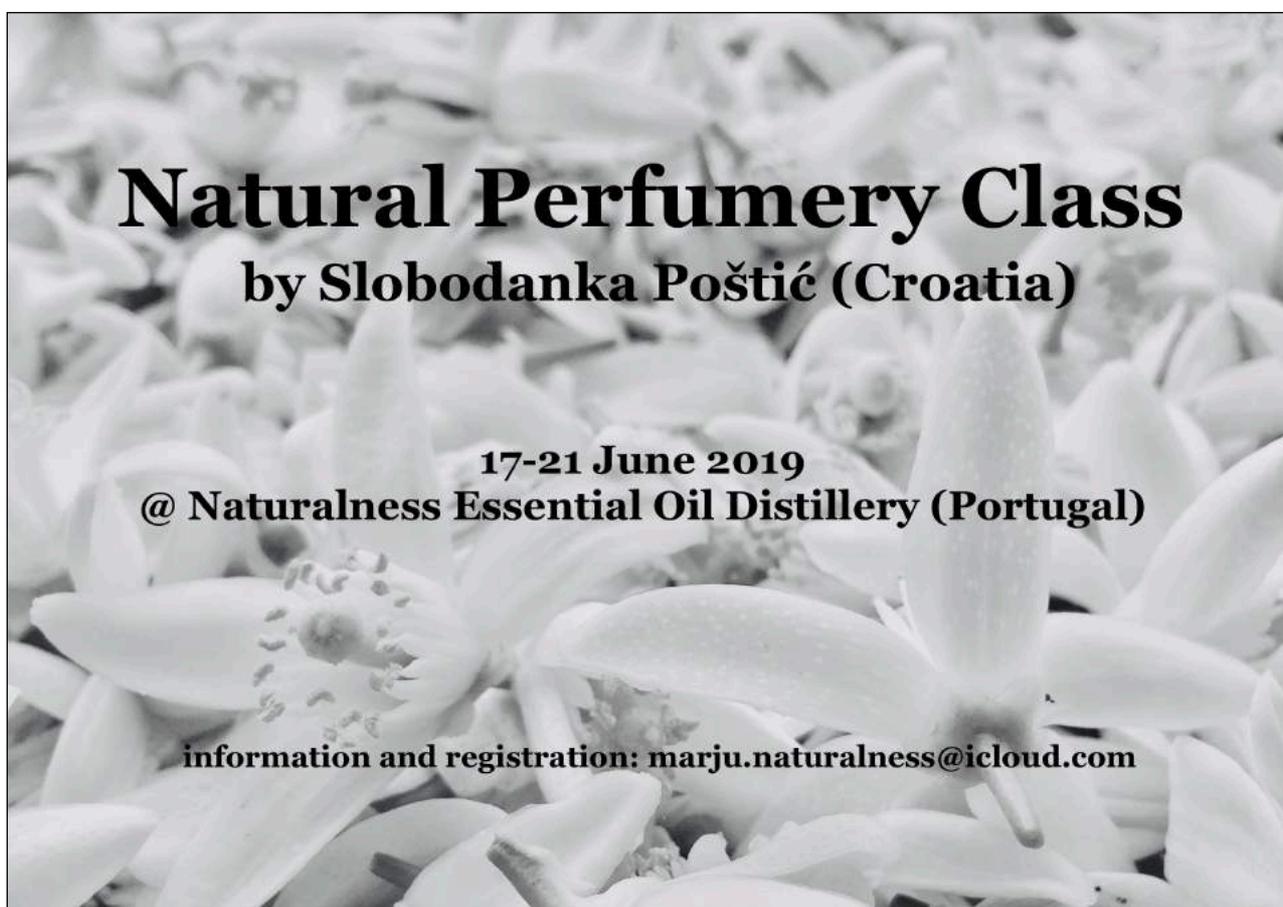


Natural Perfumery Class

by Slobodanka Poštić (Croatia)

17-21 June 2019

Naturalness Essential Oil Distillery (Portugal)



General information about Natural Perfumery Class

Slobodanka Poštić is an aromatherapist, accomplished education approved by Croatian Ministry of Education, wrote 3 books on aromatherapy (1994., 2005., 2008.), and started teaching natural perfumes' composing in 2005. Since then she has educated cca 100 people in her region (Croatia, Slovenia and Bosnia and Herzegovina). Please visit her Website for more precise information:

<http://aromaterapija.info> .

