

Wellbeing: Make Your Own Aromatherapy Products

Course overview

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. This course covers the wider ways in which we might use our blends.

In this course we will create different aromatherapy for you to use at home and at work. Our focus will be on making the products and you will be able to add your own essential oil blends to them.

What will I study?

You will:

- Make a nourishing face or body oil
- Make non oily bath salts
- Make a solid fragrance
- Be able to add your own essential oil blends to your creations

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

What should I bring with me?

You will need small containers of your choice to put your products in.
You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

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 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



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