

Editorial

PHYT'AROM GRASSE will be held on **September 25-26, 2026**, and will return with substantial new scientific data.

French- and English-speaking experts will present and discuss innovative developments in **Integrative Phyto-Aromatherapy**, highlighting emerging directions in future-oriented science and clinical practice.

A major scientific session will be devoted to **Mental Health**, addressing topics ranging from fundamental research to routine clinical application. The growing scope of medico-psychological needs underscores the importance of developing informed and evidence-based responses, drawing on natural resources within a complementary therapeutic framework. The first day will explore the diverse and promising applications of Phyto-Aroma, demonstrating their potential impact across human and veterinary fields. Throughout the congress, experience supported by scientific research will serve as a central guiding principle.

The second day will focus on **phytotherapy and key developments in current scientific and clinical practice**, while maintaining a rigorously validated clinical perspective. The congress aims to address a broad range of questions and provide comprehensive, up-to-date information to participants.

Practical workshops will represent a central component of the congress, offering opportunities for in-depth discussion and personalized scientific exchange. These sessions will complement the lectures and allow direct interaction with the speakers. Dedicated networking periods and the presence of exhibitors will further enrich the scientific and professional experience.

The Scientific Council, guided by a pluralistic and multidisciplinary vision, constitutes a cornerstone of the strength and future development of Phyto-Aroma, under the patronage of our Honorary President, Professor Robert ANTON, whose contributions were instrumental in its establishment and growth.

We look forward to welcoming you.

Prof. Jacques KOPFERSCHMITT
President, Scientific Committee

SCIENTIFIC COMMITTEE

HONORARY PRESIDENT
Prof. Robert ANTON

PRESIDENT
Prof. Jacques KOPFERSCHMITT
Professor of Medical Therapeutics, Faculty of Medicine, Strasbourg. Specialist in Internal Medicine and Medical Intensive Care. Former Head of the Hospital Division «Emergency and Medical Resuscitation, Poison Control Center.»

MEMBERS

Prof. Pierre CHAMPY

Professor of Pharmacognosy, University of Paris-Saclay. Co-director of the Interuniversity Diploma (DIU) «Phytotherapy, Aromatherapy: Current Data and Limitations» and of the Professional Bachelor's Degree «Specialized Advisor in Herbalism and Plant-based Health Products.»

Prof. Corine GIRARD

Professor of Pharmacognosy, Faculty of Health Sciences, Besançon. Academic Coordinator of the University Diplomas DU PHAR «Phyto-Aromatherapy» and PAPUS «Practical Phyto-Aromatherapy for Healthcare Providers.»

Rhiannon LEWIS

Trainer, Consultant in Aromatherapy, Author and Director of the International Clinical Aromatherapy Network (ICAN).

Dr. Didier PESONI

Doctor of Biological and Pharmaceutical Sciences, author and trainer in clinical phyto-aromatherapy.

Isabelle SOGNO-LALLOZ

Certified in Clinical and Holistic Aromatherapy. Therapist, Hospital and University Speaker, Aromatherapy Trainer. CEO of APOTICARIUS.

Juliette WALEK

Trainer in Herbalism, specialized in Phytotherapy and Galenic Preparations. Horticultural Engineer. Founding Member of AHF (Association of Herbalism of France). Herbalism advisor.



EARLY BIRD FEE UNTIL JULY 24, 2026			
REGULAR	ONE-DAY CONFERENCE PACKAGE (Friday or Saturday)	220 €	TWO-DAY CONFERENCE PACKAGE
STANDARD RATE FROM JULY 25, 2026			
STUDENT OR UNEMPLOYED	ONE-DAY CONFERENCE PACKAGE (Friday or Saturday)	270 €	TWO-DAY CONFERENCE PACKAGE
Friday evening party : 80 € per person (dinner cocktail)			

EARLY BIRD FEE UNTIL JULY 24, 2026			
STUDENT OR UNEMPLOYED	ONE-DAY CONFERENCE PACKAGE (Friday or Saturday)	130 €	TWO-DAY CONFERENCE PACKAGE
STANDARD RATE FROM JULY 25, 2026			
ACCOMPANYING PERSONS	ONE-DAY CONFERENCE PACKAGE (Friday or Saturday)	170 €	TWO-DAY CONFERENCE PACKAGE
Friday evening party : 80 € per person (dinner cocktail)			

Fees include the welcome kit, access to conferences and workshops (subject to availability; if a workshop is fully booked, a practical lecture will be available with free access), the proceedings, coffee breaks, and lunches. The one-day and two-day packages do NOT include the dinner cocktail, which requires separate registration (the cocktail will be canceled under 100 registrations).

