

Wellbeing: Introduction to Aromatherapy & Blending

Course overview

Aromatherapy is the use of essential oils, which are the active parts of plant materials. These essential oils have a powerful influence on our mind and our 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 want to mix essential oils at home and those who want to take their blending to the next level. or for. It is also suitable 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?

You will:

- Be able to use essential oils safely
- Experience different essential oils
- Understand and practice the principles of blending and calculations for safe blending
- Be introduced to the blending families of essential oils
- Practice creating a balanced layered blend

Assessment method

You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout the workshop and put into practice the principles covered.

Entry requirements

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

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.
You may wish to bring some small (10 - 20ml) containers for your blends.

Key information

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

Following the successful completion of this course, you will be supported to enrol on to the other aromatherapy courses, other wellbeing or CPD 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