

**WELLBEING**

**Aromatherapy**

*Natural Wellness Course*

A 4 week course exploring the principles of Aromatherapy and the benefits of essential oils and massage therapy to enhance wellbeing.

No experience required, just come along and see for yourself.

The environment will be safe and easeful with the opportunity to try out some practical methods of how to use essential oils

Commencing Monday 16<sup>th</sup> April until 14<sup>th</sup> May 2018

10.30am until 1.30pm



For further information contact Lesley Whiting, Learning Co-ordinator

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