

Why choose an IFA registrant?

Whether you are a member of the public or an employer looking for an aromatherapist or a product brand consultant you can choose with confidence by searching the IFA register of practitioners.

Highest Standards in Training

Be assured that those displayed on our register have been professionally trained and critically assessed to the UK government standard, hold insurance, are first-aid qualified, undertake continual professional development to ensure their skills remain current and are governed by stringent codes of professional practice, ethics and conduct.

Registrants who specialise in a particular area such as cancer care, midwifery or those who are experienced with working with those with a disability or impairment will have undertaken additional training and their specialisms are highlighted on the register.

Regulated

We are dedicated to protecting the public and regulating independently, fairly, consistently and proportionately. The IFA sets, requires and promotes good standards of personal behaviour, technical competence and business practice. We provide a clear framework that registrants must follow when providing care, treatment and services to patients and also a clear framework that describes how members of the public can hold a registrant to account if the standards and guidance are not followed.

The IFA stringent Codes of Conduct, Ethics and Practice describe the quality of care that you can expect from an IFA registrant to ensure patient safety and service quality. All registrants are personally accountable for their actions and engage in evidence-based practice.

ABOUT US

The International Federation of Aromatherapists (IFA) awards qualifications as an Awarding Body and is also the Professional Body for aromatherapists worldwide, established in 1985. We are a charity set up in the public interest, whose purpose is the preservation of health and wellbeing by advancing the knowledge, practice of and expertise in aromatherapy by education, teaching and training. The IFA has successfully pioneered aromatherapy in the UK medical profession and is the voluntary regulator for aromatherapy operating worldwide.

To find a practitioner near you please contact us:

Email: office@ifaroma.org

Website: www.ifaroma.org

Telephone: 0208 567 2243

If you are interested in receiving our newsletters, go to www.ifaroma.org and click on 'News', then 'Subscribe' and complete the form.

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You may also benefit from visiting the following pages on our website:

- Standards and Regulation
- Evidence Based Practice & Training
- Governance and Peer Review
- Quantifying Aromatherapy
- Research and Aromatherapy
- Choose with Confidence

www.ifaroma.org

The IFA is a Registered Charity No. 1165766

The International Federation of Aromatherapists

We provide a register of globally qualified and regulated aromatherapists who engage in evidence-based practice for the safety of the public.



Choose with Confidence

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ABOUT AROMATHERAPY?

Aromatherapy is the ancient art and science of blending naturally extracted essential oils to balance, harmonise and promote the health of body, mind and spirit. Originating from herbal medicine, aromatherapy initially involved only the medicinal use of aromatic substances. However, as the practice of aromatherapy has progressed, it has adopted a more holistic approach encompassing the whole of a person's health, both mental and physical, using a variety of methods of application. Ancient history has provided anecdotal evidence of the therapeutic use of essential oils but, in the last few decades, increasing scientific research has evidenced and substantiated their health benefits. The objective evidence base which supports aromatherapy comprises clinical trials, case histories, clinical audits and also patient reported outcome data.

THE BENEFITS OF AROMATHERAPY

Aromatherapy is one of the most popular and beneficial forms of Complementary and Alternative Medicine (CAM). The very definition of CAM is to promote health, relieve sickness and alleviate a variety of medical conditions, which is exactly what aromatherapy can do for you. There is also the potential for the prevention of conditions developing, or worsening, rather than waiting for symptoms to present. The deep relaxation that aromatherapy offers regulates the breathing process, helping the nervous and hormonal systems to return the body to its ideal state known as "homeostasis".

HOW AROMATHERAPY OILS WORK

Aromatherapy oils (essential oils) can only be extracted from aromatic plants, including flowers, leaves, roots, resins, seeds and fruit, with each essential oil having its own unique healing properties and can also work alongside other complementary therapies as well as orthodox healing methods.

Aromatic Essential Oils are absorbed into the body through:

THE SKIN (THE INTEGUMENTARY SYSTEM)

Aromatic molecules are so tiny they easily pass through the skin into the bloodstream, which circulates them throughout the body. Essential Oils are applied using **Massage, Bathing and Compresses**

THE SENSE OF SMELL (THE OLFACTORY SYSTEM)

Aromatic molecules are inhaled through the nose and transmitted via the Olfactory Bulb to the Limbic System. This is the part of the brain which influences the nervous and hormonal systems, and which is connected to higher functions such as memory and emotional behaviour.

AN AROMATHERAPY TREATMENT

Your therapist will:

- **carry out a confidential consultation**, to establish your medical history and any pre-existing conditions that you may have to ensure a safe and effective treatment
- **discuss a treatment plan with you**. They may decide on an aromatherapy massage, or they might choose to apply the oils to your skin via compresses. They may feel you should inhale an essential oil or a blend of oils to help your current condition.
- **carry out a full or partial body massage** (if appropriate) with selected essential oils diluted in a vegetable carrier oil. A classic aromatherapy massage routine begins with the back, arms, shoulders and neck, followed by the backs of the legs and the feet. Having helped you to turn, the therapist massages your head and face, your neck and upper shoulders, your abdomen, the fronts of your legs and feet. Sometimes more than one aromatherapy blend is used during the course of your treatment.

For more information please our website and click on 'Explore Aromatherapy'.