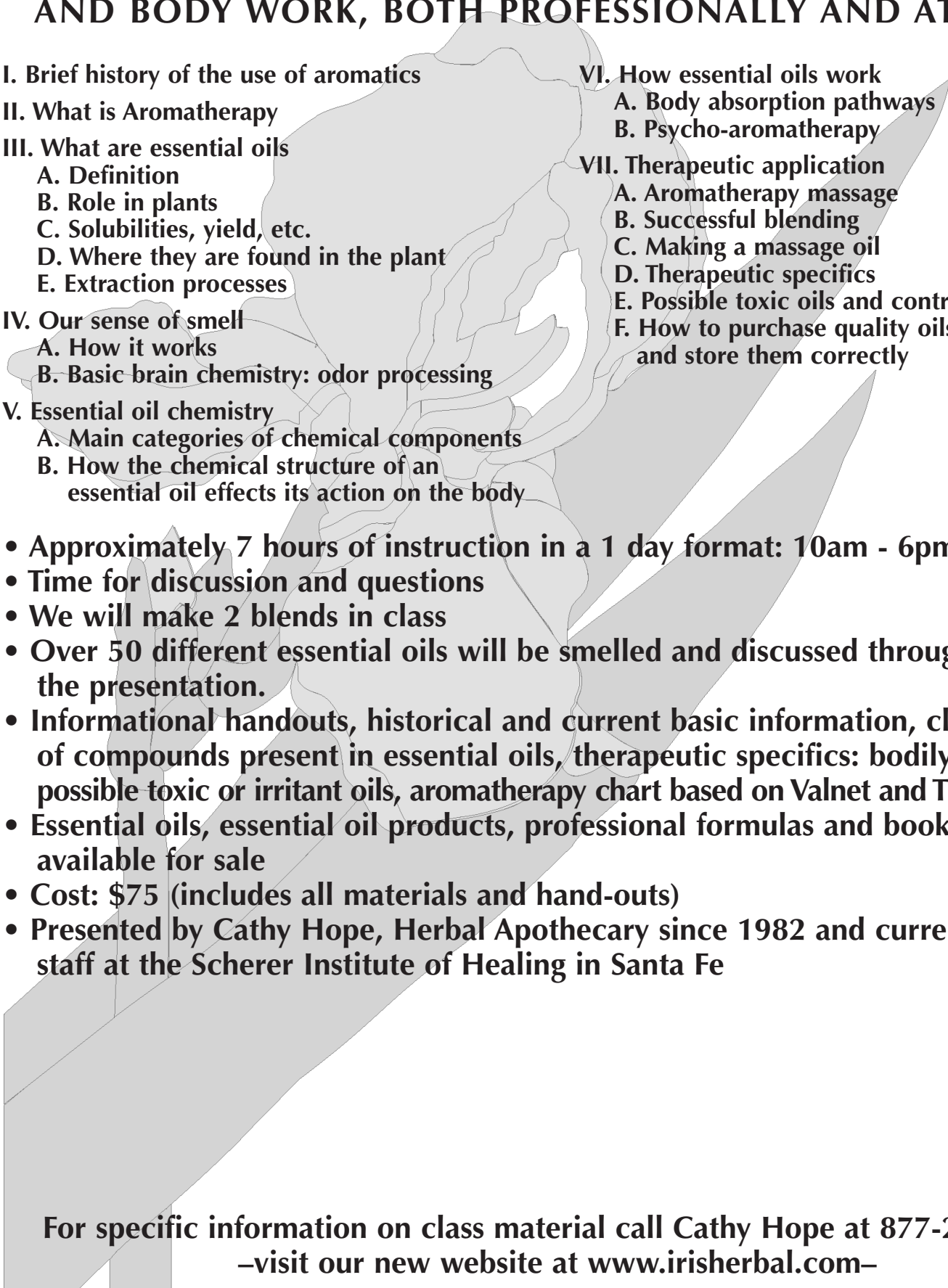


AROMATHERAPY WORKSHOP

FOR ANYONE DESIRING TO INCORPORATE ESSENTIAL OILS AND BODY WORK, BOTH PROFESSIONALLY AND AT HOME

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- I. Brief history of the use of aromatics
 - II. What is Aromatherapy
 - III. What are essential oils
 - A. Definition
 - B. Role in plants
 - C. Solubilities, yield, etc.
 - D. Where they are found in the plant
 - E. Extraction processes
 - IV. Our sense of smell
 - A. How it works
 - B. Basic brain chemistry: odor processing
 - V. Essential oil chemistry
 - A. Main categories of chemical components
 - B. How the chemical structure of an essential oil effects its action on the body
 - VI. How essential oils work
 - A. Body absorption pathways
 - B. Psycho-aromatherapy
 - VII. Therapeutic application
 - A. Aromatherapy massage
 - B. Successful blending
 - C. Making a massage oil
 - D. Therapeutic specifics
 - E. Possible toxic oils and contraindications
 - F. How to purchase quality oils and store them correctly

- Approximately 7 hours of instruction in a 1 day format: 10am - 6pm
- Time for discussion and questions
- We will make 2 blends in class
- Over 50 different essential oils will be smelled and discussed throughout the presentation.
- Informational handouts, historical and current basic information, classes of compounds present in essential oils, therapeutic specifics: bodily systems, possible toxic or irritant oils, aromatherapy chart based on Valnet and Tisserand
- Essential oils, essential oil products, professional formulas and books will be available for sale
- Cost: \$75 (includes all materials and hand-outs)
- Presented by Cathy Hope, Herbal Apothecary since 1982 and currently on staff at the Scherer Institute of Healing in Santa Fe

For specific information on class material call Cathy Hope at 877-286-2970
–visit our new website at www.irishherbal.com–