



WHAT IS AROMA POINT THERAPY?

Let's break it down and first understand what aroma point therapy is.

Aroma Point Therapies, or APT, refers to a collection of works that combines the healing potency of essential oils with specific acupoints or body zones in order to catalyze profound shifts in the body, mind and spirit. It is a gentle, completely safe and yet exceptionally effective healing modality that engages the energetic potential hidden within essential oils; the vehicles of the plant spirits and particular plant Medicine.

The practice itself involves placing key, properly diluted oils on specific acupoints, chakras or reflex zones on the body in order to activate energetic and physiological changes. These shifts are part of a cascade of events that unfold both in linear and non-linear realities, and they foster the establishment and "remembering" of dynamic equilibrium and authentic naturalness on all levels of being.

In pairing key essential oils with specific points and energy centers we're able to access the profound power generated in ***mutual resonance***. The Medicine of resonance is crucial in these times of extraordinary complexity in our dysfunctions and disease states. It is also essential in building and co-creating empowerment pathways within health care and in complimentary care.

The simple elegance of this transformative technique, which is paired with an understanding and ability to assess energetic states, is an absolutely brilliant companion to any healing arts practice. Whether you are an Acupuncturist, Body Worker, Energy Worker, Nurse, Physical Therapist, Therapist, Occupational Therapist, or an "everyday healer" in your home and community... you and your clients and loved ones will benefit magnificently!

HOW AROMA POINT THERAPIES WORKS

Article written by Peter Holmes and Tiffany Carole Pollard

* You will see the term "Aroma Acupoint Therapy" throughout this article. AAT is a technique with specific protocols and diagnostic system that was originally co-created by Tiffany Carole Pollard and Peter Holmes, beginning in 2011. As of January 2017 Mr. Holmes and Tiffany Carole no longer teach this system together. Their individual works continue and although influenced by one other. Tiffany and I have worked together for the past 3 years and developed the work as Aroma Point Therapy with the Aroma Point Therapy Fundamentals for Bodyworkers program.

How does Aroma Acupoint Therapy work? The basic premise is that essential oils, being energetically just as active as acupuncture points, have the ability to stimulate the points in a similar way as needles. However, the difference between them lies in the fact that unlike acupuncture needles, essential oils are also able to provide a content of information to the point that will suggest a particular type of therapeutic action. The basic aim is always to select an oil that possesses the same function as an acupoint; an oil that will activate a particular point function. Conversely, because each acupoint has more than one action, there are several oils that could potentially be used with it, as the situation would demand it. An important acupoint such as CV-17 at the center of the chest can be oiled with a nervous sedative oil such as Helichrysum (*Helichrysum angustifolium*), as this point has a good calming effect on the whole system. It is often used in states of acute anxiety and agitation, especially when there is an emotional component present. Equally however, CV-17 can be oiled with respiratory restoratives and stimulants such as Siberian fir (*Abies sibirica*) and Black spruce (*Picea mariana*) to enhance the point's excellent tonifying and strengthening effect on the lungs and bronchi. This type of combination is highly beneficial, for instance, in individuals with constitutional lung weakness, in chronic respiratory infections or for states of grief; these are all conditions where lung energy is weakened and will benefit from this powerful oil-point synergy. In all these cases, the essential oil is able to effectively and safely engage and amplify a particular acupoint function.

The mechanism of action at work here is unproven, as Aroma Acupoint Therapy is a very new treatment modality. Still, there are several theories that would help explain the mind/body's often immediate response to oil-

point treatment as well as this therapy's longterm effectiveness. One is that the oils are able to activate peptides connected with the points that through the meridian energy pathways transmit the suggested action to specific target tissues, organs, and so on. The simplest explanation, however, is the universal principle of reciprocal resonance. Oils and points possessing a similar quality and function will energetically resonate with each other and create a particular sonic vibration. This would be the same as the sound created when a peptide docks into a receptor site. This is essentially how a therapeutic effect is achieved.

THE FRAGRANCE ENERGETICS OF ESSENTIAL OILS

The basic framework for the use of essential oils in Aroma Acupoint Therapy is a clinical, empirical model of the energetic properties of essential oils based on their aromatic or fragrance qualities. The oils are broadly divided into high, middle and base tones, corresponding to their rising, circulating and sinking energetic movements, respectively. Within these lie the specific categories of their aroma qualities, such as Pungent-Fresh, Pungent-Spicy, Green-Sweet, Green-Lemony, and so on. So Rosemary oil (*Rosmarinus officinalis*), for instance, is a Fresh-Pungent oil with secondary Sweet and Green qualities. Every aroma category has specific energetic and functional properties that all oils belonging to it have in common. So Fresh-Pungent oils are generally stimulating, energizing, uplifting, awakening and warming. They are used in weak, cold and damp conditions with their typical symptoms of fatigue, cold extremities, etc.. Within an oil's group function then lies its own separate functions, which span specific physiological actions, psychological functions through to spiritual functions. Any of these may be engaged during treatment.

Basic rules for oils

Top notes bring energy UP and disperse OUT

Middle notes balance energy like a rocking motion or rolling waves

Base notes bring energy inward and down

When choosing an oil decide how the energy needs to move to initiate a change. For example Vetiver is very grounding so someone who has racing thoughts or is scattered may need Vetiver to "come back to earth". Someone who has experienced a lot of grief may need the comfort of a balancing oil such as Cardamom on CV17 or Rose on H7.

HOW APT CAN ENHANCE A REIKI SESSION

Aroma Point Reiki™

We are all energetic beings and the Universal life force energy of Reiki goes wherever it is needed in a Reiki session.

Given that information, applying the essential oils to the APT points raises the energetic frequency and “calls” to the Reiki energy like a beacon to healing. The energetics of the oils are already in place and have initiated a healing response. Therefore, opening the door to allow the Reiki energy to flow alongside the energy of the oils through the meridians to the cells and receptor sites. I like to think of it as the oil on the point to be the key turning to unlock the door and the Reiki as the gentle breeze that pushes the door wide open to usher in healing.

Aroma Point Reiki can:

- Assist in a deeper sense of relaxation
- Resolve emotional discord
- Support the release of transgenerational trauma
- Offer more specific pain management
- Lead to better self care after a session using the oils at home