



# What's up?

## Adriana Nunes Wolffenbuttel

### 2024 Aromashowcase

In 2024, Adriana Nunes Wolffenbuttel won the Aromashowcase final thanks to her dedicated work supporting flood victims in Porto Alegre, Brazil, using aromatherapy.

Thank to the prize money – €1000 – Adriana was able to organize the “Aromatic Touch”\* a training program, from December 2025 to January 2026.

16 participants, comprising healthcare professionals and members of the academic community, took part in the training, which consisted of 60 hours of online and distance learning, both theoretical and practical sessions.

The participants were able to deepen their knowledge of aromatherapy: from a general introduction to the scientific analysis of 15 essential oils, including toxicity, dilution methods and routes of administration.

The program ended with a practical workshop on the “Aromatic Touch” massage technique.

All sessions were delivered with a rigorous scientific approach, covering patient safety considerations and treatment protocols.

This initiative led by Adriana illustrates the impact of the Aromashowcase Award in supporting the training of aromatherapists worldwide.

\*In partnership with the Federal University of Rio Grande do Sul (UFRGS), the School of Nursing and Public Health, and the #SUSTencia PICS extension programme, Integrative and Complementary Practices in Global Healthcare.

The course was coordinated by:

- **Adriana Nunes Wolffenbuttel**, certified aromatherapist (CertAroma – ABRAROMA), PhD in Pharmaceutical Sciences, and researcher at CABSIN;
- **Daniela Dallegrave**, university professor, nurse, acupuncturist, and PhD in Education.



Adriana Nunes Wolffenbuttel with the 'Aromatic Touch' 's training course participants.