



INFORMATION FOR PARENTS/CARERS ON AROMATHERAPY MASSAGE

We recognise that stress is a normal part of everyday life. There are many situations that can lead to stress for children, such as moving to a new school or class, making new friends, sitting exams, problems at home, difficulties with siblings, friends and other family members. Too much stress can overtax the body resulting in a wide range of distressing symptoms such as tension, fatigue, depression, mood swings, sleep and digestive problems, minor infections, and many others.

We are introducing Aromatherapy Massage sessions to try and help to reduce some of these symptoms for our pupils. However, you don't have to be stressed or have a problem to enjoy the benefits of Aromatherapy and our aim is to develop complementary therapy and make it available for as many pupils as possible.

We have employed the services of an Aromatherapist with a nationally recognised qualification (IIHHT Diploma in Aromatherapy) and vetting procedures, including enhanced Criminal Record Bureau clearance, via the Local Authority have been undertaken. The Aromatherapy Massage will be carried out on the head, face, hands, back, neck and shoulders depending on the duration of the session. A member of Hunters Hill staff will always be present during the sessions. Pupils have the choice whether or not they wish to participate.

Consultation

Before any pupil participates a comprehensive Consultation will be completed by Hunters Hill staff and given to the Aromatherapist. This will provide the Aromatherapist with details of any relevant information about the pupil, e.g. medical history, prescribed medication and lifestyle. Where a pupil is on prescribed medication the Aromatherapist is qualified to assess whether a referral to the pupil's GP or Consultant is necessary prior to the start of any Therapy.

The following information has been provided by the Qualified Aromatherapist that may be helpful to you:-

- Aromatherapy Massage uses Essential Oils and is carried out using light pressure with a particular focus on balancing the nervous system.
- Individual Oils have specific effects, which complement the Massage.
- Essential oils are highly concentrated aromatic plant extracts and it has been suggested that they can stimulate the natural release of chemicals released by the brain that play a vital role in maintaining health and wellbeing.
- Massage helps soothe, relax and revitalise the body.
- It soothes nerves inducing deep relaxation and improved sleep.
- It can be reviving and refreshing.
- It can ease muscular tension and general aches and pains.
- It can generate a brighter clearer mind.

The Aromatherapist has advised that the Essential Oil used will be "Lavender" which is regarded as "safe" oil with no known adverse reactions. However, as a precaution the Aromatherapist issues the following 24 hours After Care Guide to every pupil after treatment:-

Avoid skin washing
Avoid using bath oils
Avoid consumption of alcohol
Drink water
Drink herbal teas
Eat a light diet
Relax

Should you have any queries regarding the above please do not hesitate to contact the School.