



1994 - 2019

**Anniversary Celebration Booklet
Annual Conference 2019**

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Celebrating 25 years as a Professional Association

In 1994, Joyce and Lawrence West (pictured in the centre of the image above) formed the Aromatherapy & Allied Practitioners' Association (AAPA) to initially support graduates of Essential Care Training in Croydon. Some of our existing members will remember this fondly! From little acorns great oak trees grow and the AAPA was no exception. It became a major player in the development of Aromatherapy, Massage & Reflexology UK national standards as we worked towards regulation of complementary therapies.

In 1997, Carole Preen (pictured far left) met Joyce and Lawrence at an Aromatherapy Organisations Council (AOC) meeting and found kindred spirits. Joyce later became the Chair of the AOC and Carole its manager and in 2002, Carole also became the vice chair of the AAPA.

In 2015, Joyce and Lawrence announced their retirement and asked Carole to take over the association - something that had always been planned. Carole joined forces with Julie Quinn (pictured above far right) supported by their close friend and colleague Julia Oyeleye, to rebrand the association as Complementary Health Professionals as this name better reflects the diverse therapies offered by its members, rather than the focus on just aromatherapy. So this is our story!

This booklet has been created as a celebration of 25 years of incredible work and includes details, top tips and recipes from our current accredited course providers. We hope that you enjoy it.



academyCP

Academy CP is run by Catherine Connolly and is based in the beautiful Rossendale Valley in Lancashire. They offer the full Aromatherapy and Body Massage Diploma as well as the following CPD courses:

- Bamboo Massage
- Colon Massage
- Facelift Massage Therapy
- Hands Free Massage
- On-site Massage

Website:

www.academycp.co.uk



1. Never stop learning. I am a lifelong learner and teach to learn
2. Be open to collaboration... all our courses allow for this
3. Be unique and ensure every client has a unique treatment

Recipe

Recipe for Life

Ingredients: eat, exercise, meditate, learn

Method: Mix them up and do them regularly for physical and mental health.



Bristol School of **Holistic Therapies**

The Bristol School of Holistic Therapies offers the CHP accredited diploma in Aromatherapy and is run by Maureen and Simon Hendy. It was established over 10 years ago. All courses are delivered at weekends to allow students to minimise disruption to any work commitments.

They also offer accredited courses in Reflexology and Indian Head Massage as well as "*taster*" one day courses in Aromatherapy and Massage.

Website:

www.bristolschoolofholistictherapies.co.uk



1. Always dilute essential oils before adding them to the skin
2. Remember that every moment is a fresh beginning
3. Everything you have ever wanted is on the other side of fear

Recipe

Easy Banana Cake

Ingredients: 125g butter, 150g caster sugar, 1 tsp vanilla extract, 1 beaten egg, 2 very ripe bananas mashed up with a fork, 190g self raising flour, 60ml of milk

Method: Line a loaf tin and grease the sides. Melt the butter, sugar and vanilla in a saucepan over a medium heat. Remove from the heat and add bananas. Stir it up and then add the beaten egg and stir in the flour and milk. Pour into the loaf tin and bake for around 50 mins on 150C (fan oven) or 170C otherwise.



Dreamstone Holistics

Therapies & Training

Dreamstone Holistics is run by Helen Jane Meyrick and is based in Griffithstown serving Torfaen and SE Wales. Courses offered include:

- 2 year Crystal Therapy Diploma
- 1 year Reiki for Therapists Diploma
- SkillfulMIND Meditation classes
- A range of one/two day workshops for personal interest & CPD
- Online courses for personal interest/CPD



Website: www.dreamstoneholistics.co.uk

1. Get professional help when signing business premises contracts
2. Protect your crystal wands using the cut off fingers of old gloves
3. Photograph all new crystals to remember their names later

Recipe

Piquant Pork Chops

I love Piquant Pork Chops and this recipe serves 4. Fry pork chops and set aside. Chop 1 large onion and 114g mushrooms. Fry for 5 mins. Add 1 level tbsp brown sugar, 1 level tbsp dry mustard, 1 tbsp Worcester sauce, 225g can chopped tomatoes, 2 tbsp vinegar and season with salt (1/2 tsp). Bring to the boil stirring constantly. Pour mixture into a shallow ovenproof dish, place chops on top and cover with buttered greaseproof paper. Cook for 60-90 mins on 190° or until meat is tender. Serve with vegetables or rice.



