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

Anna Teal, CEO, Aromatherapy Associates Ltd
Wellness isn’t a luxury. It’s your right.
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.
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.

Proof that nature heals
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.
Ecottherapy 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*

*Feel Better Outside, Feel Better Inside, October 2013
FOREST THERAPY Blend
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.
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