

Annual report 2024

COMMITTED
TO IMPROVE
PATIENT CARE



**Fondation
Gattefossé**
pour l'aromathérapie
clinique



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Editorial

Sophie
Gattefossé-Moyrand



President

The Gattefossé Foundation is the successor to the commitment to a humanist approach, passed on by our leaders to each new generation.

Since it was created, delivering initiatives that are tailored to meet the needs of beneficiaries has been core to the Foundation; understanding, experimenting and adapting have been its strengths in a constantly changing ecosystem.

We have supported 40 projects to expand the use of aromatherapy in facilities in France since 2016 and have already awarded 11 René-Maurice Gattefossé Prizes, four of which were awarded to international projects. At the Phyt'arôm conference, it struck me that we have grown to find our place at the heart of the community. We have forged a **strong identity as a recognised player**. We wish to continue to strive to support non-profits in uniting and bringing together professionals, going further to ensure the recognition of aromatherapy and to champion its place within integrative health practices.

We are now ready to **extend our influence to the broader healthcare ecosystem** and to strengthen our role in integrative healthcare, driving forward tomorrow's health.

I am happy and proud of the path we have taken. I would like to express my gratitude to all those who surround me and work for the Foundation.

The Gattefossé Foundation is moving into its place in the healthcare sector for the well-being of patients and caregivers. In our precarious world, aromas can soothe and revive.

We are more committed than ever to this great adventure!

OUR INITIATIVES TO SUPPORT HEALTHCARE PROFESSIONALS

2024

Supporting aromatherapy as a complementary care in France

7th French René-Maurice Gattefossé Prize

The Foundation recognised Dr Blandine Papi at Le Corbusier Hospital in Firminy for her innovative use of aromatherapy as part of supportive care for her patients in intensive care.

Six new grants

The Foundation jury selected six projects where aromatherapy is used as an innovative therapeutic approach in different health services.



Promoting clinical aromatherapy practice in Brazil

4th René-Maurice Gattefossé International Prize

The Foundation recognised Maria Aparecida das Neves and her Botanical Therapies team at the São Paulo Psychiatric Institute, where aromatherapy is used to offer relief in psychiatric disorders.

An award-winning aromatherapy protocol

At the second Aromashowcase organised by the Foundation, Dr Adriana Nunes won the public vote for the 'Best Protocol 2024' for her work with the disaster-stricken populations in the Rio Grande Do Sul region.



Improving access to aromatherapy care in Haiti

The Foundation sent several packages (bottles, essential oils) to the Haiti Naturopathic Clinic so that they could provide free natural treatment to the population of Port-au-Prince, with the essential oils, helping to make up for the lack of medicines.



HOW OUR PARTNERSHIPS BOOST OUR IMPACT

Strengthening collective initiatives to go further in France

Since 2023, the Foundation has supported the development of the **French Association of Clinical Aromatherapy (Association Française d'Aromathérapie Clinique, AFAC)**. The association works to advance, improve and harmonise clinical aromatherapy practices and brings together practitioners to develop a more structured practice that is recognised and appreciated. This year, the Foundation took over the management of its members and its communication.



Raising public awareness of integrative healthcare

The Foundation provided financial support for the Allié Santé association's documentary «Viens voir : la médecine de demain est-elle en train d'éclore ?». This film puts the focus on the art of self-care, retracing the journeys of different patients who have benefited from integrative medicine and raising the issue of holistic health. It was screened throughout France and the Foundation was involved in organising two screenings in the Lyon region, at the Gattefossé site in St-Priest and the Mourguet cinema in St Foy-les-Lyon.



Improving aromatherapist training in evaluation

The Foundation is sponsoring the new Research Academy programme of the American association the Alliance of International Aromatherapists (AIA) **for a 3-year period**. This programme has led to a free training platform being created for aromatherapists to develop their skills in evaluation, research and writing case studies.



The Foundation funded the eight sessions of the 'Research, evaluation and audit' masterclass course organised by the International Clinical Aromatherapy Network (ICAN): this meant that 25 professionals were able to acquire all the fundamental principles of clinical research in aromatherapy.



Supporting and promoting aromatherapy practice

as a complementary approach
for patient well-being





The Foundation supports healthcare professionals and aromatherapists in the development of their practice and promotes their experiences wherever aromatherapy is used for its therapeutic benefits.

