



botanica2020
celebrating herbs & clinical aromatherapy

SEPTEMBER 18TH - DAY ONE CONFERENCE PROGRAM

08.30 –
09.20

Welcome to botanica2020 opening session with Rhiannon LEWIS (FRANCE) and Sophie GATTEFOSSÉ MOYRAND (FRANCE): Celebrating the life of René-Maurice GATTEFOSSÉ.

09.45 –
10.15

Anne MORO L'KAISSI (REUNION): Aromatherapy to improve humanitarian cleft lip and palate surgery in Madagascar.

10.45 –
11.15

Adriana NUNES WOLFFENBÜTTEL (BRAZIL): Psychological and physiological efficacy of Citrus aurantium and Citrus sinensis essential oils by inhalation: their effects on depression and the immune system.

11.45 –
12.15

Ruta ALDONYTE (LITHUANIA): Essential oils as multifunctional tools to mitigate devastating effects of air pollution on human health.

13.30 –
14.20

Welcome back with Rhiannon LEWIS (FRANCE) and Rachel HERZ (USA): The Role of Odor-Evoked Memory in Psychological and Physiological Health.



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14.45 –
15.15

Jonathan BENAVIDES (THE NETHERLANDS): Re-connecting: Using aromatherapy for Autism Spectrum Disorder and Attention Deficit Hyperactivity Disorder.

15.45 -
16.15

Danielle SADE (CANADA): Aromatic psychodynamics: coming full circle.

16.45 -
17.15

Pam CONRAD (USA): Obstetric pharmacology: remedies and risks and how they relate to herbs and essential oils.

17.45 –
18.15

Matthew Allan JONES (UK): Extracts of *Boswellia sacra* syn. *carterii* oleoresin exhibit cytotoxic activity and induce apoptosis across multiple cancer cell lines.

18.45 -
19.15

Samo KREFT (SLOVENIA): Phytochemical, pharmacological and clinical investigations of extract from silver fir (*Abies alba*) branches.



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SEPTEMBER 19TH - DAY TWO CONFERENCE PROGRAM

08.30 –
09.20

Welcome to botanica2020 opening session with Rhiannon LEWIS (FRANCE) and Professor Thomas RUSTEMEYER (THE NETHERLANDS): Contact Dermatitis caused by essential oils: implications for patients and practitioners.

09.45 –
10.15

Joy BOWLES (AUSTRALIA): Aromatherapy at a crossroads: wholism, ingestion and pharmacological uses of essential oils.

10.45 –
11.15

Stribor MARKOVIC (CROATIA): Essential oils and drug interactions: should we be concerned?

11.45 –
12.15

Didier PESONI (FRANCE), Marco VALUSSI (Italy), Pascale FRENNET (Belgium): Antiviral and virucidal properties of essential oils: A systematic review

13.30 –
14.20

Welcome back with Rhiannon LEWIS (FRANCE) and Susan LEOPOLD (USA): Susan LEOPOLD (USA): Defining sustainability in a complex global supply chain: perspective from the front lines of conservation of aromatic plants.



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14.45 –
15.15

Sally GOULDSTONE (UK): Does the aromatherapy sector have a part to play in nature conservation?

15.45 -
16.15

Ann HARMAN (USA): The pillars of distillation: responsible, ethical, safe and sustainable practices for production and uses of hydrosols and essential oils.

16.45
- 17.15

Christa OBUCHOWSKI (USA): Conscious wildcrafting and distillation: perspectives of a perfumer and distiller.

18.00 –
19.30

Roundtable discussion panel with leading Aromatherapy Educators with questions raised by botanica2020 delegates.



SUPPLEMENTARY LECTURES

SPEAKER AND LECTURE TITLE

Farida IRANI (AUSTRALIA): Ways to approach fear and anxiety in this current time (divided into 3 parts: Introduction, Meditation and Q&A)

Barbara DANIEL-LEPPICH (GERMANY): Trauma therapy and grief work after drastic life events: The role of psychoaromatherapy.

Karen LAWTON (UK): Sustainability in herbal healthcare: Community medicine gardens.

Kelly ABLARD (USA): Plants in Peril: Essential oils and climate change.

Jonathan MIDDENDORF (BULGARIA): Essences-Bulgaria: Rare and unique essential oils and sustainable use of local forest ecosystems.

Marju KIVI (PORTUGAL): Naturalness essential oil distillery: Observing the natural plant growing cycle with Cistus ladaniferus.



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SPEAKER AND LECTURE TITLE

Sawsan SALEH (PALESTINE): The Association of Women's Action for Training and Rehabilitation: Empowering women in rural areas of Palestine through production of aromatic herbs and essential oils.

Jana BERGANT (SLOVENIA): Project Bonistra: Connecting small producers and distillers in the Istrian peninsula.

Roula ALI-ADEEB (SYRIA): Roses for Syria: Hydrolats and essential oils to support the lack of medicines due to war and sanctions.