Slobodanka Poštić will lecture during 4 days of her beautiful approach to an art of perfumery- **Fragrant Signatures**.

On the last day of our gathering, there will be a Distillation Workshop at Naturalness Essential Oil Distillery. The plant, that Natural Perfumery Workgroup will work with, is *Cistus ladanifer*, common name in english is Rock Rose. This unique plant is also used in **Fragrant Signatures** perfumery creation by the form of an essential oil.



Naturalness- Essential Oil Distillery (Portugal)

Family based company, Naturalness, looks for portuguese aromatic and medicinal plants to work with. Mediterranean climate allows the development of volatile organic compounds that by mechanical extraction contribute to unique composition of essential oils.

Situated in the heart of Portugal, in the village called **Louriçal do Campo**, next to **Gardunha Mountain** and **Ocreza** river. This silent place inspiers the Naturalness Family to produce unique essential oils and hydrosols.

“First we started working with *Cistus ladanifer* plant”- says Marco Gonçalves, the founder of Naturalness Essential Oil Distillery. “Quickly we realized, that there are more possibilities, than only working with one plant” - he says.

Today, Naturalness Family is working towards “Portuguese Collection of Essential Oils”- uniqe sortment of essential oils.

Contents of Natural Perfumery Class

Fragrant Signatures

Some researcher's results say that when choosing perfumes, we prefer those that fit well with the natural scent of our bodies and harmoniously complete it, thus emphasizing our biological signal.

Research has also shown that when people apply self-selected fragrances, the effect is rated as more pleasant than when they apply a scent chosen by someone else.

Knowing that, we can regard self-composed perfumes as extremely exclusive ones, and if we use only natural materials, as top luxury, too.

It takes 32 hours (4 days x 8 school hours of 45') to complete Basic Natural Perfumery Education.

Participants will create their alcohol-based perfume and oil-based perfume. All necessary equipment (workbook, fragrant materials, bottles, pipettes, scent strips, aroma box) are included in the program.

After completing this education, participants are trained to create **alcohol** and **oil-based perfumes**.

Content of education:

- Natural perfumery and its building blocks
- How our sense of smell works
- Working with fragrant materials: preparing space and materials, sniffing technique, conducting scent evaluation, skin chemistry
- Studying notes & keeping records
- Composing accords (Jean Carles method)
- Making a brief
- Perfume composing trials: ratios between accords
- Composing alcohol-based perfume
- Composing oil-based perfume
- Natural perfumery safety
- Describing scents/ Fragrant glossary

[\(http://aromaterapija.info/fragrant-signatures-natural-perfumery-education/\)](http://aromaterapija.info/fragrant-signatures-natural-perfumery-education/)

Program:

*From Monday, 17 of June to Thursday, 20 of June

Natural Perfumery Class with Slobodanka Poštić.

8:30- 9:30 Breakfast at the accommodation site

9:30 Transport to Naturalness Distillery

10:00-11:30 Lecture

11:30-12:00 Break for coffe/ herbal infusion

12:00- 13:30 Lecture

13:30-14:30 Lunch break

14:30- 16:00 Lecture

16:00- 16:30 Break for coffe/ herbal infusion

16:30- 18:00 Lecture

18:00-19:30 Dinner

19:30 transport to accommodation site

*Friday, 21 of June

Distillation Workshop with Naturalness.

8:00- 9:00 Breakfast at the accommodation site

9:00- 9:30 Transport to the fields

9:30- 13:00 Connection with Plants; Collecting the plants.

Break for coffe/ herbal infusion in between. Transport to Naturalness Distillery.

