

“What’s your *green prescription*,
& how nature can positively
impact your daily *wellness*
regime.”

Anna Teal, CEO, Aromatherapy Associates Ltd



AROMATHERAPY
ASSOCIATES
LONDON

Wellness isn't a
luxury. It's your right.

Our Story



For 35 years, Aromatherapy Associates has talked the language of wellness like no-one else; skilfully hand blending essential oils to create a range of body and skincare with incredible therapeutic effects on the mind, body and soul.



Proof that *nature heals*

- Mental illnesses and mood disorders are more common in urban areas.
- According to a 2018 report from the University of East Anglia exposure to greenspace reduces the risk of type II diabetes, cardiovascular disease, premature death, preterm birth, stress, and high blood pressure, increases sleep duration
- Studies have shown that the Phytoncides, the natural substances emitted by trees to protect them from microbes. And when we breathe them in, they showed it supports our immune system.
- WHO says increasing urban green spaces delivers positive health, social and environmental outcomes.

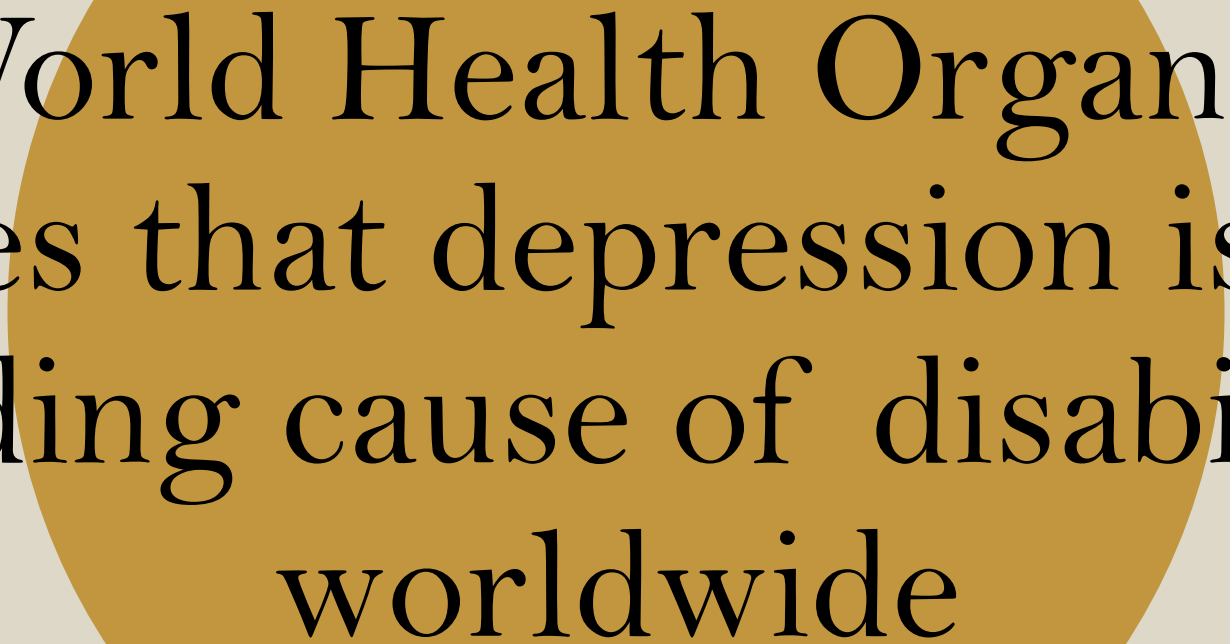


Forest Bathing

- Also known as Shirin Yoku
- A term coined in 1982 by Akiyama Tomohide, director of the Japan Forestry Agency.
- In 1990 Professor Yoshifumi Miyazaki led the first experiments to study the effects.
- Studies showed forest walkers mood improved, feelings of tension, anger or fatigue reduced. They were less stressed: lower blood pressure, lower cortisol.



We're supporting
 *mind*
for better mental health



The World Health Organization
states that depression is the
leading cause of disability
worldwide

Ecotherapy benefits *mental wellbeing*

90% of participants surveyed had increased self-esteem after a green walk whilst 71% reported lower levels of depression following the green walk.



In 2016/17 a staggering
65 million anti-depressant
prescriptions were issued*

FOREST
THERAPY
Blend



A close-up photograph of a hand holding a pine cone. The hand is positioned in the lower-left quadrant, with fingers gently gripping the base of the cone. The pine cone is dark brown and textured, with many long, thin pine needles radiating from it. The background is a soft-focus view of more pine needles, creating a sense of depth and texture. The overall lighting is natural and slightly dim, giving the image a serene and organic feel.

Blend Ingredients

Chinese Eucalyptus

- Decongestant & anti-microbial properties
- Replicates a breath of fresh air

Peruvian Pink Pepper

- Helps with respiratory health
- Fresh, but dry, warm and spicy character

Sicilian Lemon

- Fresh, fizzy character with tonic effects
- Clarifying thoughts and uplifting the spirit.

French Mimosa

- Not often used in aromatherapy
- Gives a strong sense of wellbeing and is used in skincare to help balance.



Bath & Shower Oil



Wellness Mist

The Forest Therapy Treatment

- Bringing the elements of nature to you
 - Water - Inhalation
 - Air - Guided breathing inhalation
 - Fire - Hot stone placement
 - Earth - Warm mud to hands and feet
- Slow, long and elongating signature massage move to connect each body section
- Experiential facial - featuring exfoliation, mud mask & pressure point face
- Body massage focusses on back, legs, abdomen & scalp

Bringing the outdoors, indoors
with Jasmine Nunn, certified
Forest Therapy Guide