



10 Principles of Shirley Price Training

1. Experienced tutors. Tuition should not be delegated to tutors with less than ten years experience. At Sp we employ top tutors and master practitioners to deliver our training.
2. Distillation and expression. Knowledge of the plant parts from which essential oils are obtained, methods of distillation, standardisation of oils in the laboratory and analysis. Visiting a distillation plant should form part of training.
3. Use of the whole oils. A fundamental principle is the use of the whole oil, freshly distilled. In ways still not known to science the whole essential oils have been found empirically to have certain properties and to impart something of the vitality and bio-activity of the plants from which it is derived. This may depend on components present in minute quantities or an energetic 'imprint' man has yet to understand.
4. Chemistry. Understanding the nature and properties of the components of the hydrocarbons the essential oils contain assists in an understanding of individual oils and why one oil may be of use and another of not.
5. Professional standards and Work experience. Aromatherapy is a practical discipline. Students will be required to submit case studies of their work with patients. Professionalism is a matter of experience and confidence. It is also an expression of individual leadership, truthfulness and good humour.
6. Botany. Aromatherapy depends on essential oils derived from 16 plant families and of these two are outstanding. Again a knowledge of the common characters of these plant families assist in essential oil selection.
7. Human anatomy and Safety. Aromatherapy is the controlled use of essential oils in a positive way to maintain good health and revitalise the body, mind and spirit. Students should pass an examination in anatomy and physiology. Essential oils are the exclusive product of the extraction of the volatile aromatic principles contained in the substance of which they bear the name. Students should have a thorough knowledge of delivery and dosage.
8. The essential oils and carrier oils and their use. Besides practical tuition students should be able through bibliographical review justify their use of particular oils.
9. Holistic care. The aromatherapist should regard their knowledge as a starting point. To deliver effective holistic care (that is to say treat the person rather than the symptoms the person presents) the professional aromatherapist should have an appreciation of other care disciplines and acquire knowledge of them through lifelong learning to deliver effective holistic care.
10. Touch and essential oils. Introductory and advanced aromatherapy massage should be included. Touch is therapeutic in itself as well as being a safe and effective way of delivering the oils.

Sp trains students for IFPA membership and runs accredited CPD courses with well qualified master practitioners for the benefit of students and practitioners.

