

# Wellbeing: Essential Oil Blends For Winter Wellness

## Course overview

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Essential oils are the tiny aromatic particles which give plants their distinct smells. 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 and blend a selection of essential oils specifically aimed at maintaining your wellbeing in the winter months.

## What will I study?

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You will:

- Be able to use essential oils safely
- Explore the most suitable essential oils for different types of winter ailments
- Identify essential oils which are anti-microbial, de-congesting, improve immune function and support healing
- Choose from a range of essential oils and create at least one winter health blend to suit your needs

## Assessment method

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You will participate in discussions, Q&A, experience essential oils 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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Please let the tutor know if you have any allergies or health conditions.

## 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