EMMETT Technique

The Chameleon Approach to Body Therapy

ETUK & Ireland is dedicated to delivering professional EMMETT Therapies training for human and animal therapists. It is based on the belief that light touch can trigger a relaxation response in the soft tissues of the body, and that the therapist thereby may help relieve tension which results in feelings of improved comfort.

The EMMETT technique practitioner course for humans, dogs and horses and the introductory EMM-Tech short course for beginners are held all over the country all year around. To find your nearest course, visit the CHP events page of the EMMETT-UK and Irelands website.

Website:

www.emmett-uk.co.uk



1. The Psoas is at your core. Assess and correct it with EMMETT
2. Balance is crucial for all. EMMETT balance moves are perfect
3. Improve your neck rotation with EMMETT release techniques

Recipe

Liver Friendly Carrot Cake

1 cup plain flour, 3/4 tsp baking soda, 1/2 tsp cinnamon, 1/2 tsp nutmeg, 1/2 tsp salt, 3/4 cup raw sugar, 2 eggs, 3 tbsp cold-pressed oil, 1 cup grated carrot, 200g crushed pineapple (drain well and discard juice), 1/4 cup pecans or walnuts, 1/4 cup chopped crystallised ginger (optional).

Pre heat oven to 175C. Thoroughly mix together all the ingredients except the carrots, pineapple and walnuts and ginger. Fold in carrots, pineapple, walnuts and ginger. Grease cake tin and bake in oven for 35 – 40 minutes.



The Gladwell School of Massage is run by Daniel Gladwell in Bushey near Watford. CHP accredits their onsite chair massage course, which is a two day post-graduate training for existing massage therapists. Daniel has been a massage therapist for over 20 years and specialises in therapeutic massage. His daughter Lila also helps out at the school.

In 2019, one of Gladwell's graduates, Mario De Sousa, won the International Massage Championships in Copenhagen, not only in chair massage, but in all categories.

Website:

www.gladwellschoolofmassage.com



1. Stay healthy by eating healthy and doing exercises such as Yoga or Qigong
2. Practice mindfulness, especially when giving massages
3. Keep learning so your practice never becomes routine

Recipe

Vegetable Dahl with Brown Rice and Chapatis

Ingredients: 1/2 cup basmati rice, 1 cup mung dal, 6 cups water, 1 inch fresh ginger grated, pinch salt, 2 tsp ghee, 1/2 tsp coriander, 1/2 tsp whole cumin seeds, 1/2 tsp mustard seeds, add chilli powder/flakes if liked, 1/2 tsp turmeric, pinch asafoetida, 1 1/2 cups assorted veg, fresh coriander.

Method: Wash rice and dal thoroughly. Add 6 cups of water to rice and dal and cook covered for 20 mins. Add chopped veg and cook for another 10 mins. In a separate saucepan, sauté seeds in the ghee until they pop, add all other ingredients. Add to rice and dal mix and serve with coriander. Nice with Yoghurt and Pittas.



Health and Wellness Training is run by Julia Oyeleye and Janet Lee. Training in full diploma courses in Aromatherapy, Reflexology, Massage and NSRT is available to small groups at their clinic in Blackfriars Road, London SE1. Julia has over twenty years' experience as a therapist, teacher and examiner. Her passion is supporting adults to develop a new career as a therapist regardless of their educational background. Jan has been a practitioner for over ten years, as a teacher she has specialised in business practice, introductory courses for community groups and supervising diploma students. They also facilitate specialist guest lecturers through MyTherapy CPD in London.

Website:

www.healthwellnesstraining.co.uk



1. Never stop learning and attend CPD workshops every year
2. Put energy in developing business skills as well as therapy skills
3. Develop a network of colleagues you can refer clients with

Recipe

Fennel, Orange and Ginger Salad

Ingredients: 1 large orange, 1 pomegranate, 1 fennel bulb, 1 inch ginger, some mint leaves, extra virgin olive oil.

Method: Cut the orange in half and extract juice. Peel and segment the other half removing skin, pith and making into small thumb sized pieces. Remove leaves from fennel bulb and save. Finely slice and place in a bowl with the orange. Add orange juice and olive oil to prevent fennel from browning. Peel and cut ginger into 1cm match sticks and add with pomegranate seeds. Chop mint, mix in and leave to marinade.



