



Essential oils have enhanced lives for thousands of years, offering a variety of benefits that improve physical, mental and emotional health. They can help strengthen the immune system, relax sore muscles, heal skin conditions, alleviate pain, balance hormones, improve digestion and reduce cellulite and wrinkles. Please join us for these 2 complimentary Introductory workshops to learn the ins and outs of these amazing oils.



MONDAY, MARCH 20th @5:30PM **Intro to Essential Oils**

- Oils of the Bible (Frankensense and Myrrh)
- Oils for Cooking
- Oils for detoxification



THURSDAY, APRIL 13th @5:30PM **Intro to Essential Oils**

- Oils to promote sleep
- Oils to reduce anxiety
- Oils for relaxation

Light refreshments will be served.

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