



Aromatherapy

on the record

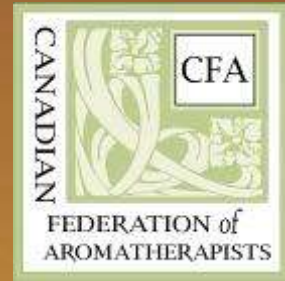
Canadian Federation of Aromatherapists Newsletter

Vol 2 Winter 2011



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- *Palliative Care Pilot Project*
- *Oil of the Season - Eucalyptus*
- *Benefits of Tumeric in Ayurvedic Medicine*
- *Shenstone—A retreat*



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Aromatherapy on the record

Volume 1 Number 1—Fall 2011

The Canadian Federation of Aromatherapists
(CFA)
A not for profit organization
110 Thorndale Place, Waterloo, ON N2L 5Y8

This newsletter strives to educate, inspire and provide a broad spectrum of information ranging from ancient methods, folklore, current research and practices both locally and internationally.

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Aromatherapy *on the record*

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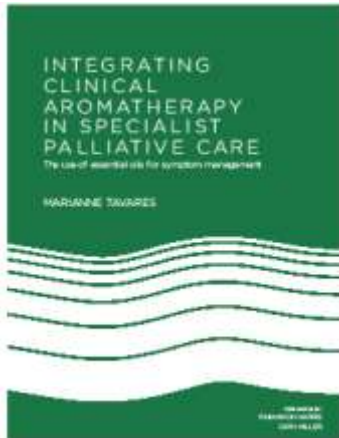
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BOOK REPORT



A New Resource Book!

Author: Marianne Tavares
Tel. 1 416 551 4282
info@clinicalaromapac.ca
www.clinicalaromapac.ca

Integrating Clinical Aromatherapy in Specialist Palliative Care - the use of essential oils for symptom management by Marianne Tavares

Marianne Tavares has combined her clinical experience and the best evidence available in producing this book, which outlines how essential oils and bases were used in simple ways for symptom management, alongside conventional care.

Rhiannon Harris, Director, Essential Oil Resource Consultants, has described Marianne's approach to the clinical challenges that therapists routinely encounter in palliative care as *"professional, rigorous, compassionate, pragmatic and forward thinking"* and says that this book *"will no doubt become another benchmark for practice worldwide."*

The book is the first of its kind and a major resource for aromatherapists and health care professionals who want to develop their practice and enhance patient care through a clinical aromatherapy approach. Marianne focuses on wound care, skin care and mouth care, outlines the formulae and procedures she has developed and provides the best available evidence for her clinical aromatherapy practice. She uses case histories to illustrate effective practice. Most importantly, Marianne describes how the practice was integrated into patient care by the development of comprehensive protocols and procedures, which are given in the appendices.

Cath Miller, Director of Nursing, St. Gemma's Hospice, U.K., writes that:

"Ensuring public safety is paramount and the author provides guidance to support practitioners to deliver clinical aromatherapy to the right people, in the right environment, at the right time."

Marianne said, *"Having seen the results which are possible when we practise clinical aromatherapy and work in partnership with the nursing and medical teams, I am delighted to be able to share the information with other aromatherapists and health care professionals."*

As a resource book which may help to enhance patient care, I hope I have made it affordable for all aromatherapists."

The contents page and excerpts can be found at www.clinicalaromapac.ca.

To purchase:

~ www.clinicalaromapac.ca.

~ Canadian Federation of Aromatherapists

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PALLIATIVE CARE

PILOT PROJECT

Marianne Tavares



Several CFA members have approached me about writing a proposal and how to approach their local hospital, visiting or residential hospice regarding a complementary therapies program for patients. As it is difficult to respond to individuals one by one, I thought that an article in the CFA newsletter might be helpful.

Marianne Bogolowski's article encouraged me, so thank you Marianne B – I found your article very informative.

I am in the 2nd year of a pilot project to introduce a complementary therapy program to the Palliative Care Unit of York Central Hospital and Hill House Hospice (a residential hospice). I chose to focus on aromatherapy, reiki and Therapeutic Touch™.

NETWORKING AND PRESENTATIONS

Everything started about 4 years ago when I was planning to immigrate to Canada.

I submitted a paper which was accepted for presentation at the Ontario Palliative Care Association's conference in 2006. Being at the conference gave me the opportunity to talk to many people, find out what was happening in Ontario, who were the individuals I needed to contact, etc. as I knew 'zero' about the health care system in Ontario.

I collected and kept visiting cards of certain individuals/organisations and contacted them after I arrived in 2009. Most of these did not lead anywhere but I learnt a lot about how palliative care is provided in Ontario. However, there was one person, Dr. B, whom I contacted prior to arriving in Toronto and again after I arrived.

