

## **ADVANCED CLINICAL AROMATHERAPY – Supporting the Terrain**

**The cornerstone of holistic aromatherapy**

**June 13 - 14, 2009**

**[Bristol Harbour Lodge](#), Canandaigua, New York, USA**

Rhiannon Harris



Essential Oil Resource Consultants

[www.essentialorc.com](http://www.essentialorc.com)

As holistic therapists we focus on the individual with the intent of helping restore balance, thereby improving physical, mental, emotional, spiritual and energetic health. The terrain concept and its implications for aromatherapy practice provide a sound basis for therapeutic interventions with long lasting effects.

This class shares findings as to how essential oils and their diverse applications act as catalysts to both promote and maintain terrain balance and thereby assist towards a state of durable and 'deep' health.

This class is intended for qualified Aromatherapists (Advanced Clinical Aromatherapy not required) who are wishing to deepen their awareness of how essential oils support and strengthen the terrain of the individual. We will be taking an evidence-based approach and also spend time exploring different terrain models used in France to illustrate how essential oils can be selected to best meet the client's needs.

### **By the end of the class, you shall be able to:**

- Discuss the historical background and concept of terrain
- Describe the impact of stress on terrain
- Define the term adaptogen and its relevance to the terrain concept
- Outline the different terrain-supportive activities of essential oils. This includes: antioxidant, anti-ageing, anti-inflammatory, antimicrobial, anticarcinogenic/antimutagenic, neuro-endocrine-immune.
- Discuss mind-body-fragrance interactions with regards to immunity.
- Justify and discuss which application methods and doses are most suitable for terrain support.
- Outline three French terrain models pertaining to essential oils; the neuro-endocrine model (Lapraz), the aromatic triangle model (Mailhebiau) and the electrical and polarity model (Franchomme).
- Use each model to aid essential oil selection based on an individual client's needs.

### **TOTAL COST PER PERSON = \$350.00**

- \$150.00 non-refundable deposit due by March 15, 2009
- Total Payment in full due by May 13, 2009
- Coffee / tea service will be provided
- Cost does not include lunch; lunch orders will be placed daily from the [Bristol Harbour Lodge menu](#)

### **TRANSPORTATION**

Transportation arrangements are responsibility of student.

**PAYMENTS**

- Checks payable to Organica Jane, 125 Grove Drive, 10A, Canandaigua, NY 14424
- Paypal via <http://www.organicaJane.com/workshops/upcomingworkshops.html>

**CONTACT**

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**LODGING**

[Bristol Harbour Lodge \(Canandaigua, NY\)](#)

*\* Please note that June 2009 is considered high season so lodge may have limited availability and rates may be high*

[Lodging: Canandaigua, NY](#)

[Craig's List Vacation Rentals in Canandaigua](#)

[Finger Lakes Premier Properties \(Canandaigua Lake\)](#)