

The Joy Of Aromatherapy

Effective Natural Remedies
for Everyday Use



Are You?

- Looking for a natural approach to care for yourself or your family ?
- A therapist looking to extend your knowledge?
- Someone interested in becoming an Aromatherapist?

We'll Show you How To

Identify at least 5 different fragrance types and produce a harmonious blend.

Use essential oils, vegetable oils and herbal oils confidently in therapeutic blends.

Create a unique personal blend that benefits your everyday life.

Blend 10 key essential oils effectively in everyday remedies.



Workshop costs £97.00 for the day including lunch & refreshments .

We limit our numbers to make sure you get the time, care and attention you deserve. To secure your place call us now on **0777 2609696** to pay a deposit.



Discover the life enhancing benefits of using Aromatherapy

Where?

Workshops take place at The Monkhouse Granary, just outside the beautiful, historic town of Shrewsbury, Shropshire. We feel The Monkhouse Granary is the perfect location. A 16th Century building that has been lovingly converted. Set in peaceful countryside with ample parking and easy access. Run by a local family whose attention to detail makes the setting for your workshop truly pleasurable.

When?

Our workshops run once a month and for your convenience are held on a different day each month. This allows people with different work requirements and family commitments to access our workshops.

Each day runs from 10.00-4.30 and has limited availability.

What's Included?

Delicious homemade refreshments will be included throughout the day. Lunch will consist of a seasonal finger buffet with bite sized desserts. All food is of the highest quality, sourced locally and prepared by a local caterer with an excellent reputation.

About me

My love of Aromatherapy started as a child making rose petal perfume and mashing rowan berries in to pastes. As a teenager I used essential oils to help me revise for exams. As an adult an Aromatherapy massage helped me through a stressful yet crucial OFSTED inspection. This Aromatherapy massage was pivotal in my life. I have now been a practising Aromatherapist since 2006, a professional rose petal blender! I am passionate about the therapeutic benefits of Aromatherapy and would love to share my passion and knowledge with you.

