

Wellbeing: Aromatherapy for Winter Health

Course overview

Aromatherapy is the use of aromatic essential oils to help improve our mental, emotional and physical wellbeing. This course will give you the knowledge and the skills to use a selection of essential oils for maintaining your wellbeing in the winter months.

What will I study?

You will:

- be able to blend and use essential oils safely
- list essential oils helpful for maintaining our winter health
- identify essential oils which are anti-microbial, de-congest, improve immune function and support healing to
- choose from a range of essential oils
- select suitable ways of using the essential oils

Assessment method

You will participate in discussions, Q&A, experience essential oils and receive verbal feedback from the tutor throughout the workshop. You will safely create a blend for your own use.

Entry requirements

This course is open to all. You will need a good understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as a notepad and pen or a tablet.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
7003CPT	Friday 6 November 2020	10am to 12.30pm	Barking	£0.00	£0.00

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing or enrichment courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722