CHAMPION

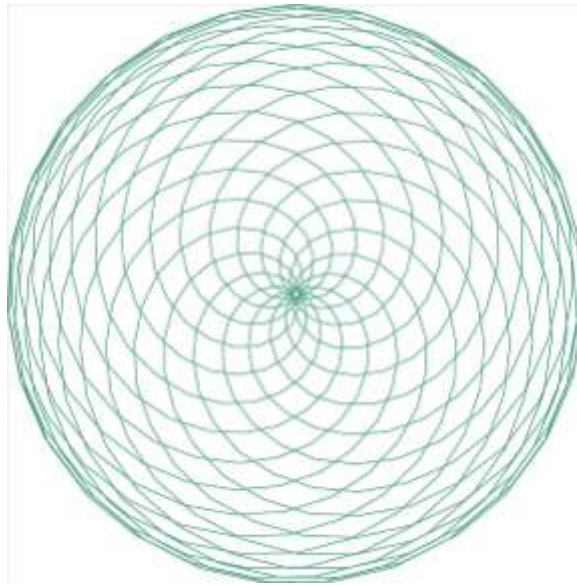
I emailed Dr. B to introduce myself and attached my resume. The second time he replied almost by return, very excited, saying that he would love to work with me, and could we meet. My 30 years as a Registered Nurse in the UK and my 10 years' hospice experience may have given me some credibility. You have to find a champion for your project – for example, a physician, director of nursing or senior nurse. Your first approach – this initial contact - must be done in such a way that gives you credibility.

My meeting with Dr. B gave me the first ray of hope that I might be able to start something here ... and be paid for doing it. I learnt more about the system here. We agreed that (a) it would be a pilot project and evaluated, partly because it would be marginally easier to find funding for a pilot than a permanent project, (b) I would draft a proposal which when finalised and agreed (c) he would submit to the Foundation of the hospital. The Foundation is the organisation to which charitable donations (for the hospital) are directed.

PROPOSAL

There must be a balance between giving too much information (which is usually a real turn off!) and giving enough. Remember - no 'soap box' information or soap-box style of giving information! Back up anything you say with evidence. My proposal consisted of the following sections:

- **Background** – some statistics about cancer patients using complementary therapies in the UK; statistics about provision of complementary therapies in palliative care units/hospices in the UK; what’s happening (or not) in Ontario; information about use of aromatherapy in cancer care in the UK and in Canada; how and where is aromatherapy practised in Ontario, about CFA; something about allergy to fragrances and how to address this concern; why this project
- **Aromatherapy** – what it is; information about aromatherapy being provided in most hospices in the UK; for what has it been found to be beneficial in palliative care; holistic and clinical aromatherapy; my experience of developing aromatherapy in a UK hospice
- **Reiki** – similar information (as above for aromatherapy)
- **Evaluation** – how this would be done, how often, with whom, etc. Included a sample evaluation form
- **Equipment and materials** – remembering past experience, this time I also included a desk and access to a computer, ie office space!
- **Time frame and cost** – for a 6 month or 12 month pilot; cost included salary and budget for equipment and materials
- **Names of persons submitting the proposal** – remember to date the proposal



MORE PRESENTATIONS

Once the proposal had been submitted to the hospital’s Foundation for funding, Dr B invited me to meet the palliative care team at one of their weekly multidisciplinary team meetings. This meant that very early on in the process, the whole palliative care team was aware of the proposal. After the meeting Dr. B told me that he thought I would ‘fit in’ very well with the team. Meeting the team allowed him/them to see that I would fit in well – remember that first impressions are really important!

A few months later there was ‘Celebrate Palliative Care Week’ in the hospital, with lunch and information stalls. I was invited to host a stall, which meant books, posters and information, including handouts. This was a very useful exercise. I met the Director of Operations and let her have two of my books which, I was later told, added to my credibility.

Some time later, the Director of Operations invited me to make a presentation to the whole continuing care staff. Two sessions were provided in order for as many staff as possible to attend.

FUNDING AND APPROVAL

Government funding for a complementary therapy program is light years away. Dr. B decided to apply to the hospital’s Foundation (charity funds donated to the hospital) to fund the pilot project. It is not usual for the Foundation to fund a salary but we were hoping that they would fund a pilot project which would enhance patient care. This process took 3-4 months and funding was finally approved.

HOSPITAL PROCEDURES

Difficult as it is, finding funding is only one thing, obtaining approval from the hospital’s directors for the project is a different thing. This was the most lengthy process and took 5-6 months! I just had to wait and send friendly emails to get updates on the process – ‘friendly’ meaning that the emails would not annoy the person I was contacting!

The project is now in year 2; the process to obtain approval for recruiting qualified volunteer therapists/practitioners took 6-7 months, even though I was directly involved! Be prepared for lengthy consultations; be patient and plod on with all the requirements!

HUMAN RESOURCES DEPARTMENT

This was the last step – drawing up my contract and conditions. Again ... be prepared to be patient.

EVALUATION

Patient evaluation - almost from Day 1 evaluation began, with as many patients as possible, without cre-

ating a burden for patients and their families. This was quite difficult because of the condition of patients, it took 6 months to find 20 patients/families who were able to complete a form. Once I started, I realised that the form that I had intended to use was not appropriate and I had to design a much, much simpler one.

Staff evaluation - after 3 months I gave out staff evaluation forms. By this time, I had built up a very good relation with the team and most of them did complete the form. This was no mean feat, considering the pressures nurses are under.



Statistics – I kept statistics from Day 1: how many patients, how many sessions, what I did, etc etc. You don't know what will be useful for later so keep statistics for everything. Mine gave me very useful information.

1st quarter report

After 3 months I compiled a report and presented this to my manager and Dr. B. I also met with both of them to go over it.

YEAR 2

After 8 months Dr B asked the new Director of Operations to write a proposal for Foundation funding for Year 2. This time, for various reasons, the process flowed better and funding was granted. However, year 2 had to have additional focus, ie not just more of the same. We decided that the additional focus would be to recruit qualified volunteer therapists to sustain the program and to extend the program to palliative care patients in the entire continuing care program.

