



# Aromatherapy Workshops

**Length:** 1 - 3.5hrs

**Delivery modes:** Onsite Presentations, Offsite Workshops, Webinars & Pre-recorded tutorials

**Number of participants:** Offsite Workshops: Up to 30 per session.  
Presentations & Webinars: Unlimited

**Details:** This introductory session explores commonly used essential oils, herbs and plants; analyzing their individual properties and how they can be used for stress relief and general wellbeing. Topics include:

- Common essential oils, flowers and herbs for Mental & Emotional Wellbeing
- Common essential oils, flowers and herbs for Immune Health
- Common essential oils, flowers and herbs for Sleep Health
- Common essential oils, flowers and herbs for Respiratory Health
- Common essential oils, flowers and herbs for Digestive Health
- Common essential oils, flowers and herbs for Winter Wellbeing

Half day workshops are available for:

- Make Your Own Natural Cleaning Products with Essential Oils
- Herbal Tea Blending Workshop
- Summer 1st Aid Kit
- Aromatherapy Oil Diffuser Workshop

**Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)**

*These are holistic wellbeing presentations facilitated by Medicinal Herbalists, and is not intended to be construed medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*