

## Judith Howie PhD, TIDHA, MIFPA

Judy began training in aromatherapy in 1991 with the Tisserand Institute, after the birth of her first child and gained their Diploma in Holistic Aromatherapy after 2 years of study. Prior to this she had a career in analytical chemistry. Her experience of practice and teaching aromatherapy spans nearly 20 years.

Judy is university lecturer, researcher and conference speaker on aromatherapy and complementary medicine. She has a general practice as well as specialising in the treatment of children with severe disabilities. Her particular interests include the use of complementary therapies for stress management, and the formulation of natural products for skin care.

She is a member of the International Federation of Professional Aromatherapists and a former Chair of Science and Research.