

# Wellbeing: Aromatherapy for Physical Wellbeing

## Course overview

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Aromatherapy is the use of aromatic essential oils to help improve our mental, emotional and physical wellbeing. This course will give you the knowledge and the skills to use key essential oils for maintaining your physical wellbeing. It will help you to identify which essential oils are best for you and how you can use them.

## What will I study?

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You will:

- Be able to use essential oils safely
- Identify useful properties of essential oils
- Select essential oils helpful for your immune system
- Select oils for physical aches and pains
- Identify oils for specific physical ailments
- Choose from a range of essential oils to create a blend

## Assessment method

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You will participate in discussions, Q&A, and receive verbal feedback from the tutor throughout the workshop. You will safely create a blend for your own use.

## Entry requirements

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This course is open to all. You will need a solid understanding of English.

## What should I bring with me?

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

## Key information

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## Possible next steps

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During this course, you will be given advice and guidance on other courses suitable for you and your personal goals.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722