AROMATHERAPY PRODUCT BLENDING <i>with Alan Stuart</i>	Regent's College London <i>(1 weekend)</i>	Sat-Sun, April 28-29, 2012 <i>10 am to 5 pm daily</i>	£175 - payable on booking.
JAPANESE HOLISTIC FACE MASSAGE <i>with Rosemary Patten</i>	Regent's College London <i>(1 weekend)</i>	Sat-Sun, June 30-July 1, 2012 <i>10 am to 5 pm daily</i>	£175 - payable on booking.
AROMATHERAPY STUDY DAY AT KEW GARDENS <i>with Dr Viv Anthony</i>	Kew Gardens Richmond <i>(1 day)</i>	Sat, May 19, 2012 <i>10 am to 4 pm daily</i>	£95 - payable on booking.
ADVANCED DIPLOMA COURSE IN CLINICAL AROMATHERAPY & ORIENTAL DIAGNOSIS <i>with Gabriel Mojay</i>	Regent's College London <i>(9 days)</i>	Sat, Oct 20; Nov 17; Dec 1, 2012; Jan 12; Feb 9; March 9; March 23; April 27; May 25, 2013 <i>9.30 am to 5 pm daily</i>	£995 - payable through a deposit of £195 on booking and 5 payments of £160.

Refunds: Payments made on booking are non-refundable, but are transferable to any subsequent course.

Institute Office:
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London SE15 5NS
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London Teaching Venue:
Regent's College
Inner Circle, Regent's Park
London NW1 4NF
*(for information purposes only;
please send no correspondence)*

ENROLMENT FORM

NAME: Miss/Ms/Mrs/Mr _____

ADDRESS: _____

TEL NO(s): _____

EMAIL(?): _____

Previous qualifications in complementary medicine:

Please enrol me on the following training course(s) on the starting date(s) indicated:

Where (or in which magazine) did you first hear about us?

*Send this form with your deposit(s) to the Institute office address above, making your check payable to ITHMA.
Please phone us if you would like to pay by credit/debit card. Allow 7-10 days for written confirmation.*

Signature: _____

Date: _____

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