CELEBRATING BEST PRACTICE

Each year, the **René-Maurice Gattefossé International Prize** recognises an individual or team that has demonstrated the value of aromatherapy in a patient population. In addition to a €10,000 grant for the winning facility, the Foundation produces a video report on their practice. Two prizes were awarded in 2024 by the Foundation's international jury.



Dr Blandine Papi in intensive care

Le Corbusier Hospital in Firminy

7TH FRENCH PRIZE

Dr Blandine Papi is a physician who has always been interested in non-drug therapies to improve patient comfort in ongoing care. She trained in aromatherapy in 2020 and gradually integrated essential oils into her management of digestive disorders, pain and skin pathologies.

As the department director, she wanted to make an objective assessment of these protocols and measure how valuable they are to patients. To that end, she got her whole nursing team involved and within a few years was able to demonstrate **the benefits of essential oils on joint pain and nausea**. Publication of the findings is coming.



Maria Aparecida das Neves and her multi-sensory approach

Institute of psychiatry at the Hospital das Clínicas (HCFMUSP) in São Paulo, Brazil.

4TH INTERNATIONAL PRIZE

Maria Aparecida das Neves is a psychologist who has been using aromatherapy in her practice since 2015 to improve the physical and mental well-being of her hospitalised patients.

A pioneer in her field, she leads the Botanical Therapies group who uses aromatherapy to promote relaxation and alleviate anxiety in patients with severe mental disorders. Over the years, she has implemented monitoring forms and demonstrated **significant therapeutic benefits on anxiety**. Her findings have been published in specialised journals.



SUPPORTING THE DEVELOPMENT OF CLINICAL AROMATHERAPY

Since the launch of its grant programme in 2016, **the Foundation has allocated financial aid amounting to €5,000** each year to support clinical aromatherapy projects in French hospitals. This programme helps to drive forward integrative practices for the well-being of patients.

40 projects
supported
since 2016

The six grants in 2024 were awarded to projects where aromatherapy provides a complementary care to a range of health problems.

#1 Reducing compulsive disorders for patients with obesity

Bernard Descottes Obesity Centre in Saint-Yrieix-la-Perche

The care team at this rehabilitation centre has developed aromatherapy protocols to lessen compulsive eating disorders in its patients. Essential oil blends are diffused to reduce appetite before meals, reduce urges to consume sugary foods during the day or to promote relaxation in the sensory room, and to purify the air during the winter virus season. The grant will be used to offer improved team training.



#2 Improving the quality of life of nursing home 'residents'

Les Jardins de Plaisance – nursing home in Lanouaille

The coordinating physician, Dr Alix Vargas, is committed to the concept of "Humanitude" (a quality label in France that foregrounds optimising quality of life for residents and caregivers) and introduced aromatherapy to the nursing home. Having demonstrated the value of tea tree essential oil for fungal skin infections, she wants to use the grant to develop new protocols.



#3 Decreasing perioperative anxiety

Poissy and Saint-Germain-en-Laye Hospital

The surgery, anaesthesia, recovery and endoscopy unit have been using aromatherapy as a non-drug therapeutic approach to offer improved management of patient anxiety before surgery. Nursing staff offer their patients sticks soaked in sweet orange or true lavender essential oil. Dr Anna Lallemand wishes to use the grant to evaluate the efficacy of this protocol on a cohort of patients.





#4 Reducing anxiety in patients recovering from stroke

François Quesnay Hospital in Mantes la Jolie

The “AromàMantes” project started in 2023. The team uses essential oils in the neurology department to improve sleep disorders and reduce stress and anxiety. With the grant, the paramedical research team wants to conduct a clinical study to evaluate the efficacy of aromatherapy in the management of anxiety in patients recovering from stroke.



#5 Reducing anxiety in psychiatry inpatients with depression

Clinique La Villa des Roses in Lyon and Clinique Le Clos Montaigne in Montrond-les-Bains

Two psychiatric clinics run by the private group INICEA have been using the benefits of aromatherapy to relieve anxiety and depressive disorders in their inpatients. Under the supervision of the pharmacy team, they have set up aromatherapy workshops and the grant will mean that they can offer improved training to care teams.