Hunaquest is run by Zanna Parkinson who has been practicing Lomilomi massage since 2004 having originally learnt from a Hawaiian elder known to her as Aunty on The Big Island, Hawaii. Lomilomi Massage differs from many other forms of massage, being not only a deeply therapeutic bodywork massage but also given with an awareness of energy and the intention to bring harmony and balance to the mind body and spirit.

Zanna always give CHP members discounts off her courses so please watch out on the CHP Facebook page for details!



Website:

www.hunaquest.com

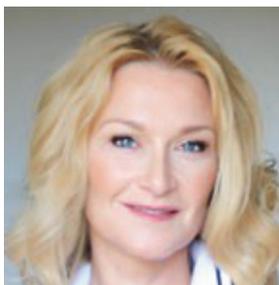
1. Spending time in nature helps ground us and increase our mana
2. Let go of that which no longer serves us (ho'oponopono)
3. Live in the present and be aware of your thoughts and actions

Recipe

Haupia (a favourite dessert at Hawaiian luaus)

Ingredients: 1 can full fat coconut milk, 3 tbsp cornflour, 3 tbsp granulated sugar, 1 small cup of water.

Method: Combine cornflour and sugar in a bowl and whisk in the water. Heat milk in a saucepan over medium heat and when it starts to simmer, add the cornflour mix until it thickens and looks slightly translucent (approx 8 mins). Pour into a 8x8 tray, allow to cool then refrigerate. When solid, cut up into 2 inch pieces (16 servings).



Integrative Health Education is run by Emma Lane who is one of the UK's leading holistic healthcare practitioners and educators. She has over 25 years experience in the field and she teaches all over the world. CHP accredits a number of her courses and also the Basic Pharmacology & Drug Nutrient Interactions course taught by Debbie Grayson (pictured above right). Emma's courses are:

- Tell's of the Dis-eased Body
- Holistic Approaches to a Fully Functional Gut
- The World of Parasites, Fungus and Bacteria
- Destination Wellbeing

Website:

www.integrativehealth.co.uk



1. Work on your cephalic response when preparing your food
2. Eat in a quiet calm environment and chew each mouthful well
3. Be present with food when eating and do not get distracted

Recipe

Chocolate Coconut Milk Ice Cream

Ingredients: 2 cans of full-fat organic coconut milk, 4 tbsp raw cacao powder, 5-15 drops of chocolate stevia, 1tsp vanilla extract, pinch of pink salt, coconut flesh, 1-2 scoops collagen protein (optional).

Method: Pour coconut milk into a deep lined baking dish and freeze until hard. Once frozen, pull off the paper lining and break into chunks. Add these chunks and all other ingredients to a blender. Process until smooth and it has reached the consistency you want. Serve immediately or keep in the freezer.



Jing Massage is run by Directors Rachel Fairweather and Meghan Mari who have over 30 years of experience working in the USA as advanced massage therapists. They bring a dynamic approach to teaching massage and advanced massage skills for CPD. Based in Brighton, Jing offer the UK's only degree level massage course, a 3 year BTEC level 6 Professional Diploma in Advanced Clinical Sports Massage. They also offer over 30 excellent CPD courses all accredited by CHP in subjects such as the treatment of chronic pain in specific body areas, myofascial release, stone massage, pregnancy massage, on-site and Thai Massage.

Website:

www.jingmassage.com



1. Always work with your hands, your head and your heart
2. A black belt is just a white belt who never quit
3. Hold onto the beauty of the art and science of massage



Sapakopita

Ingredients: 1kg spinach, salt, 2 tbsp oil, 1 red onion chopped, 4 spring onions chopped, 300g crumbled feta, 25g chopped dill, 20g chopped mint leaves, 3 sprigs chopped oregano, 2 beaten eggs, zest of a lemon, nutmeg, 250g filo pastry, oil to brush

Method: Wilt spinach in colander. Add a sprinkle of salt and chop. Gently fry red onions until soft, remove from heat and add spring onions. Tip into large bowl adding feta & herbs. Wring the spinach and stir into cheese mix, add egg, zest, some oil, and nutmeg. Heat oven to 200C/gas 6. Brush baking tin with oil and line with 1/2 the filo, brushing each sheet with oil. Spoon in filling, level the top and repeat layering process. Drizzle with oil & bake for 30-40mins