LUNCHEON	40 € per luncheon (Friday or Saturday)	FRIDAY DINNER COCKTAIL	80 € per person
ALL INCLUSIVE (dinner cocktail + both luncheons)			160 € per person

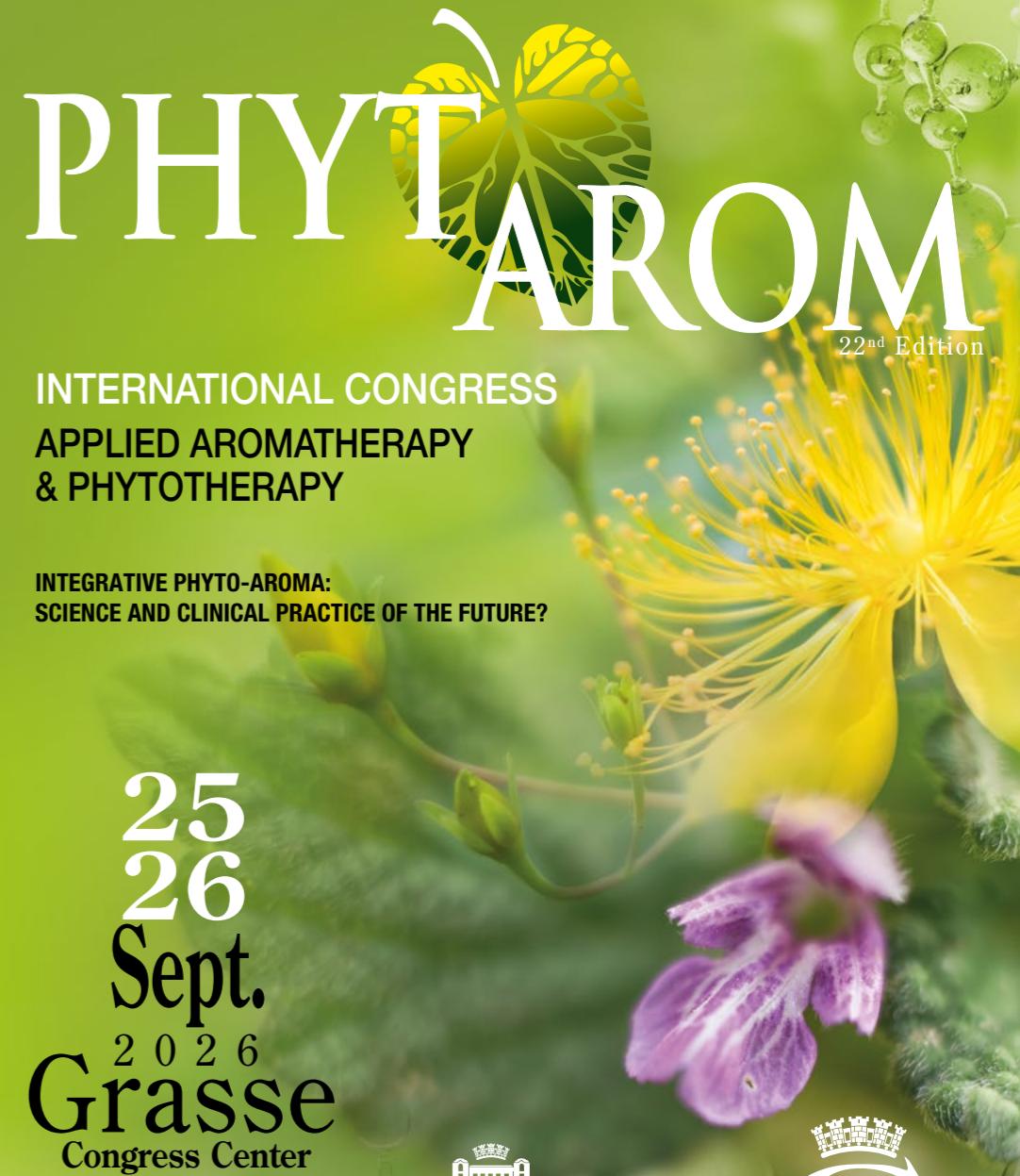


PALAIS DES CONGRÈS

22, Cours Honoré Cresp - 06130 GRASSE (France)
Contact person : Laurence MEINERI
+33 (0) 497 055 730 - laurence.meineri@ville-grasse.fr
www.palaisdescongres-grasse.fr

Detailed programme & registration forms available on : www.phytarom-grasse.fr

Partner  DÉPARTEMENT
DES ALPES-MARITIMES



www.phytarom-grasse.fr

FRIDAY, SEPT. 25, 2026

8.30

Welcome speech

Session «Mental Health»

8.45

Corine GIRARD & Pierre CHAMPY
Plants and mnemonic functions: What does science say?