Petra RATAJC (SLOVENIA): Pharmacology is the new chemistry: How pharmacological research impacts modern aromatherapy.

Jacqui STRINGER (UK): Efficacy of essential oils in acute cancer care: what does it look like?

Linda-Anne KAHN (USA): Aromatherapy as part of an integrative approach for lipedema and lymphedema management.

Nina KOCEVAR GLAVAC (SLOVENIA): Natural Cosmetics: exploring ingredients, safety, cosmetic effects and legislation



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SPEAKER AND LECTURE TITLE

Paul DUFFY (UK): Aromatherapy inhalation as a prompt for relaxation within a hypnotherapy session: an experiential session

Julia WILLIAMS (UK): Move and Flow with Tripudio Movement Systems

Dilis CLARE (IRELAND): Herbal approaches to Viral respiratory distress and post viral recovery: Lessons and strategies.

Carol ROSE (NEW ZEALAND): The Efficacy of Aromatherapy in Palliative Care: a clinical perspective

Valerie EDWARDS-JONES (UK): Are essential oils a real alternative for antibiotics?



MASTERCLASSES

Through the lens of the white flower oils – how essential oils affect the psyche and how knowing the chemistry helps with effective blending with E Joy BOWLES (AUSTRALIA) and Melani KOVAC (SLOVENIA)

This lively master-class will be facilitated by two much-loved aromatherapy experts who will help you gain more confidence with choosing essential oils and their application methods using scientific evidence.

Joy Bowles (Dr Joy) will begin the class by exploring the modes of action of essential oils on psyche, skin and internal body systems, explaining what happens to essential oil constituents when they are applied to the body, where they go and what they do. Then through the lens of the white flower oils, Joy will focus on the psychological aspects of how essential oils work.

DropSmith's founder Melani Kovac will continue the investigation of the chemistry of the white flower oils in DropSmith and re-present the body-mind connection through comparing the physiological properties of the main constituents with their psychological effects. Melani will highlight where combinations of the key constituents are found in other cheaper oils, and demonstrate how artful construction of blends can provide similar benefits to the precious white flower oils at a more affordable price. We will use the fun and visual aromatherapy platform DropSmith to make the information easier to grasp and show how it can be used in everyday practice. As an exclusive bonus, all attendees will be gifted full access to DropSmith for 30 days to further your aromatherapy practice as well as a generous discount on the monthly subscription of Dr Joy's Aromatherapy Journal Club for the Second Annual Series.



MASTERCLASSES

The HEARTS process: An effective and simple tool for relaxation and pain management with Jonathan BENAVIDES (THE NETHERLANDS)

In this informative masterclass, learn how to safely, ecologically and efficiently use HEARTS (UK) with a certified HEARTS (UK) teacher. This technique can be used in a clinical setting, private practice or home, making it possible to provide rapid relaxation, pain management, emotional relief and wellbeing.

HEARTS is an acronym for Hands-on, Empathy, Aroma, Relax, Texture and Sound. It is therapeutically offered as the 'HEARTS Process', drawing on a range of natural skills and different sensorial experiences with the aim to be able to be implemented in any kind of setting.

This useful relaxation approach was designed to be used where conventional massage techniques were inappropriate or difficult to perform. It can be used for all ages and all situations. It provides rapid relaxation, grounding and is also suitable for emotional issues such as anxiety, depression and grief. It is practiced by aromatherapists, physiotherapists, nurses, masseurs and carers.

In this session the basic HEARTS technique will be learned. Different elements of HEARTS will be discussed, with particular attention to the Aroma element, showing how to safely integrate essential oils for maximum treatment efficacy. Different proven formulas will also be provided and you will learn how to apply them in different settings and situations using commonly found essential oils.



MASTERCLASSES

An olfactory journey: creation of a fragrant and original botanical product with Nina MEDVED (SLOVENIA)

Since the beginning of time, people have been searching for ways to extract scent from aromatic plants. Modern technologies have largely replaced traditional methods and synthetic products have replaced many natural extracts. With the growth of aromatherapy and natural perfumery, there is a quest for new fragrant materials and for more sustainable practices. Simple, traditional methods of extracting botanicals such as tincturing, infusion and enfleurage can provide a rich palette of scents, creating new memories and emotions, connecting us to the root of aromatherapy. In this fascinating and inspiring olfactory journey, we will travel through the most aromatic parts of Slovenia in search of flowers, resins, leaves, seeds and roots. Slovenia is known for its rich biodiversity; we will walk through the forest, enjoy the breeze of the Mediterranean, take a rest in a luxurious flower garden and dive into a Spring meadow. We will explore various freshly gathered plants, home-made tinctures, infusions and pomades and discuss how they can be simply created. You will learn how various freshly gathered flowers can be extracted with the enfleurage technique.

