



"Life teaches you a new lesson every day, if you are attentive enough in the class of life"

Invajy

Master Class with Rhiannon Lewis (EORC)

I attended the "Aromatic Approaches to Living Well with Terminal Disease" Masterclass run by Rhiannon Lewis at the Western General Hospital Edinburgh on the 23rd and 24th May 2023.

The Masterclass followed on from the Botanica conference which I was unable to attend but I was delighted to share the Lecture theatre with Clinical aromatherapy Delegates from around the world and the UK for these two days.

Rhiannon looked at approaches for managing pain, restlessness, anxiety etc. associated with life limiting illnesses associated with not only cancer but Motor Neurons disease and other Neurological conditions, heart failure, kidney failure and lung conditions.

She spoke about the magic of using very low dilutions of oils in calming the parasympathetic system and introduced me to several oils of which I had no previous knowledge.

She also demonstrated different vehicles of administration of oils. I felt totally uplifted and inspired following the masterclass and felt that absolute joy of being with like minded individuals from as

far as Brazil and South Africa.

Following on from the master class I have implemented the use of Aroma patches and Aroma sticks at the hospice and we are using oils such as Bergamot Mint, Copaiba and my personal favourite, Fragonia. We are using more of the coniferous oils as these are shown to be extremely calming to the nervous system.

I have also incorporated some of the knowledge into the "Therapeutic Touch" training I deliver to staff to allow them to carry out hand and arm massages with patients.

I am so grateful I was allowed to attend the Masterclass and am reaping the benefits both professionally and personally still.

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