

Aromatherapy

Basics and Beyond

Please join Shreshta Carol Asher for a 2-day playshop where we will have fun exploring the wonderful world of Aromatherapy.

This playshop is for all of you who:

- Love the smell of pure essential oils,
- Who want to introduce the use of pure essential oils into your home life, work environment, and into your every day living,
- Who would like to learn which essential oil to use for the physical, emotional & spiritual aspects of your life,
- Who love nature and would like to connect better with her via her plants,
- Who want to explore essential oils further and expand your knowledge,
- Who would like to learn how to make aromatherapy products,
- Who want to experience a healing and transformational weekend,
- Who would like to have fun, be uplifted and inspired...

If any one or more of the above describes you, then this event is for you!

We will explore the history of essential oils and the various ways of their usage, extraction and distillation. We will learn about quality and purity of essential oils and the basic distinction of pure versus synthetic. We will cover the profiles of over 25 essential oils. We will learn how to use essential oils energetically and vibrationally & which oils to use for chakra development and energetic cleansing, healing and protection. We will make our own essential oil products to take home. You will receive a kit of 15 essential oils to take home for your own use valued at \$131.50.



When: 1st and 2nd of December

Where: 41 Waite Road in Netherby

Time: 9.30 - 5.00pm Saturday & Sunday

Course fees \$315 includes your kit of 15 essential oils valued at \$131.50. Deposit \$50 to secure place. Phone 8379 1331.

Shreshta Carol Asher has been a professional Aromatherapist for 25 years. Over the last 11 years she has developed her own line of the purest organic, wild crafted, & other high quality essential oils. Her company is One Heart Body Essentials. People rave about her oils the world over. Carol is a "plant whisper" and she has the ability to commune with the spirit of the flowers and plants and find out what they want to be used for to help in the spiritual and physical evolution of humanity. In the picture to the left taken in the south of France, Carol is getting ready to feed the distiller to create Lemon Thyme essential oil.