



essential oil resource consultants

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ADVANCED CLINICAL AROMATHERAPY RESIDENTIAL CLASS IN PROVENCE LEVEL TWO July 22nd – 30th 2010

This nine day program of intense study and aromatic fun in Provence is ideal for all qualified aromatherapists who have previously undertaken level one ACA studies with us here in Provence or in any of the countries where we teach. This program takes us further into considering specific pathologies and how we approach them clinically with essential oils. Our main topics include working with inflammation, infection and pain as well as concepts of terrain and different bases of essential oil administration with special focus on hydrolats. The opportunity to renew contacts from previous classes and 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: Thursday July 22nd

We meet at Terminal one Arrivals hall at Nice Cote D'Azur Airport at 11h and travel by coach to Grasse, the international city of fragrance for an aromatic lunch and the chance to get to renew contacts and begin getting to know one another. After lunch, we explore the city of Grasse and visit the remarkable and recently renovated International Perfume Museum.

We then make our way up into the mountains to the town of Castellane that shall be your accommodation base for the duration of the course. Your accommodation in this charming town has all the facilities you need for your stay. We have dinner together in Castellane.

Day two: Friday July 23rd

Today your coach brings you to the teaching centre at La Martre where we spend all day in studies, taking inflammation, injury and pain as our main topics of study, using evidence-based information to suggest effective ways of managing these challenging issues. This class presumes a certain level of knowledge about inflammation, pain perception and wound healing; so please refresh your knowledge of these processes ahead of time. Lunch is provided at the teaching centre.

On your return to Castellane, the evening is free for you to relax and enjoy.

Day three: Saturday July 24th

This morning, we leave you time to enjoy the lively market in the centre of Castellane before transportation brings us to the tiny village of Argens where we meet Veronique Blanc, a pioneering distiller (company name: Bleu D'Argens), determined to return the surrounding hills to their former blue colour by growing lavender as well as range of other aromatics such as hyssop, savory, thyme and the elusive mountain artemisia. In 2008, Veronique was rewarded for her efforts with a national gold prize for the quality of her lavender AOC essential oil. After a delicious lunch prepared by Veronique, we spend the afternoon visiting her farm and distillery before returning to Castellane, taking time to dip our feet into the blue waters of the Castillon lake and then the evening is free for you to relax and enjoy.

Day four: Sunday July 25th

This morning, transport to La Martre is arranged for a full day (lunch provided) and evening of studies followed by a convivial dinner shared with members of the village (including our charming ex-mayor, Louis who many of you met in 2008 and 2009!). Today, we continue with the challenges of inflammation, injury and pain and then turn our attention to working with infection and consider the importance of strengthening the terrain of the individual. On your return to Castellane, the evening is free for you to relax and enjoy.

Day five: Monday July 26th

Once again, we spend all day today in studies at La Martre, continuing our focus on the challenges of preventing and actively treating infectious disease. It provides us with the opportunity to consider bacterial, fungal and viral infection challenges that we encounter most commonly as well as provide sound information that is relevant to all infectious diseases. 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: Tuesday July 27th

Today we take the day to visit the thermal spa town of Digne les Bains passing through spectacular mountain scenery. Once at Digne, we have time for shopping in the various health stores and pharmacies that sell essential oils and related products before heading for lunch at Tonic Hotel, close the Digne's thermal spa facility. After lunch, we head to Digne's thermal spa where you will discover the French style of spa therapy including a jet bath with essential oils, massage and the opportunity to enjoy the thermal spa swimming pool. At the end of the afternoon, once all the treatments are over, a coach brings us back to Castellane for a night of deep sleep and aromatic dreams!

Day seven: Wednesday July 28th

This morning, your coach collects you to bring you to La Martre where we shall spend the day in studies together. Today, we review the main topics thus far addressed and then focus on the different bases for essential oil administration with special focus on hydrolats. Other bases we explore in detail include clay, gels, honey, lotions, ointments, creams, macerated and fixed oils plus bases for internal use. We use this information in the light of the study topics by discussing which bases are more suitable for each clinical challenge. We shall be joined during the day by Evelyne Boyer, an organic grower and distiller from the gorges du verdon who has a small range of essential oils, hydrolats and balms of exceptional quality (company name: Verdon roses et aromes). Her rose water is particularly exquisite!

On your return to Castellane, the evening is free for you to relax and enjoy.

Day eight: Thursday July 29th

Once again, today finds you at La Martre in full practical mode, formulating and preparing a range of remedies for the pathologies and challenges discussed in class with time to explore 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 to discuss the past week's events and studies.

Day nine Friday July 30th

This morning, there is the opportunity for last minute purchases at the market in Castellane before we descend towards Nice, passing the Castillon lake and stopping off at the medieval town of Entrevaux for a picnic pause and time to explore this remarkable historical site. Arrival time at Nice airport is scheduled for 16h, in time for your onward travel plans.

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. Please bring with you any items (hair dryer, bathroom products...) that you may need. Your hotel is selected for its hygiene, central location and warm welcome.
- Comprehensive documentation and certificate of attendance.
- Treatment at the thermal spa.
- 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 during the 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.