Many of you know CHP Director **Julie Quinn** as an expert in reflexology, which she most certainly is, but she also practices Massage, Aromatherapy and Neuroskeletal Re-alignment Therapy (NSRT). In her school in Carshalton in Surrey, Julie offers the full reflexology and NSRT diploma as well as the following CPD classes:

- Fertility Reflexology
- Reflexology for Children
- Spinal Reflexology
- Hand Reflexology
- Foot Reading
- Reflexology Upgrade



Website:

www.juliequinn.co.uk

1. Let the beauty of what you love be what you do
2. When you can't find the sunshine, be the sunshine
3. Kindness doesn't cost a thing, sprinkle that shit everywhere!

Recipe

Halloumi vinaigrette

Slice and coat halloumi in seasoned flour then fry in oil and put on a plate. Whisk 1 tablespoon of white wine vinegar, juice and zest of a lime, heaped tablespoon of capers, clove of garlic, heaped teaspoon of grain mustard, chopped tablespoon of coriander and 2 tablespoons of extra virgin olive oil pour over halloumi and serve with freshly ground salt and pepper



LORRAINE DAVIS
Holistic Healthcare & Education Centre

Lorraine Davis runs her school in rural Herefordshire, overlooking the Malvern Hills and has been working and teaching in the field of CAM for over 30 years. Lorraine offers full diploma courses to small intimate groups in Aromatherapy, Massage and Reiki (up to Masters level) and offers post graduate certificates in Infant Massage, Indian Head Massage, Flower Essences and Ear Candling. Lorraine also has a host of interesting CPD courses available, including Traditional Indian Ayurvedic Head Massage, Crystal Facial Treatment, Kansa Wand Restorative Facials, and regular Aromatherapy CPD seminars to enhance your essential oil knowledge.

Website:

www.lorrainedavistraining.com.



1. Look after yourself - you cannot pour from an empty vessel
2. Be yourself - authenticity is everything
3. Enjoy the moment - Life is what happens whilst waiting for good stuff to happen

Recipe

Recipe for Happiness

Ingredients: unlimited quantities of love, 1 large amount of courage, 1 small amount of expectation, a pinch of fear (improves finished dish). Add laughter to taste (improves texture)

Method: Bake for the duration of a lifetime



Song Therapy

The accredited **Song Therapy** course is run by Nigel Neill and is an online course for existing musicians and teachers who want to set up recreational singing and music groups to support people with specific health challenges. Social prescribing is becoming more common and more and more GPs and healthcare professionals are turning to community based music, art and exercise programmes to complement prescribed medications and talking therapies.

Nigel has over 25 years experience as an accomplished musician. He runs four community choirs and delivers music programmes for many well being stakeholders in the south west, including the NHS, Parkinson's UK and the brain injury charity Headway.

Website:

www.moorvalecreativecic.org.uk/songtherapy



1. The way we treat others in our lives often reflects the way we think about ourselves.
2. We can think of music as a good friend, as a medicine and as a language.
3. Creativity is where the inside meets the outside.

Recipe

Gingerbread Chickpea Blondies

15 oz can chickpeas, rinsed and drained, 1/2 cup peanut butter, 1/3 cup molasses, 2 tsp ground ginger, 1 tsp cinnamon, 1.2 tsp all-spice, 1/8 tsp ground cloves, 1/2 tsp baking powder, 1/4 tsp fine sea salt. **Method:** Preheat oven to 200C. Line an 8-inch square pan. In a food processor, blend all ingredients until completely smooth. Bake for 20-25 mins until golden brown. Cool on a rack. If liked, drizzle with melted white chocolate! For ease of slicing, refrigerate for an hour before cutting.



