

# Health Services



## *Achieving the Best from Aromatherapy*



It is not unusual to see Helen Smith, Aromatherapist for Terrey Hills, Mona Vale and Avalon House, arrive for work dressed in waterproof, gum boots and woolly hat! No, she didn't swim to work from Scotland Island where she lives, but some wet mornings it looks that way!

Once at work, Helen dons her 'famous aromatherapy shirt' and is ready for a day of massage.

Having topped her class for the Diploma of Aromatherapy, Helen says she 'is thrilled to be able to work as an aromatherapist in aged care because she sees the residents benefiting from relaxing massage, the aroma of essential oils and just feeling pampered and cared for'.

We think Helen is 'top of the class' and the residents certainly do too!

Suzanne Hobart  
Terrey Hills Nursing Home