I am happy to say that Jodi Cole (Therapeutic Touch practitioner) and Terry O-Reilly (Reiki practitioner) are the very first volunteer complementary therapy practitioners at the hospital.

Jodi Cole and Danielle Sade are the very first volunteer complementary therapy practitioners at the residential hospice. Danielle is the very first volunteer aromatherapist. We have created history together and it is something to celebrate.



Aroma Tele-Chat

Every 3rd Sunday
9—10 pm est.

To Register: email Monika 1 day prior to scheduled Tele-Chat date

monika.cfa@healingmuse.com

You will receive confirmation via e-mail along with a call in Number and Access Code

Questions?

Contact Monika—416.347.5449

The Use of Essential Oils in the Cancer Care and Palliative Care Environments

with Rhiannon Harris, RGN, MIFPA



- * *Essential oil safety in cancer care and palliative care*
- * *The role of aromatherapy in the palliative care environment*
- * *Maintaining skin integrity*
- * *Addressing the challenge of infection*
- * *The use of essential oils in improving quality of life*
- * *Guidelines for doses and duration of treatments*

April 14th and 15th, 2012
The Coast Tsawwassen Inn
1665 56th Street, Delta, B.C. V4L 2B2

Saturday, April 14 – 9 am to 4 pm

Sunday, April 15 – 9 am to 3:45 pm

CFA Members: *Early Registration Fee: \$275.00 until March 15, 2012*
Non-members and after March 15th \$325.00

Breakfast at 9 am

Continental Breakfast and Lunch provided

\$100.00 will be held back for cancellations after March 16th to pay for non-refundable meals that have been ordered & paid for by the BCAPA

BONUS

We are pleased to offer an opportunity to hear Rhiannon address pain management in cancer and palliative care and a meet and greet on
Friday, March 13th, 2012

Coast Tsawwassen Inn – 7:00 p.m. – 9:30 p.m.

\$20.00.

Coffee, tea and cookies will be served.

This offer is extended ONLY to those attending Rhiannon Harris' seminar on April 14th and 15th

For more information please visit the website at www.bcapa.org or contact Colleen at essence@telus.net

Tumeric— Curcuma Longa

Submitted by Farida Irani



COMMON NAME:	TURMERIC
SANSKRIT/HINDI NAME:	Haridra/Haldi
BOTANICAL NAME:	Curcuma Longa
FAMILY:	Scitamineae, Zingiberaceae

COUNTRY OF ORIGIN:	India
PART OF PLANT USED:	Tubers and Rhizomes
COLOUR:	Yellow
ODOUR/TASTE:	Pungent, Bitter, Astringent
DOSHA EFFECT:	Pacifies Vata and Kapha

HISTORY: Turmeric is a very powerful antiseptic and is used extensively in Ayurveda medicine, for beauty, skin and also Indian cooking. It is used in cosmetic for oily skin and to cleanse and detoxify. In India a full body mask is applied on a bride before the marriage ceremony made up of Indian Chick Pea (very therapeutic) flour, Turmeric (haldi) and Sandalwood paste. The paste is used over the entire body and there is a special Pre - nuptial ceremony called **the Haldi ceremony** and the bride is made to sit with this mask on until it dries. She is then given a bath and the skin literally glows after this treatment and the texture is silky soft.

We prepare a similar pack using a couple of drops of essential oils instead of the herb powders and the results are astounding. One can also use this in a clay mask. For this purpose the best oil to use is the Curcuma Aromatica(details given below) or the wild turmeric which does not give the strong yellow colour to the skin.

Turmeric Oil is a thick yellow viscose oil. Curry powder owes its aromatic taste and smell to this oil. Its powder is sprinkled on ulcers to stimulate them to healthy action. In Ayurveda for shingles, a thick layer of mustard oil is first smeared on the affected part and then dusted on with Turmeric powder. Healing takes place within 3-4 days.

My Ayurveda Prof Dr P H Kulkarni always talks of how they managed to save a young lady's leg in Adelaide, with an incurable cancerous ulcer. There was talk of amputation by the medical professionals. Poultices of turmeric powder were applied regularly for approximately six months.



calls it “ the well wisher of Women “ as according to Ayurveda it can penetrate through the minutest of channels and open up blockages.

Turmeric is also used for small pox and chicken pox. It has an energising affect on the immune system and is being used to assist in some treatments of Aids. It is



TUMERIC

a favourite with the food flavouring industry because of its bright yellow colour. It works as a blood thinner, purifier and helps to also coagulate blood. If someone has had a fall or an accident in India the person is made to immediately have Turmeric powder (1/2 a teaspoon) with sugar as it helps to dissolve any blood clots or prevent internal bleeding. It helps to coagulate the blood in bleeding occurring through an injury and therefore is valuable to have as part of your first aid kit. For a sore throat it is a common household remedy to ingest a little turmeric in warm milk with a little sugar. We have had a lot of success with different disorders and Turmeric as can be seen in a couple of case studies given below.



An article was given on Turmeric in the Readers Digest recently and a friend sent a copy to me. It says, "That a compound which makes curries yellow could help inhibit skin cancer. US researchers have found that curcumin, the pungent yellow pigment found in turmeric and curry powder, stops laboratory strains of melanoma from proliferating. The University of Texas researchers added curcumin to lab grown melanoma cells to see if the spice could stop the cells from surviving and reproducing. The more curcumin they added to the melanoma, the more cells died. The researchers believe that the curcumin could shut down a powerful protein that promotes an abnormal inflammatory response, which is believed to cause a variety of disorders, including arthritis and cancer.

