

Basic Essential Oil Class

In this 3 hour oil class we will cover:

- The history of essential oils and where they come from
- The various schools of thought on how to use essential oils
- Plant families in relation to essential oils
- Plant physiology in relationship to essential oil function
- Frequency and synergy
- The need for 100% pure, therapeutic essential oils
- The difference between blended oils and single oils
- Basic principles of essential oils - how they do what they do
- Using essential oils to restore balance within the body
- The shelf life of essential oils
- Safety guidelines to consider when using essential oils
- How and why to use a carrier oil when topically applying essential oils
- Methods of use when incorporating essential oils into everyday life
- Essential oils and balancing emotions
- What essential oil to use for specific symptoms

This 3 hour class is designed for the beginner as well as the individual who has been using essential oils for some time. We cover a wide range of topics and make the practice of using essential oils fun and easy. By the end of this class you will know how to effectively use essential oils in most situations.