

ANNELLS AZUSA

Member of IFPA (ITHMA.,Dip UK)

<http://annellsazusa.com/>



PROFILE

Jasmin Aromatique Institute Executive Principal
Jasmin Skincare Global Formulator
BA (Hons), IFPA (ITHMA Dip.) Aromatherapist

Assistant Professor, Senior Researcher of Applied
Psychology Centre, Shizuoka Sangyo University, Japan

PROFESSIONAL Qualifications

The Institute of Traditional Herbal Medicine and Aromatherapy (ITHMA) Diploma

Raworth Centre Clinical and Holistic Aromatherapy Diploma

ITHMA Aromatic Indian Head Massage Certificate

ITHMA The Field Study of Aromatic plants Advance Certificate

ITHMA Aromatherapy in Pregnancy and Labour post graduate Certificate

Massage in Pregnancy, Labour and Post Partum

Essential oils and Products Blending Course

HISTORY

Azusa graduated from Tokai University in 1996 with a degree in Sports Psychology and is a licensed physical education instructor. In 1998 she went on to study at the Institute of Traditional Herbal Medicine and Aromatherapy in the U.K. Upon completing the diploma, she developed her unique expertise and technique in pregnancy care with advanced courses including, aromatherapy care during pregnancy and reflexology, and baby massage.

After returning to Japan in 2000, Azusa decided she needed more hands on experience to treat patients in addition to academic qualification. She started to do special pregnancy and labour massage treatments, and also provide aromatherapy ante-natal and post-natal care in maternity units in Japan. In addition she's also advised how to care for patients using aromatherapy in palliative, internal medicine, surgical and dermatology units in hospitals.

Azusa established an educational institute to teach the aromatherapy specialists in 2002. She has taught general aromatherapy principles, specialized in pregnancy and labour, and essential oils formulation and chemistry in aromatherapy schools in Tokyo and Shizuoka Sango University. Many of the course graduates are working in various hospital units, or work as professional aromatherapists running their own treatment rooms.

In 2001, she established aromatherapy treatment rooms specializing in pregnancy care while continuing to provide support at gynecological clinics. Azusa also acted as a consultant on aromatherapy products, product development, and wrote articles for newspapers and magazines. She continues to train and study, visiting farms at harvest time when essential oil is distilled. Azusa was chosen to formulate an exclusive scent used in the Japan premiere of the Perfume: The Story of a Murderer in 2007. In the same year, she opened two treatment rooms, including one in the Aromatique shop in Tokyo's prestigious Midtown shopping complex, offering services including customized blended oils. In Oct 2007, she established a relaxation room in Senri Rehabilitation Hospital in Osaka, where complementary treatments such as aromatherapy are used as part of the rehabilitation programme, to promote care and recovery. Every summer since then, Azusa organizes lavender harvest and distillation experience tours for students on farm in Hokkaido producing some of her Reserve label lavender essential oil without use of chemicals.

In 2008, Azusa provided aromatherapy treatments for Japan's 49er dinghy racing team at the Beijing Olympic Games.

Since June, 2009 Azusa has been regularly publishing articles on aromatherapy and complementary medicine for the Web magazine OPENERS. Azusa was contracted to set up the organic aromatherapy and treatment salon at 'be my self' which opened in Tokyo's Meguro district in October of that year. 'be my self' offers original blended oils, skincare products, treatments etc. Azusa is in demand for both personal consultation on scents by musicians and artists and on sourcing and developing essential-oils related products for a major Japanese cosmetics company, as well as other commercial collaborative projects.

Since 2010, Azusa has become Jasmin Aromatique Institute Executive Principal and Global formulator and formulating essential oils for Jasmin skincare and Koala baby products as well as managing director of aromatherapy division.

Azusa is married with a young son.

PUBLISHING



Essential Oil Formulation Book

誰も教えてくれなかった精油のブレンド学

どこのスクールも教えなかった「本当の精油」と「ブレンドの秘密」を、精油ブレンドの第一人者が初公開。

また著者が世界中の精油生産地で撮影してきた、貴重な「精油の生まれる前=植物」写真をカラーで紹介。アロマセラピーの醍醐味である「ブレンド」という技術をスキルアップできる、アロマセラピービギナーだけでなくプロのアロマセラピストも「精油ってそうだったのか!」と感嘆する1冊。

Price: ¥1,728

Page: 240 pages

Publisher: BAB., Japan

Published by: 2013/5/24



Maternity Aromatherapy Complete Book

マタニティアロマセラピーコンプリートブック

精油、トリートメント、解剖生理学、ベビーケア。“妊娠と出産”に関わるアロマセラピーに必要なスキルを網羅した完全読本。数々の著名人にマタニティケアを行うなど、数千件の臨床例を持つ第一人者が、その知識と技術を余すことなく公開します。

価格: 2,700円 (税込)

単行本: 240ページ

出版社: BAB ジャパン

発売日: 2014/10/27

2016年夏 新著出版予定

2016, July New Book Coming

「Aromatherapy Basic Complete Book」

300 pages, all color.

MEDIA



2016 / June / 15
 NHK E-TV 30mins Program
 NHK テキスト 趣味どきっ! 2016.6-7

特集「朝に効く、8つの朝ごはん」と8つの朝活。」

朝の目覚め、夜気持ち良く眠るため二、日常生活に簡単に取り入れることができるアロマの活用方法を提案。

Price : 1,000 円 (税込)
 Publisher : NHK-book
 Published by : 2016/6/1

NHK E-TV Education TEXT BOOK

香り成分を体に入れて、フレッシュな気持ちに

暮らしの中にアロマはあります。アロマセラピーとは、植物から抽出した精油（エッセンシャルオイル）を使って心身を癒える芳香療法、といってもいいかもしれません。いれたてのコーヒーや焼き立てのパンの香りです。香りがあるのは、香り成分が鼻の粘膜に刺激をあたえるからです。また、鼻だけでなく、目や皮膚から入った成分も血管を通して全身に運ばれています。

朝

活動的になるために

かんきつ系の香りによりフレッシュ感があるのは、レモン、グレープフルーツ、かんきつ系以外では、ペパーミントやローズマリー、シネールもおすすめです。

洗面所に湯をはってメイクタイム

洗面所の水をとめるために湯をはり、精油を1〜2滴たらすと香りが広がります。朝の支度をしながら気持ちよく香りを感じてください。

ティッシュにたらし、バッグに入れる

精油をティッシュに1〜2滴たらしてバッグに入れると、何かを取り出すたびに香り、デスクに置いておきましょう。

髪につけると軽やかに香る

湯洗いに1〜2滴つけ、髪のとどころをこすってよく乾かす。髪が乾いたときに頭の周りで香ります。精油由来100%のものを少量なら問題ありませんが、皮膚に刺激を感じるようなら控えましょう。

夜

気持ちよく眠るために

かんきつ系の香りの中でも、ベルガモットは穏やかな香りで夜向きです。かんきつ系以外では、カモミール、ゼラニウムもよいでしょう。

枕につける

枕カバー（または、枕にタオルを巻いてそのタオルに）に1〜2滴たらします。寝に就くまでと香りが感じられるので、枕の端のほうにたらしましょう。

寝る前に部屋に香りを満たす

ティッシュに1〜2滴、あるいはマグカップなどに人肌の湯を入れて1〜2滴たらして枕元に、お湯に入る30分くらい前に、やっておくとよいでしょう。