Human trials to test the ability of curcumin capsules to retard the growth of pancreatic cancer and multiple myeloma are underway and another trial into its effects on breast cancer is planned."

No wonder at one stage the US wanted to patent this amazing herb!

Chemical Constituents:

Turnerol, Phellandrene, Sabinene, Cineol, Borneol, Sesquiterpene, Zingiberene.

"The yellow pigmented fraction, contains the curcumins belonging to the dicinnamoyl methane group. Anti-inflammatory activity of the active principle curcumin was similar to cortisone and phenylbutazone in carrageenin induced oedema in rats with an equiva-

lent dose. Stabilising effect on lysosomal membranes also has been reported. Application of Turmeric powder over septic as well as aseptic wounds in rats and rabbits accelerated the process of healing to the extent of 23%-24% in both the cases.

Hepatoprotective effect of 50% ethanol extract of *curcuma longa* was shown in CCL induced liver lesions in mice and in primary cultured rat hepatocytes.' (**Selected Medicinal Plants of India: Chemexcil: 1992**)

Using just Turmeric oil also helps in wound healing as experienced by us several times.

Therapeutic Value:

Body: antibacterial, poor circulation, anaemia, stimulant, tonic, carminative cough, anthelmintic, diabetes (helps stabilise blood sugar) removes liver obstruction, dropsy, Jaundice, amenorrhoea, arthritis, ulcers, anti-inflammatory, blood purifier, all auto immune diseases, aids.

Skin: antiseptic, ringworms, itching, eczema, parasitic skin diseases (excellent results when combined with Neem), wounds, bruises, heating, moisturising, cleanser, detoxifier, oily skin.

Mind / emotions: grounding, confusion, anxiety.

We also have another variety of turmeric called wild turmeric or **Curcuma Aromatica**.

In sanskrit it is called Vanaharidra/ Jungli Haldi/ Ambe Haldi

It has similar uses to that of *Curcuma Longa*. It is ideal to use in skin masks, blends, facial and moisturiser blends as it does not have the intense yellow colour like *Curcuma Longa* and therefore does not stain clothes or skin! It is highly effective in assisting in respiratory disorders. It is useful in snake bites and as an application to sprains and bruises.

Therapeutically it is similar to *Curcuma Longa* especially in skin and respiratory disorders.

We use the Wild turmeric in a lot of facial blends as it is great for the skin balances the sebaceous glands and gives a glow to the complexion without turning it yellow. It is also excellent for blemishes and acne.

Chemical Constituents: similar to *Curcuma Longa* but has more Terpenes in it. The rhizomes are a pale



yellow colour, have an agreeable fragrance and the fresh root has a camphoraceous odour.

Case studies:

An 85 year old gentleman had Squamous cell Carcinoma(SCC), a skin cancer on the lobe of the ear.

The following Oils were used on the SCC:
In base oil of Ashwagandha(Withania Somnifera) infused in sesame 20 mls.

Neem(Azadirachta Indica)	5 mls
Turmeric(curcuma longa)	5 drops
Tee Tree(Melaleuca Alternifolia)	3 drops
Sandalwood(Santalum album)	4 drops
Tulasi(Ocimum sanctum)	3 drops

After using the oils twice daily for two months, the pain stopped and the SCC reduced from the size of a 20cent coin to the size of a 5 cent coin. He was also taking natural alternative medication and vitamins.

I had to go overseas, so the client ordered local Neem. It grew again.

He was admitted to hospital and the hard tissue was removed surgically. The oil could then penetrate better. **After**

three months of treatment, there was no sign of the SCC and there was no damage, not even scarring. It did not appear again. This has been documented by the gentleman himself. After treatment, he kept applying the blends as a preventative precaution and it gave him great relief from itching skin and sores on the rest of the body.

The same man was given oils for his recurrent urinary tract infection due to catheterisation.

The oils used were:-

In Base oil of

Ashwagandha(withania somnifera) (infused in sesame) 20 mls

Cold pressed Neem (Azadirachta indica) 5mls

Drops of essential oils used:

Turmeric(Curcuma longa) 5 drops

Himalayan Cedarwood (Cedrus deodara)	2 drops
Eucalyptus(Eucalyptus globulus)	2 drops
Sandalwood,(sanatalum album)	3 drops
Tulasi(Holy basil)(Ocimum sanctum)	2 drops
Ajowan (Trachyspermum Ammi)	2 drops

The oils were applied on lower back and lower abdomen and he used to get a lot of relief. Also I made a special blend as follows for the penis as the catheter used to tear his skin. This was extremely beneficial.

Base oils of Ashwagandha 5 mls and Brahmi (Bacopa Mniera) 5 mls were used with 4 drops of turmeric and 4 drops of Gulheena (infused in sandalwood). This helped in healing the skin very effectively.

Another case study was of a man who was an engineer and had an accident. His thumb was squashed flat by some machinery. He had to have microsurgery on his thumb and came to me the next day in a lot of pain. I worked on him energetically and he said the pain dissipated. I gave him a blend to apply once the dressings were taken off. The doctors had said that the surgery was done for cosmetic reasons and the chances of getting his sensation and feelings back a hundred percent, were not so good.

The blend was made of:

Ashwagandha 20 mls, Neem 5mls, Turmeric (6 drops), Gul Heena (infused in sandalwood) (Lawsonia Alba) (4 drops), Patchouli ((Pogostemon patchouli) (5 drops).