#6 Improving care and the patient-caregiver relationship for patients with neurodegenerative disease

Doullens Hospital

The hospital’s complementary therapies group, led by Dr Laurie Creton, has chosen to use essential oils to tackle a range of health issues. The grant will fund the development of protocols to improve hygiene care for dependent and frail people, and the treatment of certain pathologies for nursing home patients (bedsores, insomnia).



A strategic partnership with the French Association of Clinical Aromatherapy (AFAC)

Since its creation in 2023, the Foundation has supported the AFAC, which provides a framework and advocacy for clinical aromatherapy in France. The aim is to foster the AFAC’s development and encourage new collective projects. The Foundation funds all communication tools and offers support to deliver projects.

In only two years the association already has 280 members, all of whom are health professionals trained in aromatherapy. The first projects were launched with two working groups being set up and two webinars being arranged, promoting the sharing of good practices in clinical aromatherapy.





A solidarity programme in Haiti

The Haiti Naturopathic Clinic was founded after the devastating earthquake of 2010 by volunteer naturopaths to provide the population with free treatment with medicinal plants, essential oils and homeopathy. This clinic had received numerous donations of equipment and was able to treat 10,000 people each year. However, as the political situation deteriorated, the clinic ran out of stock and had to appeal for donations again.

The Foundation responded to this call and sent them 8 litres of essential oils, as well as bottles and pipettes to prepare mixtures adapted to the needs of the population.

This meant that the clinic could distribute preparations free of charge to families, offering solutions to the population's health problems: infection, viruses, pain and stress.





SHARING BEST PRACTICES

Since 2023, the Foundation has held an annual poster competition to identify the best clinical aromatherapy protocols from across the globe.

This programme presents **the protocols of five finalists**, selected by the Foundation's jury from among those who participated in the call for posters, **during the Aromashowcase – digital event**. This event offers a **genuine platform for exchanges** within the community, promoting the sharing and dissemination of best practices. The webinar ends with an **audience vote** to choose the winning protocol.

The theme of the 2024 contest was innovative applications. The call for posters was sent out in a number of countries and available in several languages: French, English, Portuguese, German and Japanese.

Dr. Adriana Nunes was chosen by the audience for her aromatherapy protocol delivered to the disaster-stricken populations of Rio Grande Do Sul, where she uses essential oils to alleviate anxiety, stress and viral infections.

All the protocols presented are published on the Foundation's website.



Dr Adriana Nunes

*Researcher
Certified aromatherapist*

Federal University of
Rio Grande Do Sul
(Porto Alegre, Brazil)



**Aromatherapy to
alleviate anxiety, stress
and infections for flood
victims in Brazil**

Voted 'Best Protocol 2024'



Dr Vanessa Lejeune

Pharmacology researcher

Federal University of Parana
State (Curitiba, Brazil)

**Protocol for
preoperative anxiety
in dental surgery**



Laurette Vanroy

Healthcare manager

Les Oyats Elderly care facility
(Gravelines, France)

**Protocol to relieve
constipation**



Aurelie Chesny

Anaesthetist nurse

Centre hospitalier Bretagne
Atlantique (Vannes, France)

**'Aromabox' for patients
and caregivers in the
operating room**



Alix Vargas

Coordinating physician

Les Jardins de Plaisance
Elderly care facility
(Lanouille, France)

**Protocol for swallowing
disorder**



Encouraging training in clinical research

to provide evidence-based
aromatherapy





The Foundation encourages practitioners to evaluate their protocols, which is key to the benefits of aromatherapy being recognised.

The Foundation supports programmes to train practitioners in clinical research.

The Research Academy

This is a new training programme created by the USA-based Alliance of International Aromatherapists (AIA) for aromatherapists to strengthen their evaluation skills. Through access to knowledge, the AIA aims to educate, motivate and empower the community of practitioners to conduct more case studies and evaluations. The academy was officially launched in September at the annual conference held in Nashville, USA. A digital Learning Management System has been created that already has a bank of six recorded courses.

The Foundation is a patron for a 3-year period.

The goal is to create a culture of evaluation in aromatherapy. Access to this programme is free for everyone.



