



essential oil resource consultants

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ADVANCED CLINICAL AROMATHERAPY RESIDENTIAL CLASS IN PROVENCE

LEVEL ONE July 2nd – 10th 2010

This nine day program of intense study and aromatic fun in Provence is ideal for qualified aromatherapists looking to extend their knowledge and skills in advanced clinical aromatherapy. Main areas of essential oil chemistry, key methods of administration (including internal use), safety and essential oil research are addressed as well as providing plenty of practical experience in product formulation for all the routes of administration discussed in class. We also take time to encounter aromatic plants of Provence both wild and cultivated. The opportunity to network with other experienced practitioners from different countries further enhances this full and rewarding program.

We look forward to welcoming you to Provence!

Rhiannon and Bob Harris

Day one: Friday July 2nd

We meet at Terminal one Arrivals hall of Nice Cote D'Azur Airport at 11h and travel by coach to Grasse, the international city of fragrance for a delicious lunch and the chance to get to begin getting to know one another. After lunch we explore the city of Grasse itself with a tour of one of its famous fragrance houses, Maison Fragonard in the heart of the city. We shall then take to the mountains, making our way to the town of Castellane that shall be your base for the duration of your program. Once settled into your hotel, we then have dinner together and go through the itinerary of what lies ahead!

Day two: Saturday July 3rd

Saturday is market day in Castellane so we have left the morning free for you to enjoy this lively and colourful event. The market is a delight for all the senses and one of the artisans sells essential oils, local herbs and remedies of exceptional quality. It also gives you the opportunity to become acclimatized, throw off any lingering jet lag and get familiar with Castellane itself.

At midday, your coach will bring you to our teaching centre in the village of La Martre where we lunch together and then spend the afternoon and early evening in studies, reviewing the main principles of advanced clinical aromatherapy and the relevance of essential oil chemistry. On your return to Castellane, the evening is free for you to relax and enjoy.

Day three: Sunday July 4th

This morning, transportation will bring you from Castellane to the perched village of Bargeme, our starting point for a botanic hike to encounter typical aromatic plants of Provence. The hike is relatively easy, (you need stout shoes) lasting for approximately two and a half hours and ending with our feet in the river Artuby, close to La Martre and our teaching facilities. The hike is an ideal way to help you get focussed on the program. We shall encounter a range of aromatics (cypress, rosemary, juniper, sage, lavender, helichrysum, pine, artemisia, thyme, mountain savory...) and discuss them in terms of their chemistry, extraction, uses and research along the way.

Following a buffet lunch, this afternoon is spent in studies at our teaching centre in La Martre. We continue the theme of essential oil chemistry, exploring the main chemical families of essential oils, individual

components and use research as well as gas chromatography and mass spectrometry analyses to enhance our understanding. On your return to Castellane, the evening is free for you to relax and enjoy.

Day four: Monday July 5th

This morning, transport to La Martre is arranged for a full day studies. Today, we continue with essential oil chemistry and begin a detailed exploration of pharmacokinetics and the different interfaces of absorption (inhalation, dermal application, oral, sublingual, rectal, vaginal), their indications, dosage guidelines, safety and contraindications. Lunch is provided at the teaching centre. On your return to Castellane, the evening is free for you to relax and enjoy.

Day five: Tuesday July 6th

We spend all day today in studies at La Martre, continuing our focus on the different interfaces of absorption. Each interface is explored in detail with example formulations and precise rationale. It provides us with the opportunity to review familiar interfaces as well as discover the internal routes of absorption in a safe and supportive setting. Lunch is provided at the teaching centre and our studies continue in the afternoon. On your return to Castellane, the evening is free for you to relax and enjoy.

Day six: Wednesday July 7th

Today there is a small market in the town centre...be sure to get up early to enjoy it! We then take the day to visit the region by coach, heading up to one of the main lavandin growing regions of France, the Valensole plateau. The plateau is also famous for its honey and truffles! After touring the fields, we break for lunch in the scenic town of Moustiers Sainte Marie, famous for its faience pottery and stunning location. After lunch, weather permitting, there is the opportunity to take a welcome dip in the Lac de Sainte Croix, at the gateway to the Gorges du Verdon (known as the Grand Canyon of Europe). We then trace the Verdon River through the gorges back to Castellane where we have dinner together.

Day seven: Thursday July 8th

Today the coach brings you to La Martre for another whole day of studies together. Today, we turn our attention more specifically to essential oil safety and guidelines for preparing essential formulations. We also explore how to work with volume and weight for more precision and begin formulating for a range of conditions, making preparations for all the routes of administration. Lunch is provided at the teaching centre and our studies continue in the afternoon and evening. This evening we shall be joined by friends and neighbours for an evening of Provencal food and music before your coach takes you back to Castellane.

Day eight: Friday July 9th

Once again, today finds you at La Martre in full practical mode; formulating and preparing a range of remedies for each of the routes of administration, with time to discuss their rationale and increase your confidence. This lively session permits you to directly apply all the information we have studied thus far into direct practical relevance. Tonight we have a special celebratory meal together in Castellane to discuss the past week's events and studies.

Day nine: Saturday July 10th

This morning, once you check out of your hotel, we visit the Florihana distillery for a guided tour of this facility that specialises in distillation under vacuum. There will also be the opportunity to purchase a range of organic essential oils, hydrolats and other products. We enjoy a picnic lunch together at the distillery and then head towards Nice, stopping en-route for a brief pause at the perched village of Gourdon, for a view of the coast before we descend to the plain. Our planned return time at Nice airport is 16h.

COST: 1800 EUROS

For an estimation of cost in your own currency, go to <http://www.xe.com/ucc/>

What is included:

- All group transportation costs during the program from days one to nine.
- All accommodation with breakfast and one meal per day from days one to nine. Meals always have a vegetarian option (other dietary needs may be difficult to cater for – please contact us in advance). Any evening meals are three courses and accompanied by wine. Lunch time meals are usually two courses and accompanied by non alcoholic refreshments.
- Accommodation in a twin bedded room sharing with a member of the study group. Hotel rooms in France are typically smaller and with fewer facilities (such as no concierge) than in other countries such as the USA. Your hotel is selected for its hygiene, central location and warm welcome.
- Comprehensive documentation and certificate of attendance.
- Any guided visits during the program.
- Teaching fees and accompaniment on all excursions.

What is not included:

- Your travel insurance. This must be arranged by yourself in advance and be fully comprehensive.
- Accommodation for the night of day nine. We can help you arrange a hotel in Nice if needed.
- Accommodation in a single room (a limited number of single rooms may be available subject to a single room supplement and booked in advance).
- Any extra meals, beverages, phone calls etc.
- Your airfare/ transportation to France.
- Please bring enough medications with you for your stay. La Martre is a rural village with no medical facilities. Castellane has limited medical facilities. Please inform us of any health conditions.

Provence at this time of year...

Is hot! Make sure you come prepared with hat, sun block and bathing suit. You will need some light woollens for evening wear and afternoon rain showers are also a possibility.

Is busy! Castellane is a bustling and popular town. You will be there at the very beginning of the real tourist season and it may be crowded at times. Grasse is also busy. Please take care of your belongings in crowded locations.

Is relaxed! Sometimes our schedule may not run exactly to time and there may be a few inevitable delays. Please accept this as part of your Provencal experience and go with the flow.

Is mountainous! Many people imagine Provence as flat with lavender fields as far as the eye can see...your entire stay is in a mountainous region with winding roads! If you are prone to travel sickness, please come prepared. Most of your transport is in air-conditioned minibus. The journey each day between La Martre and Castellane takes about 25 minutes.

