

AROMATHERAPY KITCHEN CLASSES

Intimate, educational sessions on safe use of essential oils for healthy living

Sun. March 18, 1-3p
“Spring Cleaning”
(natural cleaning products)

Sun. April 15, 1-3p
“Head in the Clouds”
(headache relief)

Sat. June 2, 10a-Noon
“Breathe Deep”
(stress/anxiety relief)

Sat. Aug. 4, 10a-Noon
“Grief Relief”
(blends to aid in grief & loss)

Sat. Sept. 8, 10a-Noon
“Sweet Dreams”
(sleep enhancement)

Sat. Oct. 27, 10a-Noon
“Cold & Flu Fighters”
(@ ICC N. campus)



Class fee: \$20 (includes 2 take home products)

To register: Call or email Mary

Location: All classes (except Cold & Flu Fighters) to be held at address listed below.

Offered by:

Mary Peifer,

RN/LMT, Certified Aromatherapist

The Aromatherapy Kitchen-a division of Body Kneads, LLC

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