9.05

Vincent VEROUST
Psilocybin-producing mushrooms, natural psychedelics: Clinical evaluation and potential in psychiatry

9.25

Michel SCHITTECATTE
Somatic Experiencing®: A body-based model for trauma healing, derived from the ethological study of traumatic responses and their resolution

9.45

Coffee break and visit of the exhibitors

10.30

Anna OLESZKIEWICZ & Fiona HEDIGAN
Olfactory interventions to benefit patients' mental health

10.50

Damiana SCUTERI
Translation of essential oils in Clinical Trials of Aromatherapy: The case of the engineering of Bergamot Essential Oil

11.10

Mark MOSS

Essential oil blends mitigate social anxiety and acute stress reactivity

11.20

Q/A session followed by a presentation of AFAC and the GATTEFOSE Foundation

12.00

Luncheon

1.45

Nicole BOU KHALIL

Breathing to Survive: Aromatic resilience in Lebanon

3.00

Madeleine KERKHOF

Peace of Mind in Neurodegenerative Care

4.15

Caroline INGRAHAM

Animals' emotional intelligence: How plant-extract self-medication promotes healing and trust

Access to the exhibitors' hall all day long.

SATURDAY, SEPT. 26, 2026

8.30

Danièle ROUX

Morning sessions

Session «Focus on Phyto»

8.45

Guillaume ODONNE

Phytotherapy in French Guyana: Field data and perspective

9.05

Sally MOORCROFT

Supporting adrenal gland health through adaptogenic herbs

9.25

Isabelle LUSSOT-KERVERN & Ronan COGNET

Veterinary phyto-aromatherapy: Latest developments and perspectives

9.45

Coffee break and visit of the exhibitors

Session «Regulations and Current Affairs»

10.30

Aline MERCAN

Eco-responsible Phyto-Aromatherapy: How?

10.50

Claire MATHIOT

Nutravigilance: A monitoring system for adverse effects associated with dietary supplements. Examples of plant-based supplements

11.10

Fabrice BERNA

Aromatherapy: A practice at risk of sectarian drift?

11.30

Q/A session

12.00

Luncheon

1.45

ROUND TABLE

moderated by Pierre CHAMPY
«What future for the Phyto sector?»

3.00

Françoise COUC-MARINIER & Jérôme GREST

Why support athletes with natural aromatic treatments?

4.15

Kevin BURDIN

Depression, anxiety and insomnia: updated overview in phyto-aromatherapy

Congress closure
Gérard PHILIPE room

5.30

Jessica BUCHANAN

«The Bridges of Perfume: between science, well-being and creation» A multi-sensory lecture inviting the audience to travel through the work of Grasse perfumers

6.00

Closing remarks

Opinions expressed during the lectures are those from their authors.

Programme subject to change depending on the organizer's constraints and the invited speakers.

PRACTICAL WORKSHOPS

Pre-booking is compulsory (number of seats limited)
French-spoken, no translation

FRIDAY 25 & SATURDAY 26, SEPT. 2026

1.45

Magali LERASLE-GIRARD

Olfactory and Tactile Regulation of the Central Nervous System Following Trauma

Yann GONZALEZ

Agitation, anxiety, confusion... what role can aromatherapy play in emergency psychiatry?

Anne-Françoise THIOLIER

Essential oils in pediatric university hospitals

3.00

Laure MARTINAT

Phyto-aromatherapy in managing stress and anxiety

Jean-Philippe CLAUZEL

Beyond the «Band-Aid Effect»: Integrating Phyto-Aromatherapy into a Sustainable Emotional Regulation Strategy

Barbara DANIEL-LEPPICH

Somatic Experiencing®, Trauma, and Autonomic Nervous System Regulation: Building Bridges Between Body-Based Trauma Therapies and Essential Oils

4.15

Anne LE NECHET

& Amandine BOUTRIGE
Music and Aromatherapy: A joint workshop for caregivers and patients to alleviate disruptive behaviors in Alzheimer's

Magali DHUMES

Essential oils in psychiatry: Arom'accord Project

Florence STOCKMAN

Aromatherapy in CMP: Olfactory sticks to regulate emotional distress

Self-service coffee available all afternoon

Pre-booking is compulsory (open to delegates and companions)

WELCOME COCKTAIL PARTY & GUIDED VISITS

FRIDAY 25, SEPT. 2026

3.00

Pedestrian guided visit «Rediscovering women in Grasse»

Departure from Congress Center (duration 1h). FREE VISIT

6.30

Welcome evening party

Cocktail dînatoire. ADDITIONAL COST UPON REGISTRATION

3.00

Pedestrian guided visit «Discovering the heart of Grasse»

Departure from Congress Center (duration 1h). FREE VISIT

6.30

Welcome evening party

Cocktail dînatoire. ADDITIONAL COST UPON REGISTRATION

SATURDAY 26, SEPT. 2026