



Nature Care Clinic

What to expect at:

AROMATHERAPY STUDENT TRAINING CLINIC

What is Aromatherapy?

The aim of the Aromatherapy student clinic is to provide extensive clinical training to our students, and an affordable service to the public. The training clinic allows students to gain confidence and self assurance as they develop practical skills, observe and treat clients, and learn a range of skills including case taking, treatment, communication skills and safe practice. The clinic enables students to combine their theoretical knowledge with practical experience and provides students with an integral part of their training.

Each of our Aromatherapy students must complete up to 80 hours of clinical practice in preparation their clinical assessment which is the final component of their training.

Aromatherapy is a complementary therapy that involves the use therapeutically of essential oils. Plant oils have been used for therapy and cosmetics for thousands of years. Records go back to ancient Egypt, China and India. Modern aromatherapy developed in France during the early twentieth century. A French chemist, René-Maurice Gattefossé, was impressed by the healing powers of essential oils. He coined the term "aromathérapie". Dr Jean Valnet, a military surgeon, used them to treat both military and civilian patients. Later, Marguerite Maury developed the use of aromatherapy in beauty therapy and massage.

Aromatherapy works on our sense of smell and by absorption into the bloodstream. When you inhale essential oil molecules, messages are transmitted to the limbic system and affect heart rate, stress level, blood pressure, breathing, memory, digestion, and the immune system.

Aromatherapy massage is particularly suited to conditions involving stress or improving emotionally-related conditions such as stress, insomnia, headache, digestive disorders, premenstrual syndrome (PMS) and back pain

Massage has a powerful effect on the body and the emotions, combined with the therapeutic qualities of essential oils massage can be a very invigorating or deeply relaxing experience. Aromatherapists practise holistically (treating the whole person) and try to find treatments and oils that suit their client's physically and mentally.

Student Training Clinic Consultation

What will happen during a treatment session?

For our students to provide a quality service it is important that they gather information from clients. This involves case taking and assessment procedures. The whole symptom picture is needed for the student practitioner to advise the client on the treatment which will best suit their presenting condition. Even if a client wants a relaxing aromatherapy it is important that a health assessment is done to assure that what ever treatment procedure is used it is best for the client.

Other things that you can expect in the consultation include:

- **Treatment:** Individual blends of essential oils are prepared by the student practitioner, in a base of cold pressed oil and then applied to the patient's skin a specific aromatherapy massage. As a holistic treatment, aromatherapy can have a profound effect on physical and psychological well-being. There exists the belief that scent, as the most enduring of our senses, has the power to transform our emotions, and heal our bodies.
- **Duration of consultation:** Consultations generally last about one and a half hours. First consultations will consist of a health assessment which will take at least 20 minutes, the preparations of oils around 10 minutes and 1 hour of aromatherapy massage. Further sessions will generally be one and a half hours, consisting of case review, blending and aromatherapy massage
- **Clinic Supervision:** As our clinic is a training facility students are not qualified practitioners so supervision is a requirement of the training for aromatherapy. The student training clinic always has supervisors to oversee the training and assist with any questions from the student practitioners or clients. Student practitioners are able to review their treatment protocols and be assured that advice they are giving clients is correct.

During the aromatherapy sessions supervisors will enter the aromatherapy rooms to check if assistance is required and that the client happy with their aromatherapy or if they have questions they would like to ask.

- **Personal Information:** As Nature Care College's Aromatherapy Clinic is a training facility, it may at times be necessary for a student to discuss a case with their supervisor. Confidentiality is observed at all times permission will be sought from the client before any details are discussed with the supervisor.
- **Appointments:** Bookings can be made by calling us on 02 9906 1566.
- **Location:** The clinic is conveniently located at 52 Nicholson street, St Leonards 2065
- **Public Transport:** Public Transport is the easiest way to get to the Nature Care Training Clinic. We are located close to a major bus route on the Pacific Highway and are only a 5 minute walk from St Leonards train station.
- **By Car:** If you're travelling by car from:
Chatswood; turn left at Albany St, right into Oxley St then right into Nicholson St.
North Sydney; turn left into Oxley St then right into Nicholson St.
- **Parking:** Metered street parking is available. There are also local parking stations nearby.
- **Access for the Physically Challenged:** Nature Care College has restricted facilities for the physically challenged and may not be able to accommodate their needs.