

Introduction to Essential oils

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Course Description

This course will provide the student with a foundational understanding on the use of essential oils in designing a personal wellness plan.

Course Objectives

During this 3 week course the participant will learn the history of essential oils along with extraction procedures and methods of application. We will also discuss the safety and warning regarding usage and application in health and wellness. During the hands on portion we will create personal blends and cook using essential oils!!

Course Materials

Handouts will be provided to take home and basic essential oils will be provided to use in class.

Course Schedule

Week	Topic	Handout	And/or class participation
One	History and benefits of essential oils Sources of oils Using oils safely	Reference guide	Power point slides
Two	Aromatherapy and uses Carrier oils How to buy Oil Blends	Common use guide(PP slides)	Smell/taste oils Create personal blends
Three	Daily life uses Cooking with essential oils	PowerPoint slides Recipes	Cooking demo