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**DESCRIPTION:**

Discover the amazing world of aromatherapy; a powerful yet gentle system of healing, using essential oils. Aromatherapy may be used to counter the stresses of modern life or treat specific health problems. No prior aromatherapy knowledge required.

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**OUTLINE****DAY 1**

- Six essential oils and their
  - Common name
  - Botanical name
  - Therapeutic use
- Brief history of Aromatherapy & extraction methods of essential oil  
Contra-indications
- Demonstrate, student practical & discussion on how to use essential oils in foot baths, compresses, bath, inhalations, room sprays etc

**DAY 2**

- Six more essential oils
- The therapeutics benefits & use of carrier oil, clays, creams, yogurt etc
- Blending demonstration & practical blending by students
- Discussion on blends & remedies for personal use
- Practical blending by students using pre-made base creams, carrier oils, clays etc

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**ABOUT****TARA MURRY:**

Tara is an Aromatherapist & Trainer at Nature Care in Aromatherapy, Massage techniques, the making of natural cosmetics & more. She has been manufacturing her own creams, lotions & potions for 10 years & is passionate about helping others make healthy choices & their own organic body products.

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**DURATION:**

Two day workshop

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**WHAT TO BRING:**

Please bring a notebook and pen

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**RECOMMENDED READING:**

Battaglia S, 1995. *The Complete Guide to Aromatherapy*. The Perfect Potion.  
Lawless J. *The Encyclopaedia of Essential Oils*.

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**AFTER THIS  
COURSE:**

You might like to consider the following related short courses:

- Make Your Own Natural Skincare
- Detox Your Home
- Get Cultured – Transform Your Food into Medicine
- Soap Making... Naturally!

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**CPE POINTS:**

Members of ATMS (Australian Traditional Medicine Society) can receive Continuing Professional Education points for this course. 1 hour = 1 point with a maximum of 5 hours.

Please bring your ATMS CPE form to have signed by your trainer at the end of the course.

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