

# Aromatherapy

*For health and wellness*



Sunday, January 22, 2012

2:30-4 pm

## PRE-PAY REGISTERTRATION Please

\$27- PRICE INCLUDES FREE TAKE-HOME SAMPLE OF YOUR OWN ESSENTIAL OIL BLEND

*Individual Essential Oils will be sampled and discussed including medicinal properties, characteristics, contraindications and blending.*

*WHERE: Sanibel Yoga  
2496 Palm Ridge Road  
239-738-3856*

*Experience the world of Essential Oils and their profound empowerment in the area of your personal health and well-being.*

*This hands-on class is fun and educational.*

*Find out:*

- *What is an Essential Oil?*
- *History and Methods of Use of Essential oils*
- *Safety Instructions*

Kathleen Werner is a licensed and board certified Nurse Practitioner and Certified Aromatherapist. In addition to owning and operating her Holistic Care business, *Scent Sense*, [www.scentsense.com](http://www.scentsense.com) info@scentsense.com she continues to practice as a Nurse Practitioner.