He applied the blends religiously morning, afternoon and night.

Not only did the thumb grow back beautifully, his sensation, feeling and movement were intact and just a tiny portion of his skin felt numb near his nail. The nail which was totally gone, grew back normally.

In chicken pox, a blend with:

Base oil of Brahmi (Bacopa Moniera)

10 mls with Neem

10 mls and essential oils of turmeric 6 drops





TUMERIC

Gul heena (infused in sandalwood) 5 drops and Kewda (*Pandanus odoratissimus*) (infused in sandalwood) 3 drops has excellent results.

I always have mothers coming to my clinic for their children as by word of mouth they know that I have used this blend with success. (You would reduce the dosage for children under 7 to half the drops of essential oils) These rare and unique Ayurveda aromatherapy oils can easily be blended with our common Aromatherapy oils and you can get some profound results.

In Ayurveda, the Indian science of medicine, it is stated by the ancient Rishis and Vaidyas (Physicians) that it is not just the chemistry or properties of the plant or the standard tastes but the “PRABHAV” which is the special energetic glow or effect that makes the plant have unusual therapeutic qualities! Oils especially have a Pranic energy field of their own!

We, the practitioners have seen that happening time and time again. The proof is in the pudding!

***A flower is the smile of God. Its fragrance is his hidden presence!”
-Paramahansa Yogananda***

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Farida Irani is a Holistic Health Practitioner, Ayurveda Practitioner, Clinical Aroma Therapist and Bowen Therapy Instructor at Subtle Energies in Sydney. She has pioneered the art of Ayurveda Aromatherapy and is the author of “The Magic of Ayurveda Aromatherapy” which is her work and research in detail on these rare and unique oils including chapters on Universal Healing Sciences. She runs courses in Ayurveda aromatherapy throughout Australia and has also taught in Canada and New Zealand. She has established the Bowen technique in India where she does voluntary works as well.

Her Diploma of Ayurveda Aromatherapy is now Government accredited and is the first of its kind. Her courses are approved for ongoing professional development program by the IFA and the ATMS.

Farida can be contacted on 02 9894 8979 or subtle@bigpond.net.au

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Shenstone Retreat

Founded by
Kimberley Gautreau, CFA Member
Moncton, New Brunswick



Shenstone Retreat celebrated its grand opening this autumn with a blessing by eight international monks & a native elder's teachings.

farmers market that morning. The guests favourite part of the day was the kirtan chanting with instruments, followed by the community meal.



Sunday, women enjoyed the teachings on energetic & physical self defence by native elder Ron Cormier; modern warrior, artist, & teacher of martial arts for over thirty years.

Ron started the event with sacred smudging & micmac song , then the women gathered outside in the greenery of the hills for the teachings, followed by mulled apple cider & lavender bread by the crackling wood stove .

The monks came from the Hari Krishna temple in Montreal especially for the Saturday event since they had fallen in love with the Maritimes & plan to move here in the new year. It was their second visit in Shenstone's landscape.

They cooked a feast of gourmet vegetarian food from the abundance of the trees & gardens & from the





SHENSTONE

The afternoon wrapped up with a walk through the forest to the riverside & final harvesting from the gardens. More weekend teachings will be offered for men & women in late January. The retreat is located between Moncton & Fundy National Park (recently voted one of the candidates for one of the natural wonders of the world).

Only a half hour away from downtown Moncton, New Brunswick,

Shenstone is twenty acres of forest, river, brooks, fields, wild apple orchards, nestled in the Caledonia hills. It is a humble grass roots concept with main cabin, cedar sauna/solitude cabin, Zen garden, green house, garden & pathways for walks/snowshoeing depending on season.

The cabin's guest rooms have themes such as the wolf room & totem peace room, each having vintage quilts, local & folk art, antiques & cosy authentic ca-

come from France, Japan, Bosnia, Germany, New Zealand, all parts of Canada & USA.

Shenstone attracts musicians, artists & healers for replenishing their energies, but the local community has also become familiar with its back to nature, back to self magic.

The layline energetics measure almost as high as Stonehenge. We have seen this in people's heart chakras & states of mind when on the land...it is fondly called "the little cabin that could", it is a dream at the beginning of it's journey, but if this is the beginning for what it can do for people's hearts, souls, inspiration, reflection in their lives...it is a fabulous dream, its' Maritime hospitality opens its arms to you...

Shenstone is owned by Kimberly Gautreau of Kimberly The Studio, a registered aroma massage therapist, & aesthetician with 30 years experience in holistic modalities such as Swedish, Tibetan, Hot Stone, Myofascial Release massage & Body sugaring. She has also worked with cancer children & does workshops on self love for women. She has also been a poet & environmentalist.

Contact info 506 855-0863, kimberlythestudio@gmail.com, kimberlythestudio.com
all guests selected by privilege & choice of karma contract offering



nadian cabin nuances. Shenstone's philosophy is simple ... "leave this sacred place better than how you found it".

It is run on Karma Contract, whether a money offering, donation to the colourful community pantry, or labour of love - one favourite guest with cancer was inspired & created landscaping & spirit circle around the bonfire site.

People have offered painting, carpentry, gardening, loading wood...they have donated tools, wool blankets, pottery... guests have





An Interview with Marina Dufort CFA member

Submitted by Colleen Thompson August 2011

1. Marina, when and why did you become involved in aromatherapy?

I grew up in Eastern Quebec in Gaspesie surrounded by birch, pine, spruce, cedars and maple trees. I loved the smells of the forest.

