



AROMATHERAPY

BRAIN, BODY & OILS



What is Aromatherapy?

Aromatherapy is a specific practice or ideology that uses the extracts from plants in a variety of ways to support the body, mind and spirit. The plant extracts can be in the form of essential oils, hydrosols and carrier oils.

Aromatherapy is a practice that involves knowledge of the chemical scientific aspects of the plants & oils that are combined in a purposeful blend to address the issues presented.

It is referred to as a science and an art.

How can you benefit?

through consultation a special product can be compounded in the form of an oil, serum, salve, lotion

contact me for an appointment
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