

# Wellbeing: Make Your Own Aromatherapy Diffusers

## Course overview

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Aromatherapy is the use of aromatic essential oils to help improve our mental, emotional, and physical wellbeing. If you have done one of our other aromatherapy courses, you will have learnt about the properties of the essential oils and how to blend them. Essential oils and aroma blends are often gently diffused into rooms and personal spaces such as cars. In this short course you will create your own diffusers which you can add your own choice of essential oils to. Our focus will be on making the diffusers and you will be able to add your own essential oil blends to them.

## What will I study?

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You will:

- Create a diffuser for larger spaces
- Create a hanging diffuser for smaller spaces
- Create a personal / mobile diffuser
- Be able to add your own essential oil blends to your creations

## 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. You should be familiar with how to use essential oils safely as this will not be covered during this course.

## What should I bring with me?

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You will need hard containers such as a lunch box or takeaway container to put your products in to take home.  
You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

## Key information

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As essential oils will be used in class please let the tutor know if you have any allergies.

## Possible next steps

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