Aromatherapy in an acute cancer setting: challenges, rewards and applications with Jacqui STRINGER (UK)



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MASTERCLASSES

Working with people who are undergoing active treatment for cancer is a powerful and humbling experience. However, it can also be daunting and there are many questions relating to when and what is safe with regard to using essential oils within an acute oncology centre. Using an evidence-base and over 40 years of experience combining her training in nursing, psychology, research and aromatherapy, Jacqui will use her own experiences to share how she has addressed issues of safety, efficacy and therapist's confidence when working within this environment.

Key learning objectives include:

Knowing how to safely develop / expand a service, integrating evaluation to confirm both safety and efficacy

- Being comfortable with boundaries to practice
- Feeling able to address challenges from other professionals
- Feeling confident to work safely whatever the situation (e.g. treating the septic patient)
- Understanding how to integrate oils into a treatment when working with someone who is vulnerable (e.g. during chemotherapy)
- Having explored the benefits of different applications (e.g. Aroma sticks)



MASTERCLASSES

Fusion AromaTherapy™ for Distress in Dementia with Madeleine KERKHOF (THE NETHERLANDS)

Dementia is an increasing burden on patients, their families and society. It is estimated that over 24 million people have dementia today, with 4-6 million new cases every year and this number is increasing with a forecast of 81.1 million by 2040.

In dementia there are often changes in personality which can make care very stressful for family members and professionals alike. In the final stages of dementia, the patient is hardly recognisable from the person he/she once was. Restlessness, agitation, and aggression can occur. Causes of distress can be physical such as, pain, itching, constipation, urinary retention or/and urinary infection, or psychological such as depression, anxiety, boredom or overstimulation.

Fusion AromaTherapy™ is Madeleine Kerkhof's integrative approach to clinical applications of essential oils and CO2 extracts for patient well-being. Madeleine will discuss her extensive experiences in the use of fragrant essential oils and more especially CO2 extracts for those with dementia especially with reference to autobiographical memory and scent. This masterclass will be illustrated with case examples as well as application options for safe and beneficial treatment options for those in distress, those suffering from despondency, restlessness and agitation.

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MASTERCLASSES

Obstetric Masterclass: Evidence-based Clinical Aromatherapy from prenatal to postpartum with Pam CONRAD (USA)

This intensive experiential class will focus on evidence-based essential oils and application methods for a range of women's health issues including prenatal through postpartum care. Together with Pam Conrad, you will consider a range of common obstetric patient scenarios to collectively develop, demonstrate and discuss clinical aromatherapy treatment approaches with a goal for competent practice.

Learning objectives include:

- Explore the evidence base for aromatherapy: prenatal through to postpartum
- Outline the essential oils and methods that have an evidence base prenatal-postpartum
- Define low and high-risk conditions and optimal paths of treatment
- Demonstrate specific methods of aromatherapy delivery
- Discuss indications and contraindications with obstetric scenarios with relation to aromatherapy



MASTERCLASSES

Aromatic psychodynamics in skin care with Danielle SADE (CANADA)

In this engaging class, join experienced aromatherapist and skin care formulator Danielle Sade to explore holistic approaches to effective skincare. The skin is the largest organ body and functions as being the first line of defence as a protective shield to the external world. Its health and appearance have a direct impact on the emotional well-being of an individual. Coping with an ongoing chronic skin condition or skin aging is beyond a physical setback, it also affects the state of mind and mood which further hinders quality of life. In this masterclass you will explore different methods of assessment related to skincare in your aromatherapy practice and then take this further into selecting appropriate and effective essential oils and topical bases that both improve skin health and quality of life. Topics that will be addressed include:

Scope of practice in aromatherapy (integrating an aromatherapy treatment plan for chronic skin conditions and aging)

The stigma of skin conditions

Focusing on understanding how one feels when coping with a skin condition.

Effective essential oils for topical applications and emotional well-being for chronic skin conditions and aging.

Topical bases (oils, ointments and lotions) for chronic skin conditions and aging.

Dynamic formulations that are geared to both improve inflamed skin and improve quality of life.



MASTERCLASSES

Aromatherapy as part of an integrative therapy approach for Lyme disease with Linda-Anne KAHN (USA)

Lyme disease (Lyme borreliosis) is an infectious disease that is transmitted by deer ticks to humans by a single bite. It can affect the heart, skin, nervous system and joints. Patients suffer from multiple symptoms including chronic fatigue, brain fog, lowered immunity, inflammation, joint pains, sleep disturbance, chronic viral infections and more. Many patients also suffer with other co-infections such as *Babesia microti* and *Bartonella henselae* in addition to moulds and mycoplasma.

Aromatherapy is an excellent integrative therapy for conditions such as Lyme disease, fibromyalgia and chronic fatigue syndrome. In this exciting class, learn from a hands-on expert practitioner how to incorporate aromatherapy, lymph massage and detoxification into the treatment of this devastating disease. We will be discussing which essential oils stimulate the immune system and the role of lymphatic massage and detoxification in this treatment.

Discover which oils improve oxygenation of the body's tissues to help detoxify and provide improved immune support as well as helping to disrupt biofilm in the treatment of chronic Lyme disease.