

References and Further Reading for:
International Therapist
Autumn 2024

Industry News

Find out more...

Penny Price Aromatherapy

Website: **penny-price.com**

Natural Health Beauty Awards

Website: **naturalhealthwoman.com**

Movember

Website: **uk.movember.com**

A Growing Beauty Industry

Find out more...

Website: **britishbeautycouncil.com**

Warn, Grace, 'Value of Beauty Report: Beauty industry grew by 11% in 2023' 21 August, 2024, British Beauty Council, available

<https://britishbeautycouncil.com/value-of-beauty-report-third-edition/>

Wellness in a Digital Age

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Members' News

Find out more...

Governing Council:

Website: <https://www.fht.org.uk/about-us/governing-council>

Jason Bianchi

Website: <https://www.fht.org.uk/jason-bianchi-vice-president>

Dr Sargand Khan:

Website: <https://www.fht.org.uk/sargand-khan-vice-president>

FHT Excellence Awards 2024 Finalists

Website: <https://blog.fht.org.uk/2024/09/12/fht-excellence-awards-2024-finalists-announced/>

UK Massage Championships

Website: <https://ukmassagechampionship.co.uk>

Maria Mason:

Website: <https://www.fht.org.uk/about-us/governing-council/maria-mason-vice-president>

Therapy Expo

Website: <https://www.therapyexpo.co.uk>

Members Spotlight: Reflexology and Cerebral Palsy

Find out more...

Sharon Chapman

Website: heartwoodhealing.co.uk

Instagram: [heartwoodhealinguk](https://www.instagram.com/heartwoodhealinguk)

Remembering Maureen Bonner

Find out more...

Maureen Bonner

YouTube: <https://www.youtube.com/channel/UCDzfN9Ne79ZDmto8msQd-sA?reload=9> (START with Touch Maureen Bonner)

Hosted Courses

Muscle Energy Techniques

Course Link: <https://www.fht.org.uk/education/muscle-energy-techniques>

Parkinson's Disease - A Massage Therapist's Approach

Course Link: <https://www.fht.org.uk/education/parkinsons-disease-a-massage-therapists-approach>

Frozen Shoulder 1: Understanding the Condition and its Assessment

Course Link: <https://www.fht.org.uk/education/frozen-shoulder-1-understanding-the-condition-and-its-assessment>

Frozen Shoulder 2: How to Treat Frozen Shoulder

Course Link: <https://www.fht.org.uk/education/frozen-shoulder-2-how-to-treat-frozen-shoulder>

Introduction to Practical Myofascial Release

Course Link: <https://www.fht.org.uk/education/introduction-to-practical-myofascial-release>

Pregnancy Massage

Course Link: <https://www.fht.org.uk/education/pregnancy-massage>

More FHT Hosted Courses

Website: [fht.org.uk/course-listings](https://www.fht.org.uk/course-listings)

Plant Profile: Peppermint

Find out more...

Sue Adlam

Website: <https://www.essenceakeso.co.uk/about-me/>

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Tisserand, R., Young, R. and Williamson, E.M. *Essential oil Safety: A Guide for Health Care Professionals*. 2nd ed (Edinburgh, Churchill Livingstone/Elsevier Cop, 2014)

An Apple A Day

Find out more...

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Autumn's Vibrant Palette

Find out more...

Joanne Lee

Website: thefullspectrumcentrelimited.co.uk

Combatting Rounded Shoulders

Find out more...

Jess Bates & Cotswold Academy

Website: cotswoldacademy.co.uk

Finalists

Blog: <https://blog.fht.org.uk/2024/09/12/fht-excellence-awards-2024-finalists-announced/>

The Ancient Wisdom of Life and Health

Find out more...

Jane Eaton

Website: janeaton.co.uk

Ayurvedic Professional Association, available: <https://www.apa.uk.com>

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<https://www.forbes.com/health/wellness/a-beginners-guide-to-ayurveda/>

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Urban Veda. "Skincare Collections.", available: <https://urbanveda.com/en-gb/collections/skincare.>

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<https://www.forestessentials.co.uk>

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<https://www.keralaayurveda.biz/blog/guide-to-ayurvedic-treatments>

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Healthline. "Amla Oil: Benefits & Potential Side Effects." , available:

<https://www.healthline.com>

Cosy & Candlelit: An Introduction to Hygge

Wiking, Meik. *The Little Book of Hygge: The Danish Way to Live Well*. London: Penguin UK, 2016.

The Hidden Impact

Find out more...

Website: **info@sbs-hair.com**

Email: **sbs-hair.com**

Phone: **03303 206000**

Preparing for SAD

Institute of Health Metrics and Evaluation. "Global Health Data Exchange (GHDx)." Accessed May 14, 2022. <https://vizhub.healthdata.org/gbd-results/>.

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New Scientist. "Two Hours a Week Spent Outdoors in Nature Linked with Better Health." . <https://www.newscientist.com/article/2206249-two-hours-a-week-spent-outdoors-in-nature-linked-with-better-health/>.

Fasting for Longevity and Cellular Repair

Find out more...

Donald Gordon

Instagram: **functionalnutritiondon**

Website **dongordon.co.uk**

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Transforming Cancer Care

Find out more...

Phone: **07585 809607**

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Facebook: **Jewelstherapies**

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Know Your Normal

Find out more...

Breast Cancer:

Website: breastcancernow.org/checking

Phone: **0808 800 6000**

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<https://breastcancernow.org/about-us/why-we-do-it/breast-cancer-facts-and-statistics/>.

Unmasking Neurodiversity

Find out more...

Elaine Wilkins

Email: team@chrysaliseffecthealth.com

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A Native Harvest

Find out more...

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On Our Shelf

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Quiet Blue

Website: <https://www.quiet-blue.com>

Circle Holding

Find out more...

Davis, Julia, and Tessa Venuti Sanderson. *Circle Holding: A Practical Guide to Facilitating Talking Circles*. London: Singing Dragon, 2024. .

<https://us.singingdragon.com/products/circle-holding>

Education Matters

Find out more...

Website: <https://www.fht.org.uk/students/fht-student-membership>

Website: [fht.org.uk/students/student-therapist-education-programme-step](https://www.fht.org.uk/students/student-therapist-education-programme-step)

Email: info@fht.org.uk

Email: education@fht.org

CPD Questions

Find out more...

Website: fht.org.uk/training/cpd

A History of... Bowen Technique

Barnett, Helen. *The Which? Guide to Complementary Therapies*. London: Which? Books, 2002.

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Research

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