Natural Balance Holistics

Natural Balance Holistics is run by Dan Stephens in Thetford, Norfolk. Dan offers full diploma courses in Aromatherapy, Essential Oil Therapy, Massage, Reflexology and Reiki and also a range of CPD courses:

- Ear Candling
- Indian Head Massage
- Less Common Essential Oils
- Mental Self-Care
- CBD for Therapists

Website:

www.naturalbalanceholistics.co.uk



1. Relax and go slow; listening to your body as you go
2. Research everything! Don't just accept information
3. Only do accredited courses; don't waste money on things you can't use in the end

Recipe

Coffee & Orange Body Scrub

To make this yummy body scrub for your skin use 45g orange zest, 45g dead sea salt, 45g brown sugar, 65g coffee grounds (Starbucks give these away for free!), 21g carrier oil of your choice, 85g bicarbonate of soda and a capsule of Vitamin E . Place all of the ingredients in a glass kiln jar and you are ready to go!



Natural Therapeutics is run by CHP director Carole Preen, who has been working and teaching in complementary therapies since the early 1990s. She offers diploma in Essential Oil Theory, Neuroskeletal Re-alignment Therapy and Crystal Therapy. Her courses are a mix of blended learning with the theory online and practical workshops in her Northants venue. Carole also has a range of quality online CPD courses including:

- Stress Management Certificate
- Massage &/or Aromatherapy in the Care of the Elderly
- Oriental Health Concepts & Acupressure
- Dowsing for Health



Website:

www.naturaltherapeutics.co.uk

1. Never be afraid to say no.

Sometimes we need to put ourselves first and avoid the dreaded therapist's burnout

2. Always keep a strict professional relationship with your clients

3. Love what you do everyday and remember to give thanks!

Recipe

Garlic Guacamole

This is my Guacamole recipe and I use it with Mexican food and even put it on homemade burgers at the summer BBQs. Mash up 2 soft avocados with a fork. Add a crushed garlic segment and mix in. Add 2 tsp of olive oil and 1 tbsp of lemon juice and mix further. Now chop up some baby on the vine tomatoes into tiny chunks and stir in. Enjoy!



NLSSM

The North London School of Sports Massage

NLSSM, The **School of Sports Massage**, is the training ground for people dedicated to becoming remedial soft tissue specialists. Their courses are run at two London locations - the University of Westminster and Tottenham - and in Manchester at the Manchester Institute of Health & Performance.

Their sports massage courses lead to a level 5 BTEC Professional Diploma in Sport & Remedial Massage Therapy. This qualification will give you the skills needed to practice as a professional advanced soft tissue therapist in which you are able to design and implement appropriate treatment and rehabilitation plans.

Website:

www.nlssm.com



1. Slow down, feel what is under your hands and move with it
2. Deep tissue massage does not require pain to meet the need
3. Melt into the tissue rather than push; then you get the right depth

Recipe

Vegetable Frittata Casserole or Muffins – Serves 4-6

This recipe is perfect for the busy therapist, easy to grab a couple of slices or muffins to eat during your break time. **Ingredients:** 1 red pepper, sliced into long strips, 1 red onion, chopped, 1 courgette, sliced, 2 cloves of garlic, crushed, 1 tbsp. coconut oil, 1 large sweet potato, peeled, cubed and steamed until soft, 8 eggs.

Method: Preheat the oven to 200°C. Sauté the vegetables in the coconut oil until softened. Place them in a shallow casserole dish or in a muffin tray. Beat the eggs, season to taste and pour over the vegetables. Bake for 20 minutes (muffins) 30 minutes (dish).



Routes to Healing is a Cambridge based training centre established and run by Caroline Prudames and Sarah Yow. They also offer courses in the North London and Norfolk areas in Reflexology, Indian Head Massage, Body Massage and Inner Energy Healing. Inner Energy Healing is unique to Routes to Healing and is an amazing technique that can be used to help on a physical, emotional, spiritual, psychological and ancestral level. It also helps with gestation and birth impact issues. Developed on from CKT, this therapy combines various correction and testing methods and as such is a great adjunct to many therapies.

Website:

www.routesstohealing.com



1. Smiling is infectious so pass it on to everyone you meet today
2. Remind clients to take care when Googling symptoms
3. Remember - natural forces within are the true healers of disease

Recipe

Organic Spelt Scones

Ingredients: 2 cups of Organic Spelt Flour, 2 tsp of organic baking powder, 1/2tsp of sea salt, 75grams of organic butter and 200mls of Organic full fat milk.

Method: Crumb the flour, baking powder and salt together with the butter, use the milk to combine. Pat into shape and don't roll. Cut into small rounds and brush with beaten egg. Cook on Gas mark 8 until golden brown.



