



TRANQUIL HEART

TRAINING ACADEMY

AromaClub Subject Index

Please state which back copy you would like in the comments when booking via PayPal

Date	Title	Format
December 2025	Choosing a Good Essential Oil	PowerPoint
November 2025	A Look at Linalool	PowerPoint
October 2025	Aromatic Bathing	PowerPoint
September 2025	Thyme Chemotypes	PowerPoint
August 2025	Essential Oils and the Vagus Nerve	PowerPoint
July 2025	Aroma Myths	PowerPoint
June 2025	Plai, Cardamom & Turmeric	PowerPoint
May 2025	Handling a Headache	PowerPoint
April 2025	Oils for Meditation	PowerPoint
March 2025	A Forest Walk	PowerPoint
February 2025	Hormones and Moods	PowerPoint
January 2025	Melaleucas - Tea tree, Cajeput & Niaouli	PowerPoint
December 2024	Gold, Frankincense & Myrrh	PowerPoint
November 2024	Preparing for Winter	PowerPoint
October 2024	Caring for our Eyes	PowerPoint
September 2024	Flowers and our Emotions	PowerPoint
August 2024	Not Available - In-House Practical	
July 2024	Aromatherapy for the Face	PowerPoint
June 2024	Not Available - In-House 10 year Anniversary	
May 2024	Eating Disorders	PowerPoint
April 2024	The Myrtaceae Family	PowerPoint
March 2024	Stress	PowerPoint
February 2024	Lotions, Balms and Creams	PowerPoint
January 2024	Coughs, Colds and Flu	PowerPoint
December 2023	A bit of Christmas Spice	PowerPoint
November 2023	Creating Aromatic Festive Gifts	PowerPoint
October 2023	Puberty and Growing Pains	PowerPoint
September 2023	Autumn Hygge	PowerPoint
August 2023	Managing Peri-menopause and Menopause	PowerPoint
July 2023	Eczema and Psoriasis	PowerPoint
June 2023	Summer Citrus	PowerPoint
May 2023	Fabulous Feet	PowerPoint
April 2023	Sleep	PowerPoint
March 2023	Digestive Health	PowerPoint
February 2023	Love your Skin	PowerPoint
January 2023	Nourish and Nurture	PowerPoint

December 2022	Aromatherapy Gifts for Christmas	PowerPoint
November 2022	Arthritis	PowerPoint
October 2022	The Resin Oils	PowerPoint
September 2022	Essential Oils and Inhalation	PowerPoint
August 2022	Not Available - No Session	
July 2022	Coping with Anxiety	PowerPoint
June 2022	Not Available - No Session	
May 2022	Carrier Base Oils	PowerPoint
April 2022	Anosmia	PowerPoint
March 2022	Essential Oil Personalities	PowerPoint
February 2022	I 'Heart' You	PowerPoint
January 2022	Preparing for 2022	PowerPoint
December 2021	'Christmas Cake' Oils	PowerPoint
November 2021	Comforting Conifers	PowerPoint
October 2021	Essential First Aid Kit	PowerPoint
September 2021	Hormones and Menopause	PowerPoint
August 2021	Bites & Stings and Buzzy Things	PowerPoint
July 2021	Keeping our Pets Safe	PowerPoint
June 2021	Emotional Rescue and Essential Oils	PowerPoint
May 2021	Aromatics from Antiquity	PowerPoint
April 2021	Aromatic Dilutions and Dosages	PowerPoint
March 2021	Happy, Healthy Feet	PowerPoint
February 2021	Taking Care of our Skin	PowerPoint
January 2021	Essential oils, Positive Thinking and Intentions	PowerPoint
December 2020	Supporting the Immune System	PowerPoint
November 2020	Warming Winter Oils	PowerPoint
October 2020	Making a Face Cream - Not available	
September 2020	Seed Oils	PowerPoint
August 2020	How to Smell	PowerPoint
July 2020	Looking after the Large Intestine	PowerPoint
June 2020	Daisy Family	PowerPoint
May 2020	Mindfulness & Meditation with Aromatics	PowerPoint
April 2020	Managing Anxiety Aromatically	PowerPoint
March 2020	Stepping into Spring	PowerPoint
February 2020	Efficacious Eucalypts	PowerPoint
January 2020	Circulation and Blood Conditions	PowerPoint
December 2019	Not Available - Q&A plus a Recipe Share	
November 2019	Aromatherapy and Addiction	PowerPoint
October 2019	Aromatic Treatments for Pain	PowerPoint
September 2019	Flower Oils for Mind & Body	PowerPoint
August 2019	Not Available - No Session	
July 2019	Refreshing Rutaceae	PowerPoint
June 2019	Myths and Facts of Essential oils	PowerPoint
May 2019	Hyperactivity and ADHD	PowerPoint
April 2019	Spring Plants and Essential oils	PowerPoint
March 2019	Essential oils for SAD (Seasonal Affective Disorder)	PowerPoint
February 2019	Perpetual Pines	PowerPoint
January 2019	Not Available - No Session	
December 2018	Not Available - In house get-together and food share	
November 2018	Not Available - Bath Fizzers (practical session)	
October 2018	Stepping into Autumn	PowerPoint

