

# Aromatherapy for Mental 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 key essential oils for lifting and maintaining your mental wellbeing.

## What will I study?

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You will:

- be able to use essential oils safely
- list essential oils helpful for mental health
- identify useful properties of essential oils
- choose from a range of essential oils
- blend essential oils to use in different ways

## Assessment method

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You will participate in discussions, Q&A 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 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
7019CPT	Wednesday 26 May 2021	9.30am to 12.30pm	Dagenham	£0.00	£0.00

## 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