

Essential Oils and Hydrotherapy



This 20 hour course introduces the therapeutic use of Essential oils for health enhancement as well as medicinal use for pathologies of the nervous, endocrine, respiratory, musculoskeletal, circulatory, urinary and digestive systems. The course covers the therapeutic properties of over twenty single oils, several oil blends and a variety of oil applications including: inhalations for clearing the lungs, diffusions for air purification, heat packs, far infrared lamps for deepening oil penetration, raindrop layering on the back and feet for spinal alignment and nerve healing, mixing with carrier oil for relaxation massage, and internal usage of food grade essential oils for oxygenating the pineal gland and immune boosting.

"When I had COVID, inhaling Oil of Oregano in steam brought my lung pain from a level 8 to a level 2 within five minutes. I am convinced that these frequent steam treatments kept me out of the hospital.
Cia Shipman, 550 hour grad and Public Health Nurse

2024 Class: Monday, Jan 8- 29 9-1:15 pm



Clinic: Mon, Jan 29, 1:30 – 4:45 pm

Reg Fee: \$40 **Tuition:** \$400

Supplies: \$50 (use of Essential Oils)



Instructor Katie Mickey, H.H.P., R.P.P., (CAMTC #18289)

Katie has served as Director and core instructor of the Santa Barbara Body Therapy Institute for over 32 years. During that time she has trained over 3000 students in the Institutes's many programs. She has also served as School Advisory Committee member to the CAMTC. Her educational background includes: UCSB, Santa Barbara College of Oriental Medicine, the Institute for Holistic Healing, the Body Therapy Institute, the School of Intuitive Massage, Castellino training and the Center for Nonviolent Communication. She maintains a private bodywork practice.

Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111. Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Approved by the CAMTC only as a part of our 550 hour program requirement #SCH 0020. Accepted by CA Vocational Rehabilitation.

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What SBBTI grads & instructors have experienced though using Essential Oils:

"My mom's progression with dementia involved recurrent bladder infections that were treated with antibiotics. What I noticed was that each round of antibiotics, diminished her cognitive function till one day she did not even recognize who I was. At that point, I resolved to treat her with oil of oregano and reflexology rather than antibiotics. Her infection cleared and her cognitive function returned dramatically. Several years later she developed an infection in her lungs that went systemic and put her into a semi-comatose state. We rushed her to the hospital and she was diagnosed with pneumonia. The hospital administered oxygen and antibiotics and informed me that she needed five more days of treatment. I brought her home instead to pass peacefully and enter into hospice, for palliative comfort I administered oil of oregano while I reflexed her feet and capsule oil of melaleuca. When the hospice nurse arrived two days later he informed me there was no more sign of infection in her lungs. Her pneumonia was resolved in two days with topical and internal use of Essential Oils." **Katie Mickey, SBBTI instructor, Director.**

"I am doing so much better. I can walk normally with no limp now. I just bought a bike for fun. Two months ago, before I started having sessions and applying daily essential oils, I had debilitating hip and knee pain, was limping and taking 8 Ibuprofens/day. My doctor said weekly massage and continuing my daily yoga practice would be the best thing for me. Now, I am not just out of pain, but my whole sense of well-being has improved." **Susan Gwynne, commenting on her experience with Essential Oils and weekly massage with Katie Mickey**

"Last class I had this burning sensation in my bladder and could barely urinate. I asked to be taken off of the clinic schedule that day. I felt awful and wanted to get some antibiotics. Katie offered to work on me first with Reflexology and Essential Oils. While she worked on my feet with peppermint and oregano oil, I felt this cool sensation rise up my legs and into my lower abdomen. My bladder began to cool and all the pain began to dissipate. Afterwards I was able to void like normal and Katie gave me a drop of food grade hydrogen peroxide in water to drink. I felt great and ready to do my clinics. As I finished my last clinic, I began to feel nauseous and knew my body was ready to purge. Once I got home, my bowels began eliminating. My bowels detoxed all weekend and I felt better and better.

A few years ago, I gave up drinking and became really hooked on coffee. I had to have my coffee. My day revolved around my coffee. After the detox, I have no taste for coffee. My body doesn't want it and I don't miss it. I feel so much lighter, cleaner and more happy." **Nayeli Rodriguez, 250 hr program graduate**

"Using the Grapefruit essential oil rubbed on my chest immediately stopped my annual spring season allergies within hours! It was a miracle!" **Gael Ashwood, 550 hour program graduate"**