September 2018	Treating the Person, not the Condition	PowerPoint
August 2018	Stress and Aromatic Solutions	PowerPoint
July 2018	Staying Safe in the Sun	PowerPoint
June 2018	Sneezes and Wheezes, Aromatherapy and Allergies	PowerPoint
May 2018	Essential Oils and the Microbe	PowerPoint
April 2018	Aromas for the Mind	PowerPoint
March 2018	Morning Aromatic Tea Party	Word doc
February 2018	Essential Oils and the Heart Chakra	PowerPoint
January 2018	Refresh and Revive	PowerPoint
December 2017	Happy, Healthy and Hygge	Word doc
November 2017	Aches and Pains	PowerPoint
October 2017	Fabulous Frankincense	PowerPoint
September 2017	Using Essential Oils Safely	PowerPoint
August 2017	French Lavender and its many Uses	Word doc
July 2017	Not Available - Field Trip	
June 2017	Pets and Aromatherapy	Word doc
May 2017	Hedgerow Plants for Health	Word doc
April 2017	Cleanse and Refresh (the body)	Word doc
March 2017	Coping with the Menopause (Aromatically)	Word doc
February 2017	Not Available - No Session	
January 2017	Aromatherapy and Hygge	Word doc
December 2016	Keep Calm, you can survive Christmas	Word doc
November 2016	Geranium and her Sisters	Word doc
October 2016	Not Available - Interpreting Aromas (interactive session)	
September 2016	Not Available - Botanica 2016 (general discussion)	
August 2016	Aromatherapy for Eczema	Word doc
July 2016	Cooking with Aromatics	Word doc
June 2016	The Lauraceae Family	Word doc
May 2016	Essential Oils from the Herb Garden	Word doc
April 2016	Aromatherapy in the Bathroom	Word doc
March 2016	Carrier Oils for Skin and Health	Word doc
February 2016	In the Mood for Love	Word doc
January 2016	Cleanse and De-Clutter (the mind)	Word doc
December 2015	Not Available - Practical workshop	
November 2015	Essential Oils for Autumn	Word doc
October 2015	Essential Oils for Mindfulness and Meditation	Word doc
September 2015	Making and Selling Aromatherapy Products	Word doc
August 2015	Not Available - Summer Health	
July 2015	Loving Lavenders	Word doc
June 2015	Foot Care	Word doc
May 2015	Not Available - Practical session	
April 2015	Looking after your Skin	Word doc
March 2015	Positive Thinking and Products to Help	Word doc
February 2015	Not Available - No Session	
January 2015	Not Available - No Session	
December 2014	Spice Oils for Christmas - for you and your home	Word doc
November 2014	Treating Respiratory Conditions Practically	Word doc

Please note - all articles will be sent as PDF documents.