

# Wellbeing: Aromatherapy for Winter Wellbeing

## Course overview

---

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 specifically aimed at maintaining your wellbeing in the winter months.

## What will I study?

---

You will:

- Be able to use essential oils safely
- Select the most suitable ways of using the essential oils for different types of winter ailments
- Identify essential oils which are anti-microbial, de-congesting, improve immune function and support healing
- Choose from a range of essential oils and create at least one winter health blend to suit your needs

## Assessment method

---

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

---

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.

## Key information

---

Please let the tutor know if you have any allergies or health conditions.

## Possible next steps

---

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

---

Our friendly staff can give you further advice and support.



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



call: 020 8270 4722