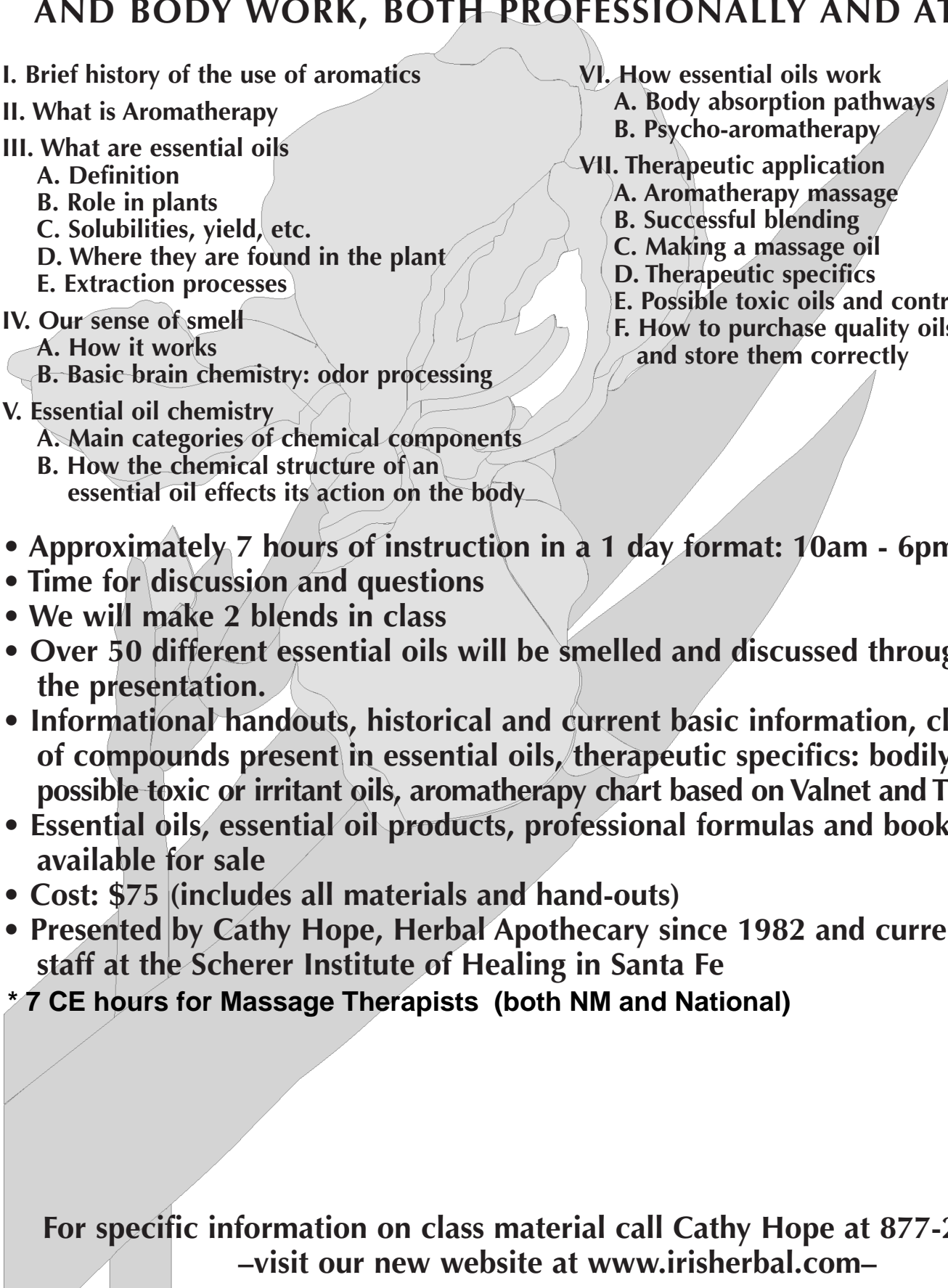


AROMATHERAPY WORKSHOP

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 / 9am - 5pm
 - 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
- * 7 CE hours for Massage Therapists (both NM and National)

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