



# Marco Valussi

BSc. (Hons.) Phytotherapy, MNIMH, EHPA

## Profile

Marco Valussi is a Clinical Phytotherapist with a specific expertise in essential oils; he works as educator, writer and consultant for the industry in the fields of herbal medicine, aromatherapy and medicinal plants. He also works as a consultant for NGOs working in the field of traditional medicine in developing countries.

He is the scientific director of FX Laboratorio Benessere srl, producer of the essential oils Gadoi; he is also president of the association OfficinaLessinia, dedicated to the study of aromatic plants, their traditions, biodiversity in the mountain regions, and is particularly dedicated to the economical sustainability of an aromatic industry.

He gained his degree in Herbal Medicine (BSc. (Hons.)) in 1998 from Middlesex University, London, after obtaining a Diploma in Aromatherapy and Bodywork in 1995 from ITHMA.

Since 1996 he has written more than 100 articles for different professional journals and magazines, on different subjects related to medicinal and aromatic plants. In 2005 he has published with Tecniche Nuove (Milan, Italy) a professional textbook on essential oil science, now in its second edition.

He worked as director and main teacher of a biennial school in massage and aromatherapy

He works as a educator and public speaker at various levels on the subjects of medicinal plants and their usage: he runs Continuing Education courses for erboristi, pharmacists and medical doctors, and seminars as Visiting Professor at the Masters in Medicinal plants at the Universities of Florence, Siena and Pisa.

He also works as a consultant for international NGOs working in developing countries. In particular he has worked in Kenya for CTM - Altromercato, in Nepal for Oxfam, in Colombia for COE - UCODEP, and in Cabo Verde for the EU.

He has been consulting for companies in the field of natural herbal products, and natural cosmetic, both as a formulator and researching the evidence for product claims.

He is a member of the Scientific Committees for the professional magazine "L'Erborista", for the association for ecological dermatology "Skineco", and he is a scientific consultant for the Italian Society of Herbal Science and Technology (SISTE). He is the Italian representative for EHTPA (European Herbal and Traditional Practitioners Association).

He is a member of the "Italian Society for Research on Essential Oils" (SIROE)



## Personal details

**Nationality:** Italian

**Date of birth:** 27.10.1967

## Work experience

### **22nd-23rd October**

Seminar on essential oil chemistry and production in Rome, for FIPPO (Italian Federation Medicinal Plants Producers)

### **8th-9th October**

Conference speaker at Pharmevolution in Catania, Italy, on the subject of production chain and quality control in the industry of quality essential oils

### **9th-10th April 2016**

Conference speaker in Lubjana on the subject of production chain and quality control in the industry of quality essential oils

### **2016**

Scientific director at FX Laboratorio Benessere srl, producer of essential oils and aromatic water from the mountain region near Verona, Italy

### **2015**

President and scientific director at OfficinaLessinia

### **8th November 2015**

FIPPO (Italian Federation MAPs Producers). Introductory course on cultivation and transformation of MAPs, Rome, Italy

Seminar on "Principles and methods of aromatic plants distillation".

### **7th November 2015**

SIROE (Italian Society for Research on Essential Oils). III National Congress, Rome, Italy.

Presentation on "Quali-quantitative characterization of essential oils in relation to different extractive parameters"

### **21st October-5th November 2015**

GVC, an Italian NGO, Bologna, Italy

Feasibility Mission in Nepal for long term support of the MAPs sector:

### **16-17th September 2015**

"A seminar la buona pianta..." Milano, Italy

Seminar on essential oils distillation and uses

### **10-13th September 2015**

AIA (Alliance of International Aromatherapists) Biennial Conference, Denver, US

Presentation on "Critical tools for a modern profession"

### **12-13th August 2015**

"A seminar la buona pianta..." Vallarsa, Italy

Seminar on essential oils distillation and uses

### **11th June 2015**

XIV Symposium SIF (Italian Society of Phytochemistry), Padua, Italy

Presentation on "Traditional edible weeds and bitter principles: effects on health"