Spiral Stabilization was launched in the UK in 2014 by Jana Mitackova (based in London). It is a simple exercise method invented by Dr Richard Smisek (Czech medical doctor) and proven to be successful in Germany for over 20 years specifically treating back pain, disc herniation and scoliosis. The exercise technique uses spiral muscle chain training to naturally create spinal traction and relieve pressure on the intervertebral discs. Using the specially designed resistance cord strengthens muscle weakness, stretches muscles to reduce tightness and eliminates muscle imbalances within the body that are often the cause of clients' conditions.



Website:

www.spiralstabilization.co.uk

1. Try not to slouch - relax the neck by keeping an upright posture
2. Swing your arms whilst walking to prevent spinal degeneration
3. Stretch hip flexors daily to compensate our sedentary lifestyles

Recipe

Healthy protein pancakes

Ingredients: 1 egg, 1 banana, 1 scoop of protein powder of your choice (I love the chocolate flavour!), 1 scoop of peanut butter

Method: Mix in a food processor and then fry on a pan until cooked through. The mixture will make one big pancake or a few small ones. Serve with toppings of your choice such as Greek yoghurt with a sprinkle of cinnamon, topped with berries and chopped nuts.

SUSAN FINDLAY



Susan offers a fantastic CPD course in **Oncology Massage** for existing massage therapists who want to specialise in the field of work. It focuses on developing your understanding of common conditions and how this will influence your work as an oncology massage therapist. It will include how to modify your techniques along with learning some new ones specific to these conditions. Included in the full qualification is scar work related to this field of work as well as home care advice that will have a positive impact and support your manual therapy. You get the opportunity to practice on cancer patients as part of your training.

Website:

www.susanfindlay.co.uk



1. You know it! Get regular treatments yourself!
2. Moving is the number one prevention strategy for cancer
3. Replace a better habit i.e. add a glass of lemon water to your day

Recipe

Butternut Squash, Cashew and Spinach Soup – Serves 2 Roast a large butternut squash, cut lengthwise in half and remove the seeds (I keep the skin) and bake it face down on a baking tray lined with tinfoil for around 30 minutes in a hot oven (200 degrees). **Ingredients:** 1 tbsp coconut oil (optional), 1 large onion, roughly chopped 2 cloves garlic, chopped, 60g cashew nuts, 2 tsp bouillon, 150g roasted butternut squash, 2 tbsp of thick coconut milk (from a tin), 500ml hot water, 2 large handfuls of spinach. **Method:** Sauté the onions and garlic in coconut oil until soft. Add the cashews and bouillon to a blender, blitz into a powder. Add the onions, garlic, butternut squash, coconut cream and hot water to the blender. Whizz until smooth.



The Therapy Training Centre is run by Sue Lincoln in Scarborough, North Yorkshire. Sue offers diplomas in Massage, Aromatherapy, Reflexology and Reiki as well as a huge range of CPD. In 2015, the school won the Holistic Business Award for Best Training School. Here are some of the CPD on offer:

- Various aromatherapy/essential oil advanced classes
- Hot stones, Indian Head and Balinese Massage
- Myofascial Release & Sports/Deep Tissue Massage
- Aromatherapy/Reflexology & Cancer
- Natural Product Making & Natural Facelift Massage

Website:

www.therapytrainingcentre.co.uk



1. Plantar fasciitis - use a tennis ball rolled under the planter aspect
2. Headaches - mix 5 drops of Lavender oil to 5ml Aloe and apply
3. Menopause - make a spritzer with Orange Flower Water (and keep in the fridge)

Recipe

Make your own Body Butter

Fat Stage: 75-80°C 10gm Coconut butter, 10gm Mango butter, 10gm Sheabutter, 1gm Beeswax, 1gm Cetylalcohol, 5gm Vegetal

Water Stage: 66.5 ml Boiling bottled Stillwater

Third Stage: 3ml NFF moisturiser, 3gm E-Vitamin oil

Fourth Stage: 20-30°C 5 drops Lavender, 5 drops Jasmine, 5 drops Lime and 5 drops Petitgrain essential oils.

Method: Melt the fat stage and heat it in a Bain Marie till it is over 75°C. Pour the fat stage into the water stage while whisking together. Stir for 5 minutes and allow to cool before adding the third and fourth stages. Fill 4 x 30 gram pots and label.



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