

# Wellbeing: Aromatherapy for Winter Health

## Course overview

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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?

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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

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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

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This course is open to all. You will need a solid 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 notepad & pen or tablet.

## Key information

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Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

## 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 CPD 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