At 8 years of age, I attended church with my great grand-maman, Yvette. The ritual and scent of frankincense was my favorite moment of the Catholic church ceremony.

In 1988 I read the book THE PERFUME by Patrick Suskind. This story of Jean Baptiste Grenouille, a man born with an amazing superior olfactory sense who created the ultimate perfume, impressed me, as I too decide much with my nose. When my grand-maman, Yvette, passed away from breast cancer in 1992, I diffused the essential oils of Pine Spruce, Cedarwood and Frankincense to help me through my grief. I started my spiritual quest with the support of my cherished sisters and soldiers of love “the essential oils” in my twenties. Aromatherapy makes me feel loved, safe, powerful, healthy and connected with Source.

2. Did you have an “AHA” moment when first introduced to aromatherapy?

When I was 23 year old I was told by a wonderful French Parisian psychic that I was going to move to the west coast and become an ambassador for helping people to connect with their own healing capacities with the help of aromatherapy. I was also told that I would write a book on how to use essential oils in daily life and be in front of the camera with a message on the benefits of essential oils.

In April 1995, I left Quebec and lived in Banff BC for 1 year and then moved to Osaka Japan to learn basic Japanese and Shiatsu at the “Corhin Academy of shiatsu of Osaka.

I then moved to Vancouver to work in the film industry of NORTH HOLLYWOOD, where I learned to

open up and offered holistic sessions to cast and crew for many years.

In 1999, while in Vancouver, I received my first aromatherapy full body session and I was hooked. I had been suffering with scoliosis and with these treatments my back is 100% now.

In 2003, I was introduced to my mentor, Pat Antoniuk, who was then teaching at Langara College for the Holistic Aromatherapy Practitioner Intensive Diploma Program on the West Coast. Her extensive wisdom and respect for nature is contagious and I thank her from the bottom of my heart.

Pat helped me to believe in myself as an Aromatherapist. She calls her students her “aromatherapy angels”.

Pat Pogue, who is the president to BCAOA, gave me the courage to push through for certification. Thank you Pat for your healing hands!

Since 2004, I have been a member of CFA and BCAOA BCAPA alliances for aromatherapists in Canada and British Columbia. Being a member keeps me supported in what I call my sacred circle.



3. What did you do career wise before aromatherapy?

I started massaging family and friends when I was 5. I love connecting with the power of touch. I also enjoy artistic expressions and, for many years I pursued acting... I took a Bachelor in Drama at the University of Quebec in Montreal. I have a bachelors in French Literature from University of Montreal.

I started my showbiz career as a winner for STAR 88 POP EXPRESS, a star search contest. In my twenties, I was the critic for Arts, a TV host and I also did radio and worked in theatre during that time of my life.

In August 18, 1997 I moved to Vancouver and for almost 15 years, worked in the film industry as a background performer, an actor, a photo double and a stand in. My dear friend and Director of Photography, Rob McLachlan, gave me many opportunities to work with well known actors as a stand-in, so he could adjust the lighting before shooting the scene. I also offered aromatherapy massage on movie sets during breaks and on week-ends. I have many stories about that time of my life..... Hilary Swank is one of my favorite down to earth actors to massage. Brooke Shields is so nice... She loves essential oils. Working full time as well as offering aromatherapy massage meant working an 80 hour week. I was becoming more and more interested in the Mermaid Prophecy on the West Coast.

I officially retired as a stand in this year on March 31st at 6:00 am after a 16 hour night shoot. Thank you to all my friends in the Film Industry.

4. What have you done career wise after Aromatherapy?

Since becoming a Registered Aromatherapist in 2004, I have been working very hard to find my destiny! I have been told by so many healers, psychics, channellers, friends and family members that my gift was to share my blessings with aromatherapy.

This year, I finally got the phone call from Source, Divine Intervention, God and all, that it was time to open up the heart center and preach the good news! This April, 2011 (I am fire horse girl) I celebrated my birthday with a very special spiritual ceremony where I asked for support from my favorite souls and to say thank you.

I attracted a fabulous team of two Pillars - a publisher, Bob Burnham (Best selling author of "101 reasons why you should write your own book") and the best editor, Rosemary Sneeringer (the Book Nurturer). I took a leap of faith and finally gave birth to my first born, my first book on aromatherapy. It took me 4 months of dedicated, focused, cocooning time to finally let it out! My goal is to empower people to use aromatherapy in their daily life. I am also in the process of creating and offering workshops on aromatherapy for women, artistic kids and teenagers, small dogs and their owners as well. The book still needs a

title but I will officially invite all of you to the birth celebration of the book release in few months.

5. What advice would you give someone thinking about becoming an Aromatherapist?

If you are a consumer of essential oils, you are a messenger of love and healing and you can help yourself and so many others with these natural essences. Make sure you use them safely and get the best training available to you. Your certification and your training time are the foundation of your ethics as a professional Aromatherapist and your job is to give yourself the best of the best chances to become a fantastic Aromatherapist. Open your heart and feel the wisdom of the oils. Enjoy the ride.

6. How has aromatherapy affected your personal life?

Because of the essential oils in my life, I have manifested a big career change from a professional film industry technician to a full time aromatherapy massage practitioner, to a best selling author sharing the knowledge I learned with passion and respect. To a speaker and inspired mermaid of holistic aromatherapy. My life is great!