The Research, Evaluation and Audit masterclass

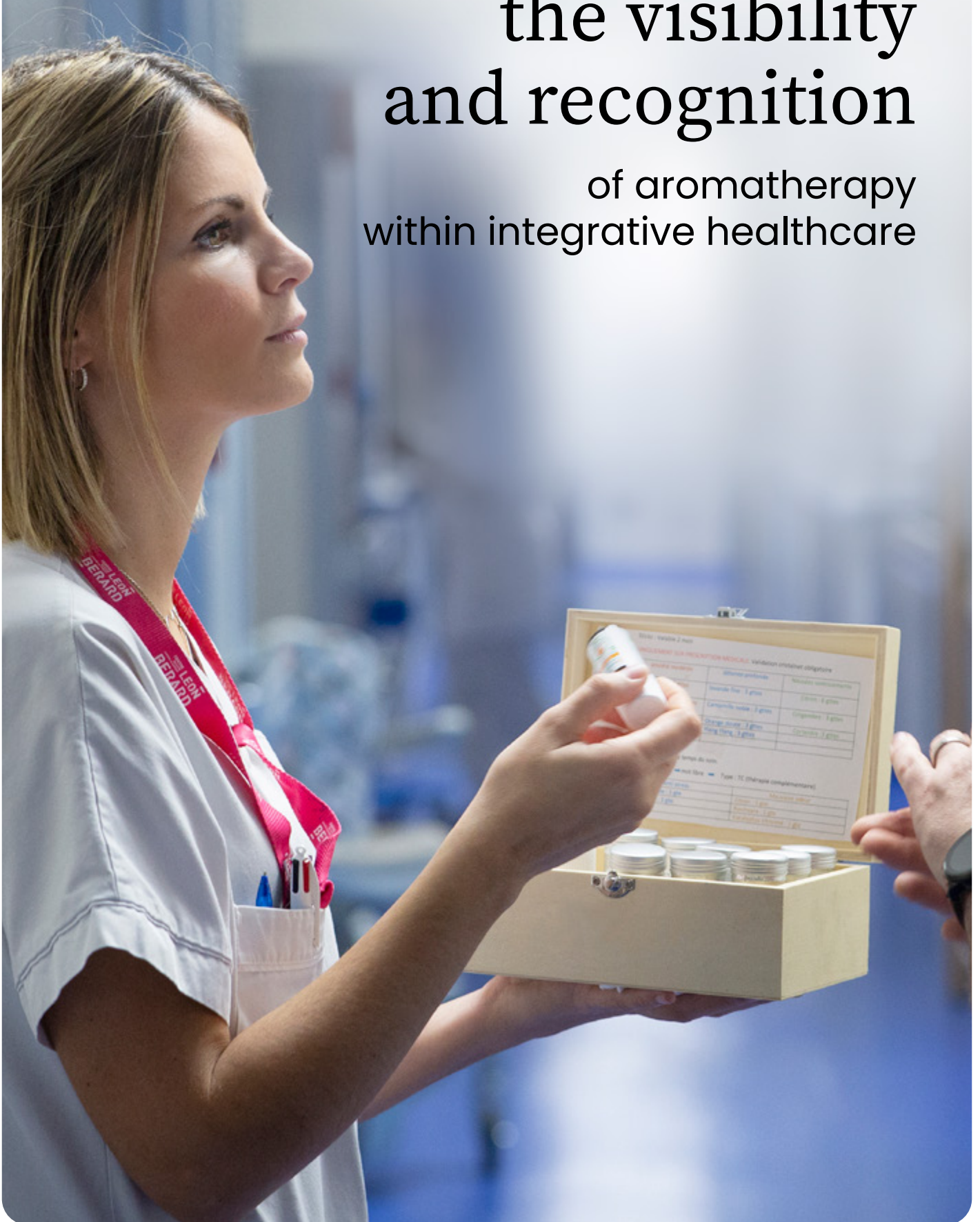
The International Clinical Aromatherapy Network' (ICAN) has selected 25 certified and qualified aromatherapists from its 1800 members to join a free 8-hour training masterclass to learn all the fundamental principles of clinical research in aromatherapy. At the end of the training, this group must put the evaluation tools into practice and will carry out a clinical research project in 2025.

The Foundation funded the series of eight classes delivered by Dr Marie Polley and Dr Helen Seers from Meaningful Measures (UK).



Increasing the visibility and recognition

of aromatherapy
within integrative healthcare





The Foundation listens to its community and supports those who are moving the needle to advance integrative health.

