



# Healing Scents Holistic Clinic

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## **ONE or TWO Day Workshops** **Introduction to Aromatherapy and Use of Essential Oils**

These one and two day workshops are for people who would like to know more about essential oils, when and how to use them safely with confidence and enjoyment. Aromatherapy works on the physical, mental and spiritual body. For thousands of years we have used plants, their essences and their fragrance for healing. This is an opportunity for you to learn more about the aromas and their healing properties.

### **THE SMELL IS ONLY THE TIP OF THE ICEBERG**

#### **Day 1**

- What is aromatherapy?
- The history and how it is used today and recognised as a healing modality
- What are essential oils, where do they come from?
- Essential Oil safety
- How are essential oils extracted
- Eight of the most popular essential oils, their therapeutic properties and how to use them
- Carrier oils, what are they?
- Blending
- Hand and Arm Massage

You will take home two blends specially made for your specific needs

#### **Day 2**

- Specialty carrier oils, creams, lotions, why and when would you use them
- Different ways in which you would use essential oils
- "Listening to the oils"
- Hydrosols "The New Aromatherapy"
- Making a spritzer and perfume to take home
- Spa Foot massage

Class size is limited so book early

**Dates, Times and Costs: For details see**

**<http://vancouverislandaromatherapy.com/workshops.html>**