7. How do you see yourself in 5 years from now?

In 5 years from now I feel myself conducting seminars, traveling and connecting with other Aromatherapists and wellness teachers from all over the world. I would love to go back and massage my friends in Norway, France, Australia, California, and England and at home in Quebec. I see myself anchored in Vancouver in a beautiful studio by the sea, the MARINA MERMAID SEASHELL, where friends and clients will come for their regular aromatherapy sessions with me. I see myself sharing my passion for aromatherapy with young artists that are looking for a natural way to open up their creativity with the use of essential oils in their daily life. I feel that the Sarah McLachlan foundation, Sarah McLachlan Music Outreach (SMMO) helping kids to receive music teachings will be a home base place for me and aromatherapy. I am connecting with Doreen Virtue for a specific training in angel and archangel realm this September in Arizona.

As above, so below, I am. The infinity symbol is my guidance for helping me to engage in the ascension process of mother earth. We are human angels and we are opening the gate for healing and love and light and laughter. Living in our “frontal lobe” is bringing universal peace to this world. Power to the limbic system! AROMATHERAPISTS SHARE YOUR BLESSINGS AND SPREAD YOUR WINGS!

Colleen thank you for your precious time and devotion as a secretary for the BCAOA alliance, CE Coordinator for the BCAPA and treasury position for the CFA association. You are an aromatherapy angel! To my CFA sisters, you are anchored at the marina of my heart.

Marina Dufort CAHP, EOT, RA
A member of CFA, BCAPA, BCAOA
www.marinamermaid.com

CFA AROMA CLUB

\$25 for 1 Year

10% off purchases from select CFA members

10% discount registration from all CFA sponsored events

Quarterly CFA Newsletter Publication

eBlasts (email)

with classes, notices, & events,
up to date information on essential oils & aromatherapy from CFA professionals

CFA Members—do not miss out on this amazing opportunity to learn about Spiritual PhytoEssencing. CEU's are due this membership year. Earn 1.5 CEU's from the comfort of your home.

WEBINAR

Spiritual PhytoEssencing

With Dr. Bruce Berkowsky

February 9, 2012 at 7 pm EST

\$15.00

CFA MEMBERS—CREDIT OF 1.5 CEU

To sign up contact T. Eagle

cfamanager@cfacanada.com Phone: 519-746-1594



- 1) **Introductory discussion of the foundational concepts of the theory and practice of Spiritual PhytoEssencing.**
- 2) **Discussion of soul archetypes and essential oils. This will include a brief demonstration of the identification, during case-study analysis, of specific soul archetypes of the person for whom a custom soul-level healing blend is being designed and how these identified archetypes are subsequently translated into essential oil selections.**
- 3) **Demonstration of how various aspects of the inter-disciplinary synthesis used in the construction of the essential oil profiles in Berkowsky's Synthesis Materia Medica/Spiritualis of Essential Oils provide clues regarding the inner soul nature of a given essential oil.**
- 4) **Q&A session**

Aromatic Living Today

Early Bird Rates
Before April 15

Saturday, May 19, 2012



Masonic Temple
151 Annette Street
Toronto ON
9 am to 4:30 pm EST

Everyone Welcome!

CFA Annual General Meeting will follow lectures after 4:30 pm

Refreshments and Lunch provided

Marianne Tavares:

Masters Degree in Rehabilitation Counselling; qualifications in massage, aromatherapy, reiki and hypnotherapy. Recently published "Integrating Clinical Aromatherapy in Specialist Palliative Care".

Marianne specialises in developing and integrating complementary therapy programs for patients in medical environments. She is currently working on a pilot project developing complementary therapies in the palliative care unit of York Central Hospital and Hill House Hospice. Author of "Integrating Clinical Aromatherapy in Specialist Palliative Care."

New Horizons for Aromatherapy - Part 1 & Part 2

These two sessions will cover the development of aromatherapy in Ontario for use with patients in the medical environment. They will include (a) a pilot project in Richmond Hill (b) projects in-the-making and (c) what the survey of CFA members tells us about ourselves.

Marina Dufort: CAHP; EOT; RA; Member of CFA, BCAPA, BCAOA.

Author of "Aromatherapy Secrets for Wellness: Maximize Your Life Force, Transform Stress and Conquer Ailments with Essential Oils."

Aromatherapy Success For Wellness

Marina will share her secrets of transitioning from the film industry to becoming a highly successful published aromatherapist

Discover the 8 Aroma Secrets for Wellness

Marina will be discussing aromatherapy treatments to modern day complaints.

- * Diminishing Cellulite & Puffiness — Increase Circulation on the Inside so You Can Flow with Life on the Outside
- * The Natural Flu Shot to boost your immunity to Colds, Influenza and Seasonal Allergies

CFA MEMBERS: Early Bird Registration Fee: \$150.00 until April 15, 2012
Non Members and after April 15th \$175.00

Canadian Federation of Aromatherapists

For payment, Contact Tricia Eagle at Phone: 519 746-1594 Fax: 519 746-9493 E-mail: cfamanager@cfacanaca.com
Pay Pal available at www.cfacanada.com



AROMA TELE-CHAT

This past fall, the CFA launched an Aroma Chat Monthly Teleconference.

We've had quite the success in bringing aromatherapists together across the provinces. It is free for all CFA members.

October: Discussion on the basics of marketing and how to get aromatherapy out there, where new eyes will see and new ears will hear our beautiful and all natural therapy. We had members join in like Annie Quast from Northern Ontario, one of our new members! This makes it easy and fun to join in and learn, even when travel is not an option.

