

## The Healing Scents



Learn how to use natural therapeutic oils to encourage balance, wellbeing, promote physical, emotional and spiritual health.



We will demonstrate different aromatherapy techniques such as baths, diffusers, steam inhalation, compress, topical application and meditation.



This dynamic and interactive learning session ends with gentle relaxation massage that includes back, head, shoulders and hands.

Place: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

*"Smell is a potent wizard that transport you across thousands of miles and all the years you have lived"* - Hellen Keller



**Space is limited. For more information please contact:**

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