

Introduction to Aromatherapy

with Lynn White & Michele Grout

Saturday, February 29

10-11:30a

Cost: \$30 (includes Emotional Aromatherapy Reference Guide)

Please join us to learn about Aromatherapy. Aromatherapy has been dated back to ancient civilizations, and is becoming more widely used and accepted in the western world. It has been used for centuries and encompasses the sense of smell to promote health and wellness.

Fun Aroma Facts that will be Explored:

Your body contains approximately 1,000 different genes that encode odor receptors.

There is a direct connection between the nose and brain's emotional control center; the limbic system.

The limbic system controls our emotions, mood and memory. This is why the "aroma" in Aromatherapy can support and benefit overall well-being.



We look forward to meeting and sharing with all of you!

Lynn White; Reiki Master, Certified Life Coach, Certified Wellness Coach, Essential Oil Wellness Advocate, Certified in AromaTouch, Medium and Intuitive

Michele Grout: Essential Oil Wellness Advocate, Essential Oil Enthusiast



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Registration:

<https://www.schedulicity.com/scheduling/TRCLMY/classes>