November: Monika Meulmann coached Cindy Nilsen on getting started on Facebook. You can find her there online!

Hope to hear you all at our next Monthly Aroma Tele-Chat on January 15th, 9-10pm EST

Must register to participate
January Topic: Business Planning for 2012, Setting up Monthly & Quarterly Goals

Aroma Tele-Chat

Every 3rd Sunday
9—10 pm est.

To Register: email Monika 1 day prior to scheduled Tele-Chat date

monika.cfa@healingmuse.com

You will receive confirmation of the call with the call-in Phone Number and Access Code

Questions?

Contact Monika—416.347.5449

Calling all CFA Members.....

We are looking for PHOTOS for our Newsletter and Web site — please take your pics and send them in—help make our presence a sensational one...

Email photos to:
cfamanager@cfacanada.com

What photos to send?

....Essential oil containers..... Herbs.....
Aroma Massage Pretty unlabeled bottles
...Healing handsPetals floating on water.....
.....Essential Oil Plants.....Herb gardens.....
.....Drops of essential oils on water.....
...Calming Scenes.....Massaging of hands.....
Foot Massage.....Massaging shoulders
....Diffusers.....Your aromatherapy room.....

Use your imagination — send us your visions!

AND

Please send suggestions for ARTICLES you would like to see in your CFA Newsletter

Thank you for your contributions
The CFA editing team

WHATS COOKING?

Aroma Chat on Twitter

Every Monday night
9—10 pm EST
Open to everyone

Hosted by:
Michelle Reynolds
CFA Member

Contact Michelle at @Aroma_Health



EUCALYPTUS

Oil of the Season

Camphor, woody, minty fragrance that opens the windows of our mind renewing and revitalizing our thought with a fresh existence.

Botanical Name: Eucalyptus globulus var. globulus/radiata

Botanical Family: Myrtaceae

Eucalyptus is grown in Australia, North and South Africa, India, and Southern Europe. This beautiful, tall, evergreen tree grows up to 90 meters high and is indigenous with a few exceptions to Australia and Tasmania. The young trees have bluish-green oval leaves while the mature trees develop long, narrow, yellowish leaves, creamy white flowers and a smooth, pale gray bark often covered in a white powder. There are over 700 different species of eucalyptus, of which at least 500 trees produce a type of essential oil.

Extraction of the essential oil is by steam distillation from the fresh or partially dried leaves and young twigs.

Eucalyptus has been used as a traditional household remedy in Australia. The leaves and oil are especially used for respiratory ailments such as bronchitis and croup, and the dried leaves are smoked like tobacco for asthma.

It is also used for feverish conditions (malaria, typhoid, cholera, etc.) and skin problems like burns, ulcers and wounds. Aqueous extracts are used for aching joints, bacterial dysentery, ringworms, tuberculosis, etc. and employed for similar reasons in western and eastern medicine.

The wood is also used for timber production in Spain.

The oil and cineol component are largely employed in the preparation of liniments inhalants, cough syrups, ointments, toothpaste and as pharmaceutical flavorings. It is also used in veterinary practice and dentistry.

Eucalyptus oil is used as a fragrance component in soaps, detergents and toiletries—it is little used in perfumes. As well, it is used for the isolation of cineol and employed as a flavor ingredient in most major food categories.

Eucalyptus is considered have a fairly volatile evaporation level.

It blends well with Basil, Cajeput, Frankincense, Ginger, Hyssop, Juniper, Lavender, Lemon, Sweet Marjoram, Myrtle, Niaouli, Pine, Tea Tree and Thyme.

Therapeutic Action

Conditions that may benefit from Eucalyptus Oil are the following: poor circulation, asthma, bronchitis, catarrh, sinusitis, coughs, throat infections, muscular aches and pains, rheumatoid arthritis, acne, viral infections, headaches, claustrophobia.

(Excerpts from Healing Fragrances' Practitioners Guide to Essential Oils)

CFA MEMBERS

Annual General Meeting is on May 19th, 2012
Masonic Lodge at 151 Annette St., Toronto, Ontario.

Elections for board members and committees will take place at the AGM
Please consider a position on the board and/or becoming a CFA Committee Member

Contact Tricia Eagle with your questions and /or submit a letter stating your wish to be considered on the board of directors along with a copy of your resume.

CFA BOARD POSITIONS

COMMITTEES

Legal, Social Media, Membership, Advertising, Research

**CEU's
due this year**

Questions & Contact: Tricia Eagle

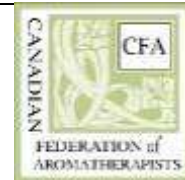
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Phone: 519 746-1594

Fax: 519 746-9493
Email: cfamanager@cfacanada.com

Monthly Oils

January — Eucalyptus
February—Pine
March— Cedarwood
April— Sweet Orange
May— Lavender

CFA Members
invite a friend to join
CFA Aroma Club
or become a CFA Affiliate
Both you and your friend will
receive a FREE OIL



Join
CFA Aroma Club Member—\$25.00 / year
Or
CFA Affiliate Member—\$85.00

RECEIVE FREE

**“Oil of the Month”
Eucalyptus Oil**

CFA MEMBERS - Invite a friend to Join
You and Friend will receive Free Oil
Limited time and number

Eucalyptus Oil supplied by:
Essential Therapies, London, ON
Tel: 519-680-12984
email: essentialtherapies@rogers.com
<http://www.essentialtherapies.ca>

Aromatherapy



Nature's Path to Wellness



Canadian Federation of Aromatherapists
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