SUPPORTING CITIZEN INITIATIVES FOR A MORE HOLISTIC HEALTH

Allié Santé is an association of the general public, patients and caregivers whose mission is to change perspectives on health and care. Christine Belhomme, its president, is a former caregiver who noticed the therapeutic limitations of conventional medicine and wanted to raise public awareness of the experiences of patients using other complementary therapeutic approaches to help improve their life with disease and their healing.

The Foundation provided financial support for Allié Santé's documentary *"Viens voir : la médecine de demain est-elle en train d'éclore ?"*. This documentary is a chance to find out about the journeys of patients who are benefiting from integrative medicine approaches, in which both drug treatments and complementary therapies together offer benefits for better healing and better health. Discussions held at the end of each screening between audiences and the Allié Santé team confirmed that the public want the medicine of tomorrow to have a more holistic and preventive focus.

This film was screened in **40 cities** in France and was seen by around **3,000 spectators**.

A screening followed by a discussion was organised at the Gattefossé site.

The public screening at the Mourguet cinema in St Foy-les-Lyon was sold out.





INCREASING THE VISIBILITY OF AROMATHERAPY IN INTEGRATIVE HEALTH

The Foundation has acquired a unique identity and strong legitimacy in the world of clinical aromatherapy. Representatives are regularly invited to conferences and to give press interviews.

The Foundation monitors and contributes to the progress of integrative health in France.



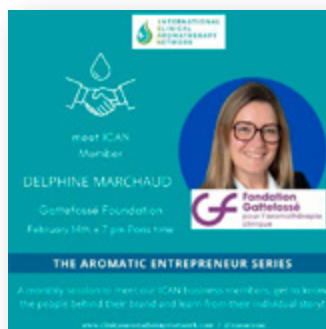
Interview Delphine MARCHAUD
'Les huiles essentielles à l'hôpital'
L'infirmière May 2024

Annual Congress AIA conference

September 2024



Phyt'arôm conference
September 2024



Interview
Delphine MARCHAUD
event live ICAN
February 2024

Botanica conference – May 2024





CNAM – Chaire Santé intégrative

Conference at the National Assembly on 'chronic diseases and integrative health' on 13 February 2024 with Dr Alain Toledano



Health United symposium
'Towards a health-creating society'
in Paris – March 2024



Congress of the French Society of Integrative Oncology in Paris
November 2024



NPIS Summit
on 'Non-drug interventions, chronic diseases and sustainable health'
in Paris – October 2024

Onco AURA conference
'Non-drug interventions in oncology: Plants, programmes and food supplements'
in Lyon – March 2024





Governance

The Gattefossé Foundation is an independent legal structure, financed by the Gattefossé company, whose activities are philanthropic.

EXECUTIVE BOARD



Sophie Gattefossé-Moyrand
President



Ségolène Moyrand-Gros
Vice-president



Delphine Marchaud
Director and Secretary

GOVERNING BOARD

The Foundation is governed by a board of directors that approves its strategy, budget and projects.

Founding
members



René-Paul Gattefossé



Nicolas Mahler



Jacques Moyrand



Sophie Gattefossé
Moyrand



Ségolène Moyrand-
Gros



Thierry Magnet

Company
representatives



Paula Lennon



Elsa Gattefossé



Nelly Vincent

Qualified
persons



Claire Moyrand



Sabrina Boutefnouchet



Rhiannon Lewis



Philippe Colls



INTERNATIONAL SCIENTIFIC BOARD

The Foundation team works with an international scientific board, made up of health professionals and academics, to approve its scientific direction and to select the winners of its support programmes.



Prof. Robert Anton, Dr Sabrina Boutefnouchet, Dr Philippe Colls, Dr Françoise Couic Marinier, Denise Joswiak, Prof. Jacques Kopferschmitt, Rhiannon Lewis, Dr Wendy Maddocks, Dr Jean-Michel Morel and Dr Jacqui Stringer.

THE GATTEFOSSÉ EMPLOYEE COMMITTEE

The Foundation has created a committee made up of Gattefossé employees and involves them in some internal communication tasks and actions.



Left to right = Armand Lebreton, Murielle Brouquier, Elsa Gattefossé, Delphine Marchaud, Manon Rossano and Sébastien Mendes. Medallions = Jean-Luc Werner and Debbie Chazot



Photos credit: Christophe Hargoues and Véronique Védrenne



www.fondation-gattefosse.org

