

Wider Family Learning: Family Aromatherapy

Course overview

Smells are amazing. They can cheer you up, calm you down, remind you of a favourite place or person. Aromatherapy takes this to a different level. Essential oils can be used to change mood as well as help with physical and emotional wellbeing. They can be very helpful with children with learning difficulties or additional needs who often choose massage with essential oils as their preferred way of calming.

On this course you and your child will learn about some child friendly, helpful essential oils. There are lots of ways your family can use essential oils at home and we will explore some popular ones so that you and your child can choose the right method for each occasion.

What will I study?

You will:

- Smell and learn about some key essential oils
- Discuss how to use essential oils at home
- Create safe blends for vapourising and massage
- Make your own diffuser for your essential oils

Assessment method

You will participate in activities, discussions and Q&A and receive verbal feedback from the tutor throughout.

Entry requirements

This course is open to all.

What should I bring with me?

Bring a small container (such as a take away / lunch box) to take your diffusers away in and a small, 20ml, container for your massage blend.

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Parents must stay with their children at all times. This course is suitable for children age 6 and over and great for teenagers.

Possible next steps

During this course, you will be supported to enrol on to other suitable Wellbeing, CPD courses or other wider family learning courses.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722