

# CHILTERN AROMATHERAPY

## PRACTICE INFORMATION



Chiltern Aromatherapy is the not-for-profit practice of Craig Vassie, a clinical aromatherapist who specialises in Women's Health. In practice since 1996, he is a full member of IFPA, the [International Federation of Professional Aromatherapists](#), and he holds a Diploma in Ante Natal Massage.

### WHAT IS AROMATHERAPY ?

According to the renowned Robert Tisserand, Holistic Aromatherapy is "a hands-on therapy, employing essential oils and massage for treating a wide range of disorders which may involve both mind and body". An essential oil is a highly fragrant, non-oily essence extracted by distillation. It readily evaporates. Some essential oils, such as Lavender and Tea Tree, are now well-known, and widely available. All essential oils have specific properties, and an Aromatherapist will blend your individual prescription, or recipe, of essential oils with a carrier oil such as Sweet Almond Oil. The usual method of application of the oil mixture is by massage, which is both relaxing, and highly effective.

### AROMATHERAPY HISTORY

Whilst the term Aromatherapy is modern, the extraction and use of essential oils has been going on for thousands of years in places such as India, Persia and Egypt.

Development in Europe was much slower, but by 1700 some essential oils were in regular use in mainstream medicine. Much of the early research took place in France and Italy, and in modern times, Aromatherapy "arrived" in the U.K. in the late 1950's, being brought to the beauty therapy profession by Marguerite Maury. Serious interest in the use of Aromatherapy in mainstream medicine started in the 1980's, and many hospitals and clinics now use Aromatherapy as part of a treatment plan.

### CAN WE HELP YOU ?

Aromatherapy is of considerable help in dealing with stress-related problems, the relief of joint and muscular discomfort, and minor infections. These include such conditions as menopausal and menstrual disorders, including PMS, moderate anxiety or depression, sleeping problems, minor aches and pains, digestive disorders, migraines, skin problems such as acne and eczema, and minor infections such as cystitis, vaginal and throat infections, and bronchitis. Aromatherapy can also be of great assistance in slightly more serious conditions, where the co-operation of a doctor is sometimes necessary.

*Please note that we use evidence-based practice. Our treatments are designed to complement, and not to replace, your relationship with your GP or midwife.*

*We may refuse or discontinue treatment where contraindicated.*

Aromatherapy, used with care, can also be very useful during pregnancy, and also in post-natal care, which for some is the time when they need help the most. In pregnancy Aromatherapy helps to relieve many of the minor irritations, such as morning sickness and backache, and massage is especially useful in preparing the body of the mother-to-be for birth. Labour pains, stretch marks and post-natal depression can all be minimised with Aromatherapy.

## WHAT HAPPENS WHEN I COME TO SEE YOU ?

If you have never been to an Aromatherapist before, we will spend some time with you showing you our collection of essential oils, creams and carrier oils, and allowing you to smell those of your choice.

The first time that you come to see us, we will want to review your medical history with you, to ensure that we are able to help you, and that there is no reason why Aromatherapy would not be advisable. If you are taking any medication, please bring details of this with you.

Your Aromatherapist will discuss your problems and lifestyle with you, and will then suggest appropriate essential oils, and a suitable carrier oil, for your treatment.

Application of the oil mixture is normally by a relaxing massage. Heat plays an essential part in the massage process, and you will be wrapped in towels to help keep you warm and relaxed. On completion of the massage you will be left to relax for a while.

Your Aromatherapist may also offer you an oil blend or a blended cream for home use. We can also supply oil blends for the bath, and for burning in a ceramic or electric burner.

## AROMATHERAPY RESEARCH

Craig Vassie is conducting research into the effectiveness of Aromatherapy treatment for various Women's Health problems. Current research interests are in the treatment of patients with recurrent thrush / candida, cystitis, and severe / moderate Pre Menstrual problems. Treatment is normally by back massage, with creams and oils for topical application as necessary..

Craig is also researching the treatment of vulval pain / discomfort with a small group of patients. Treatment is normally by back massage using oils with anti-inflammatory properties, with creams and oils for topical application as necessary.

All patients are given oils and creams as necessary to continue treatment at home. Follow up sessions are every two weeks if necessary.

To participate as a research volunteer, you will need to attend for both initial treatment and follow up sessions. All treatment is free of charge. Our intention is to submit research results for publication in the *International Journal of Aromatherapy*, but your personal details will remain confidential at all times.

