



BACK BY POPULAR DEMAND!!!

HOME APOTHECARY AROMATHERAPY WORKSHOP

THURSDAY, NOVEMBER 13TH 6:00 PM

Aromatherapy is the art and science of using essential oils of the plants in order to promote physical, mental and emotional well-being.

This exciting hands-on aromatherapy workshop provides everything you need to know to safely and effectively use essential oils every day at home. You will learn how essential oils can be used to enhance the health and wellbeing of yourself and your family.

- Discover ways to provide an atmosphere of peace at home and work
- A practical and easy way to learn the properties of essential oils
- The study of the 7 Solutions, their essential oils and ingredients, their therapeutic uses and methods of application
- Practical recipes to enhance physical, mental and emotional well-being
- Hands-on experience in creating a personal blend

WHEN: THURSDAY, NOVEMBER 13TH, FROM 6:00 TO 7:30 PM

COST: \$20 - (APPLICABLE TOWARD AROMATHERAPY PRODUCTS)

WHERE: LITTLEFIELD COTTAGE HEALING ARTS & DAY SPA

CALL: 706.867.9229 ENROLL TODAY!

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