### **15-17th May 2015**

China & Korea Joint International Phytonutrient Symposium. Chinese Nutrition Society (CNS) and Korea Society of Food Science & Technology (KoSFost). Beijing, China

Presentation on "Traditional vegetables and bitter phytonutrients: key influencer og a healthy gut"

### **January 1996 - Present**

Author at Tecniche Nuove Publisher;

Published more than 100 scientific articles and a textbook on essential oils

### **2003 - Present**

Scientific Consultant at SISTE, Milan

Evaluation of data and educational support given by association. Provider of educational and technical seminars.

### **2007-present**

Laboratories Biokyma Srl, Anghiari (AR)

Herbal Medicine seminars.

### **October 2008 - Present**

Member of the scientific committee at SkinEco, Milan

Provide expert opinion on cosmetic application of herbal extract

### **January 2011 - Present**

Visiting Professor at Master in Integrative Medicine at University of Florence



Lecturer in Aromatherapy

**25 May 2013 - present**

Seminars on olfaction, neurogastronomy and aromatic materials at "SmellFestival", Bologna

**2013 - present**

Seminars on essential oils and distillation techniques for the Italian Federation of Official Plants producers (FIPPO)

**2014-present**

Teacher of a Continuing Education course for the Italian Association of Nutritionists (AINUT) on gastrointestinal disorders

**2009 - 2014**

Consultant at Ferrero

Literature analysis, monographic compilation, safety evaluation of medicinal and aromatic plants, and functional foods

**February-May 2014**

Course of Phytotherapy for animals for CAMON, Vicenza

**5-7 September 2014**

Botanica2014 International Conference, in Dublino, Ireland

Presentation on "evolution and synergy in essential oils"

**11-13 April 2014**

"PhytArome" International Conference, in Grasse, France

Presentation on "functional foods with digestive activities"

**November 2012 - 2014**

Associate Researcher at University of Padua

Working on quantitative ethnobotanical methods

**July 2008 - 2013**

Visiting Professor (Prof. a p.) at Master in Medicinal and Aromatic Plants at University of Pisa

Lecturing on the overall process of creation of a natural product based on medicinal and aromatic plants

**23-24 October 2012**

Hong Kong Polytechnic University

Speaker at the 3rd EU-HK Symposium on "Integrating Traditional and Functional Food in Emerging Markets" EU-China Symposium

**September 2011**

Hong Kong Polytechnic University

Speaker at the 2nd EU-HK Symposium on Functional Foods

**September 2008 - December 2011**

Director of the Professional School of Aromatherapy and Bodywork, teacher of Essential Oil Science at CIAM, Verona

In charge for the overall scientific and cultural aspects of the School, and main teacher of the School, in Essential Oils Science and Professional Ethics

**2010 - 2011**

Consultant at Originitalia, Vicenza

Provide scientific advice on herbal products and natural products for animal welfare

**January 2007 - January 2010**

Consultant teacher trainer at L'Oreal S.A

I worked as a teacher trainer with relations to the herbal components of some of Oreal's products, Inne and Sanoflore

**26th of June, 2009**

University of Milan, Scuole di specializzazione in farmacologia della Lombardia, Milan,

Speaker at the seminar "Natural substances: return to the past or new opportunities? on the subject of "Do traditional systems of medicine still have secrets for us?"

**22nd and 23rd April, 2009**

Istituto Nazionale Tumori, Milan,

Speaker at the "Medicinal plants and diet for the cancer sufferer" organized by the Me.Te.C.O. Group with the presentations: "Chemical composition, indications and pharmacological interactions of Curcuma and St. John's Worth" e "Chemical composition, indications and pharmacological interactions of Aloe vera gel".

