

Wellbeing: Aromatherapy for Mental Wellbeing

Course overview

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 lifting and maintaining your mental wellbeing. It will help you to identify which essential oils are best for you and how you can use them.

What will I study?

You will:

- Be able to use essential oils safely
- List essential oils helpful for your mental health
- Identify useful properties of essential oils
- Choose from a range of essential oils to create a blend
- Blend essential oils to use in different ways

Assessment method

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

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

What should I bring with me?

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

Key information

Possible next steps

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

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722