13:00 Lunch break

14:00 Distillation (snack is served in between)

18:00-19:30 Dinner

19:30 transport to accommodation site.

*Saturday, 22 of June**

7:30- 8:30 Breakfast at the accommodation site.

8:30 Transport to Naturalness Distillery.

9:00 Networking (snack is served in between)

13:30 Lunch in Castelo Branco

15:15 Castelo Branco Train Station

**We can include a one day trip around local roman villages (Monsanto, Idanha a Velha). This can perfectly be arranged, if there are at least four person interested. This day could be SATURDAY, 22th of June. Expenses are transportation costs and meals calculated by the number of participants. See images below:

These images are only few marcable spots which are worth to be visited!
Central region of Portugal has historical background in World´s history as well.
As these tiny villages are not far from Naturalness Distillery, it would be a great
oportunity for a Natural Perfumery Class Student to take one day to see and
breathe ancient roman civilizations.



Important information about the Natural Perfumery Class:

***Date: 17-21 June of 2019**

*Location: **Louriçal do Campo**, Castelo Branco region, Portugal

<https://goo.gl/maps/XRZNceH5sgp>

*The participants may travel from **Lisbon** to **Castelo Branco** by train on

Sunday, 16 of June of 2019 from:

Santa Apolónia Train Station (closest to Lisbon City centre) at **13:15**, arrives to **Castelo Branco** at 16:06 or from

Oriente Train Station (direct connection with Lisbon Airport by Metro and better option for who arrives earlier by plane) at **13:23**, arrives to **Castelo Branco** at 16:06.

When at train station, you should look for train coming from Santa Apolónia Station (Lisbon) heading to Covilhã.

First and Second class tickets available. We recommend to purchase your ticket at least 7 to 14 days ahead, so one can benefit from discount ;)

Immediately you can purchase your train ticket back to Lisbon.

The recommendation is that you look for:

Saturday, 22 June, 2019 (if not participating on a one day trip around the roman villages);

Sunday, 23 June, 2019

from **Castelo Branco 15:43**, arriving to **Oriente at 18:13** and to the final stop **Santa Apolónia at 18:20**.

The participants should **buy their train tickets on-line** following the link:

<https://www.cp.pt/passageiros/en>

*After **The Natural Perfumery Group** has met on **Sunday 16 of June of 2019**, there will be an afternoon tea in Castelo Branco City. We recommend a vegan restaurant that carefully chooses the local ingredients.

*The arrival to your **preferred accommodation** will be after 18:00, so everyone can have a good rest from their travel. Food supply for that evening, is not included by the organization. Herbal infusions will be offered by **Naturalness**.

*Participant can choose the accommodation nearby Naturalness Essential Oil Distillery as recommended by organization:

- a) lugardoainda.wixsite.com/home, **Hotel Rural** with three rooms (**private room** with double bed 45€ per day; **one room with two single beds**, in total of 45 € per day - two persons can share; max three persons in one room with single beds 45€ per day in total). Breakfast included. Payment at the accommodation site.
- b) **Casa do Vale dos Jardins, Rural House** with two rooms (**one room with two single beds** 20 € per day/ person- two persons can share; **one “living room area” with double bed** 40€ per day in total). Breakfast included. Payment at the accommodation site.
- c) **Social Centre of Louriçal do Campo**. Rent for mattress (placed on the floor), pillow and sleeping bag + breakfast 9€ per day. Plenty of room :) Payment at the accommodation site.

Natural Perfumery Class includes:

*Natural Perfumery Class and Participation Certificate (32 hours).

*Fragrant materials for work palette (21 different) and workbook. All other materials included.

*Distillation Workshop:

Connecting with plants- *Cistus ladanifer*.

Steam-distillation in stainless steel unit. Sample of essential oil (5mL) and hydrosol (100mL) distilled on that day, will be offered to participants.

Participation Certificate (8 hours).

Once completed:

*The Natural Perfumery Class (32 hours), a student is able to create oil-based perfumes and alcohol-based perfumes.

