

Tisserand Robert

Promoter:

ČESKÁ
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SPOLEČNOST



Prague
Czech Republic

Clinical Safety:
THE WAY FORWARD
26.-27.4.2014

**Safety is paramount
for any practitioner,
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in aromatherapy
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controversial...**

WELLNESS HOTEL STEP
Malletova 1141, Prague, Czech Republic
Price until January 2014 - 100 €
Price later - 112 €

The number of places is limited by the capacity of the lecture theatre.

Safety is paramount for any practitioner, though safety issues in aromatherapy are sometimes controversial. In this seminar, Robert Tisserand cuts through the confusion by presenting fact-based information and common sense guidelines for safe practice. Research published in the past 10 years has given rise to many new insights into the biological action of essential oils, and some of the information presented will be new to aromatherapists.

Robert Tisserand is an aromatherapy author, educator, consultant and thought leader. In 2010-2012 he inspired live audiences in the UK, USA, Canada, Australia, Taiwan, China, Hong Kong, Korea and Japan. He has 40 years of industry experience developing aromatherapy products, including many that have won awards (www.tisserand.com). Robert has written three books, tracks all the published research on essential oils, and collaborates with doctors, herbalists, pharmacologists and cosmetologists.

TOPICS OF THE SEMINAR

Essential Oil Safety - what's new

- Adulteration
- Cautions and contraindications
- Drug interactions
- Maximum daily oral dose
- Maximum dermal use level

Guiding principles

- Aromatherapy: cosmetic, medicine, or something else?
- Do no harm: assumptions & extrapolations
- Testing, regulation and legislation challenges
- Practitioner feedback

Key issues

- Essential oil composition
- Dose metrics
- Host factors
- Risk/benefit and the therapeutic window

Adverse effects

- Possible effects relating to each major body system
- The evidence base
- Extrapolating constituent data
- Functional group theory: does it make sense?

Carcinogens and anticarcinogens

- Mutagenicity
- Repair mechanisms
- Safe levels
- Basil, nutmeg, rose, tea tree and others

Safety in pregnancy

- Endocrine disruption
- Fetotoxicity
- Miscarriage
- Childbirth
- Anise, clary sage, fennel, lavender, lemongrass and others

Drug interactions

- Anticoagulants
- Chemotherapy
- Diabetes
- Antidepressants
- Blue chamomile, blue tansy, lemongrass, sassafras and others

Risk management and safety guidelines

- To prevent skin reactions
- For children
- For patients
- For practitioners

Learning objectives

- Understand the need for safety guidelines, and the challenges of setting them
- Know how to calculate essential oil dose and dilution
- Understand constituent action in relation to whole essential oils
- Cite examples of host factors that affect an individual's susceptibility
- Understand the relationship between mutagens and carcinogens
- Know how to minimize the risk of adverse reactions
- Cite examples of potential essential oil/drug interactions
- Know what to do in the event of an adverse reaction

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