



WELLNESS SOLUTIONS
Integral Approach to Mastery

HOLIDAY GIFT GIVING

CREATING WITH LOVE

Make and take bath salts and/or face and body scrub!

Date: Sunday, December 14th

Time: 2:30 pm to 4:30 pm

Facilitator:

Susan Niedt, Certified Aromatherapist

Fee:

\$4.00 per bath salt \$5.00 per facial scrub

Registration: Call (609) 688-8300

Class size is limited. Children, second grade and up, are welcome with a parent.

For the workshop, bring your own jars (2 to 3 oz) with lids and we'll supply the rest, including fabric and ribbon for a decorative lid.

Everyone appreciates the love and thought that goes into a homemade gift. This is a great opportunity to get a head start on your gift giving, while learning simple techniques to incorporate essential oils into your daily life.

There will be a brief discussion of the therapeutic values of oils and the ratio of oils in blends to help you in the essential oil selection process for your scrub/bath salt.

Please join us for our hands-on workshop, the third in our Aromatherapy series!



Susan Niedt is a Certified Aromatherapist and Energy worker. She studied Aromatherapy at Aromahead Institute and Aromatic Wisdom Institute and is an active member of NAHA. Her love of plants and their unique healing properties brought her to the world of Aromatherapy, where she became thoroughly committed to not only the therapeutic properties of essential oils but also to their energetic qualities. Susan, both a Reiki practitioner and a Positive EFT facilitator, is currently pursuing her post certification studies in the Energetic Qualities of Essential Oils and has co-created a paradigm for combining aromatherapy and Positive EFT.