**2008-2009**

C.O.E. (Milan) - UCODEP (Florence), NGOs working in the international cooperation and traditional medicines fields

Scientific consultant in two missions in Colombia to evaluate the transformation and distillation plants and laboratories.

**January 2004 - June 2008**

Consultant at Allegrini SpA,



Research & Development and Quality Control.

**2000-2008**

CIAM (Collegio Italiano Massaggio e Aromaterapia)

Director and main teacher at the Biennial School of Massage and Aromatherapy, Verona

**2007**

Bradford University (GB), Pharmacy Department,

Speaker on "Aromatherapy and essential oils"

**5th October, 2007**

European Traditional Medicine International Congress, Vinci,

Speaker at the workshop "Aromaterapia"

**16th of June 2006**

Università di Ferrara, Centro di Cosmetologia, Master in Scienza e Tecnica Cosmetiche,

Speaker at the Congress "Ethnocosmesis and International Relations: The new markets" with a presentation on "Phytocosmesis material from the developing countries".

**2006**

World Society of Pain Clinicians, Torino,

Speaker at the *12th International Pain Clinic* on "Pain remedies from the plant kingdom: a review"

**July-August 2004**

CTM - Altromercato - Italy,

Quality control consultant for Meru Herbs, Meru, Kenya

**2003 -2004**

Oxfam Wereldwinkels- Belgium,

Quality control consultant for SEACOW Kathmandu, Nepal

**September, 2003**

Cabo Verde,

Member of a Feasibility Mission on medicinal plants for the EU

**2000 - 2005**

Consultant at Flora Pisa,

Worked as lecturer on chemistry and biology of essential oils

## Publications

Has written more than 100 articles in professional magazines and journals on the subjects of: medicinal plants, clinical phytotherapy, history of phytotherapy, aromatherapy, essential oils, plant conservation, for *Erboristeria Domani*, *L'Erborista*, *Medicina Naturale*, *Farmacia News*, *European Journal of Herbal Medicine*, *DermoCosmo News*.

He is the author of the essential oil science textbook *Il grande manuale dell'aromaterapia: fondamenti di scienza degli oli essenziali* (2005) for the publisher Tecniche Nuove, now in its second edition

Some published articles:

- "Essential oils and their biological activities in the light of evolutionary theory: a review of the field including synergy and network pharmacology" (2015) *International Journal of Clinical Aromatherapy*; 9 (1, 2): 69-84
- "Functional foods with digestion-enhancing properties". (2012) *International Journal of Food Sciences and Nutrition*. International journal of food sciences and nutrition; 63 (S1): 82-89
- "Quantitative ethnobotany and traditional functional foods" (2012) *Nutrafoods*. 11 (3): 85-93
- "Biomedical research methods and herbalism: a critique" (2001) *European Journal of Herbal Medicine*, Special Issue: 25-32
- "What Does 'Alternative Medicine' Really Mean?" *European Journal of Herbal Medicine* 3 (1), 38-44

Author of the medicinal plant database: [www.infoerbe.it](http://www.infoerbe.it)

He writes on the blog Silphion: [www.marcovalussi.it](http://www.marcovalussi.it)

## Education

Middlesex University, London - Degree (BSc. Hons.) in *Herbal Medicine* (Phytotherapy) 1998

ITHMA London, Diploma in Aromatherapy 1993 - 1995

Faculty of Agraria, Padua University, studies in Forestry (exams transferred to MDX University) 1987 - 1993



### **Positions of responsibility**

Member of the Scientific Committee of the Magazine *L'Erborista*

Scientific Consultant for SISTE (*Società Italiana delle Scienze e Tecniche Erboristiche*)

Member of the Scientific Committee of SkinEco

Italian representative for EHTPA (*European Herbal and Traditional Practitioners Association*)

### **Linguistic competencies**

**Native speaker:** Italian

**Other languages: English**

Read: Excellent

Written: Excellent

Spoken: Excellent

**Other languages: Spanish**

Read: Good

Written: Moderate

Spoken: Good