

**Learn Everyday Aromatherapy - How to enjoy, and benefit from, using essential oils safely and therapeutically in your day to day life**

# **Learn Everyday Aromatherapy: Masterclass**

**Facilitated by Lisa Heeney, Aromatherapist, and Author of AromaBump – the Belly Bible for Aromatherapy in Pregnancy**

**Date: Sunday 19<sup>th</sup> August**

**Venue: Serenity Holistics, Dungannon Enterprise Centre**

**Investment: £75.00**

I am delighted that you will be joining me for this is hands-on workshop that teaches you how to use essential oils for personal use, health benefits, in your home and cleaning purposes. Here's the schedule for the day:

- 9.30 – Arrive, settle in
- Introduction to the 10 most useful essential oils to have in your home
- Safety first - how to use essential oils safely
- Dilution & Blending
- 11.30 Tea/Coffee Break
- Overview of carrier oils and which ones best suit your needs
- Getting to know your oils - Smell testing - Break down of oil characteristics
- Blends for personal care - bath, massage
- Using aromatherapy with children
- Make your own body/face oils to take home, using your knowledge from the workshop
- 2pm Workshop ends

All required materials are provided.

(Feel free to bring an apron to protect your clothes from spills and stains. Also, it is preferable to arrive perfume-free as some fragrances can over-power essential oils, thank you.)

AromaBuff aromatherapy products ([www.aromabuff.com](http://www.aromabuff.com)) and copies of AromaBump – the Belly Bible for Aromatherapy in Pregnancy will also be available to purchase/order on the day at a 20% discount. Card payment is available.

## **Terms and Conditions**

Should a workshop participant have to cancel their attendance at the workshop the following applies:

- Up until 48 hours' notice - A full refund will be offered, or the opportunity to attend the same workshop at a different date.
- Between 48 and 24 hours' notice - 50% refund will be offered, or the opportunity to attend the same workshop at a different date.
- Thereafter, no refund, or transfer of dates will be offered.
- Should the workshop have to be cancelled due to the facilitator's inability to attend, a full refund will be offered, or the opportunity to attend the same workshop at a different date.