## TO MAKE AN APPOINTMENT

Please telephone us between 9:30am and 6:00pm Monday to Friday on (01494) 816651. Appointments depend on availability, but we will try to fit in with your work and home commitments. Weekend and early evening appointments are often possible. If you need urgent treatment (*e.g. for back pain, PMS, cystitis or thrush*), then please ask to be seen as soon as possible. We will always try to accommodate you if you need to be seen urgently. If you have made an initial appointment, please download and complete our pre-treatment questionnaire, as this will save you time on the day.

To download, go to: <http://www.chilternaromatherapy.co.uk/qpt.pdf>

## TREATMENT FEES

Chiltern Aromatherapy is a member of Wycombe Chilterns Complementary Therapy, a "not for profit" registered charity run by volunteers. We aim to bring Aromatherapy treatment to those people who cannot afford private practice fees. The donations received from paying clients support this work

Chiltern Aromatherapy is a member of [Wycombe Chilterns Complementary Therapy](#), a "not for profit" registered charity run by unpaid volunteers. We use grants and donations to provide free of charge or reduced cost treatment.

**If you cannot afford Aromatherapy treatment but feel that you would benefit from it, please call us. Please ask for a home visit if you are unable to come to us. We will always try to help you!**

We accept donations to WCCT in lieu of treatment fees. Our suggested donations are:

Consultation, individual blending and Aromatherapy treatment including massage:

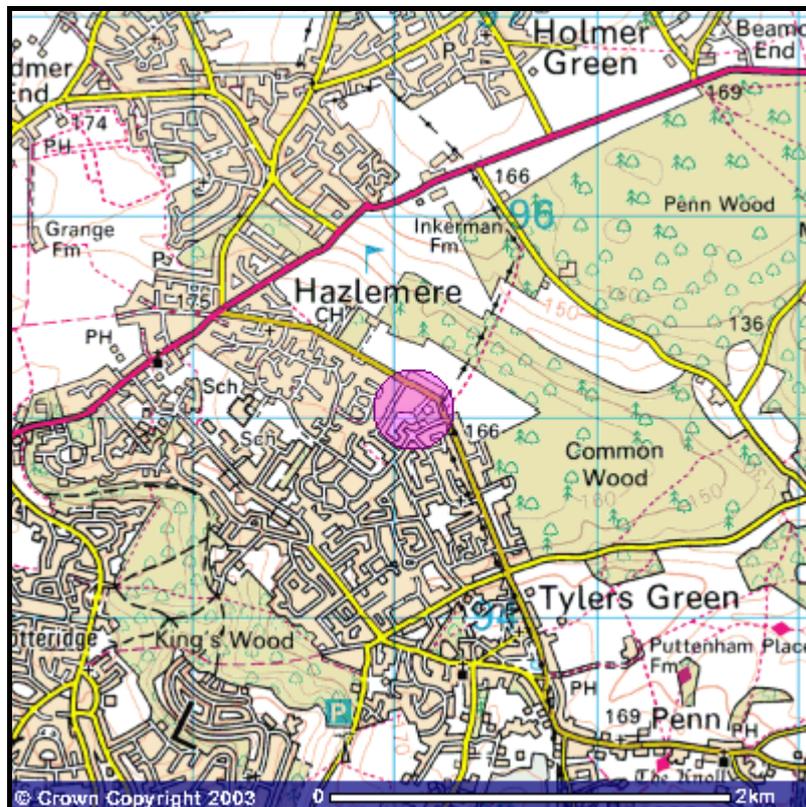
Full Body (50 mins) £30.00

Back, Neck and Shoulders (25 mins) £20.00

Minor Treatments from £5.00

## HOW TO FIND US

Langley House is at the bottom of Tudor Road in Hazlemere, High Wycombe.



*If driving*, go to Hazlemere crossroads on the A404 Wycombe to Amersham road. Then take the B474 towards Penn and Beaconsfield. Pass the golf course on the left, and the Mayflower PH on the right. Tudor Road is a right turn opposite the piano shop, and just before a sharp right bend, about 100 yards after the Mayflower PH.

*By bus*, take the 31 bus to Penn from High Wycombe. This goes via Hazlemere crossroads and then round the Manor Farm estate. Ask the driver for the stop nearest to the Curzon Avenue / Penn Road junction. Get off here and walk forward to the main road. Turn left along Penn Road. Tudor Road is the first turning on the left

Appointments are available Monday to Friday, and Saturday morning. We're closed during the Xmas and Summer school holidays.

Chiltern Aromatherapy  
Langley House  
Tudor Road  
Hazlemere  
High Wycombe, HP15 7PA

Phone: (01494) 816651

[www.chiltern aromatherapy.co.uk](http://www.chiltern aromatherapy.co.uk)

[help@chiltern aromatherapy.co.uk](mailto:help@chiltern aromatherapy.co.uk)