*Distillation Workshop, a student knows how to work with a steam distillation unit and basic technique of steam distillation for essential oil (8 hours).

Early Bird Registration between 1st of February 2019 until 7th of March 2019 is 650€ per participant.

Registration between 8th of March until 17th of May will be 830€ per participant.

Registration form:

<https://goo.gl/forms/tgzeviUG11HgLJtl1>

And because there is always a first time, Naturalness Essential Oil Distillery invites you to participate and benefit from 5% discount over the price of Registration! Offer valid for two fastest students to register from the following countries:

Croatia, Estonia and Portugal

as these nationalities are represented in the organizational group :)

For this, one should contact me, Marju, in order to confirm the details.

For payment, please choose from registration form.

Registration is considered CONFIRMED after payment. Please share the document of approval to: marju.naturalness@icloud.com

This event will need at least 6 students to participate. If until 7th of March there are less than six confirmed students, these students will be transferred to 9-13 September, 2019.

So please hold on for our confirmation so Natural Perfumery Student can start purchasing the tickets for travel!

Why is the deadline so early- 7th of March? In order to serve you the quality ingredients, mixing of **fragrant materials** needs to be done at this point, so to be ready to use at mid-June.

Maximum numbers of students are 12. If participation is really what you wish for, then please contact us in order to send you the invitation for next event of this kind!

Meals and accommodation will be calculated apart as each participant will make individual choice meanwhile.

Lunch break, dinner and snacks (prepared by local vegan restaurant) may have total cost per day between 20-25€. For 6 days the max. cost would be around 125€.

Special orders for meat or fish may apply extra fees.

You can contact me, Marju, for more precise information or questions via e-mail: marju.naturalness@icloud.com or online calls can be arranged as well!

Why are Slobodanka Poštić and Naturalness Essential Oil Distillery organizing Natural Perfumery Class?

Education is a base for every moment in life. **How** and **why** are so important questions throughout each day! Perfumery is an art! Art is a form of expression of human being... How important is an individual approach to everything we do? Also in perfumery, as there will be a perfume for someone to use, that person should feel good about it and improve its mood or behaviour!

The IDEA for this class came to me, Marju, immediately after Botanica 2018 Conference in September (England). I saw Slobodanka Poštić representing her study about Natural Perfumery Usage for full audience of **plant lovers**, what made me realize that, I would like to create a perfume of my own... Unfortunately I had chosen other workshop after the conference but Natural Perfumery with Slobodanka and did feel a shame of it. As there she was, after her lecture, I wished for to thank Slobodanka about her gentle approach and drop off one little bottle of *Cistus* essential oil, which I had with me. After few weeks, Slobodanka sent me a message on Messenger and that she was pleased with the gift she had received. That made my heart warm and I did ask on that day, if there would be a possibility for us to create an event together...

For Naturalness Essential Oil Distillery, this event is a step forward. We believe, that education and essential oil consumption have to walk together. So, please, if you like, you are more than welcome to participate!

Connecting with plants- what does it mean?

Plants have a huge role in evolutionary pathway. "They" were here before "us" and today, human beings, can not survive without these creatures. Often very delicate but really sophisticated living organisms... How many do you know? I invite you to have a short tour with us between the wild fields here, in rural Portugal! We will find *Cistus ladanifer* at where this plant loves to grow! You will see and you will feel...

Who can participate in this Program?

You should have more than 18 years of age.

Everyone who would love to and feel the passion about plants in general!

What is the outcome for a Natural Perfumery Class Student?

Completing the Natural Perfumery Class will allow you to create oil-based and alcohol-based natural perfumes.

Completing a Distillation Workshop allows you to understand the importance of plants in this process, basic functional knowledge about distillation unit and understanding of steam-distillation process for essential oil.

Registration form:

<https://goo.gl/forms/tgzevIUG11HgLJtl1>

Thank you and hope to see you in June!

Much appreciated when you share this information!

Marju Kivi