

# Introduction to Aromatherapy

## Course overview

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Aromatherapy is the use of essential oils, the active parts of plant materials, and as such has a powerful influence on our mind and body. By using the oils frequently, you will be able to help yourself towards better physical wellbeing and a more positive mental wellbeing. This course is recommended for those who are new to aromatherapy, especially if you wish to get the most from one of the other aromatherapy courses.

## What will I study?

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You will:

- be able to use essential oils safely
- understand the principles of blending and calculations for safe blending
- discuss different ways of using essential oils
- be introduced to the families of essential oils
- experience different essential oils

## Assessment method

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You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout the workshop.

## Entry requirements

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

## What should I bring with me?

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

## Key information

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Code	Date	Time	Location	Full Fee	Concessionary Fee
7009CPT	Saturday 20 March 2021	9.30am to 2pm	Dagenham		

## Possible next steps

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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

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722