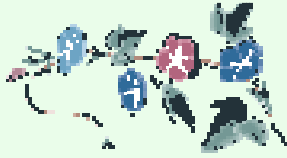


Introduction to Aromatherapy

Smelling & Feeling

Saturday 8th Sept. 2007
10-30am to 4-00pm
Portland Place, W1
Fees: **£55**



Morning

- Aromatherapy and Therapeutic Scents
- Psychological & Physiological Benefits of Essential Oils
- Applications of Aromatherapy
- Introduction to Self-Treatments

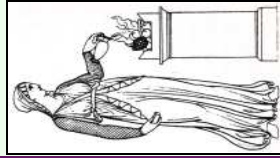
Afternoon

- Aromatherapy to release Stress
- Introduction to Aromatherapy Massage

Please bring a medium towel for your own use in the afternoon massage session. Note that participants will be invited to work in pair for a short massage routine concentrating on the neck and shoulders areas.

- Fee includes use of Essential oils & Handout
- A certificate of attendance (on request)

Complete address of venue will be sent once enrolled.



ENROLMENT FORM

I wish to enrol for the INTRODUCTION TO AROMATHERAPY workshop taking place on

Saturday 8th September 2007
10-30 am to 4 pm
Tutor: **Nicole Perez**

Name:.....

No of Participants:..... £:.....

Address:.....

.....

.....

Post Code:.....Tel:.....

Mob:.....

Cheque payable to Nicole Perez/SoHA:

I understand that all workshops and courses' fees are non-refundable.

Signed:..... Date:.....

For more information contact Nicole Perez:
0207 284 1315 or email info@holisticaroma.co.uk

Admin Address to send booking to:
108B Haverstock Hill, London NW32BD

