



General Interest Workshop  
Conducted by Sandra Topper  
Professional Aromatherapist since 1993  
Location: 22 King Street West, Cobourg ON  
Class Dates will be posted on our website  
[www.bespokearomatics.com](http://www.bespokearomatics.com)

## **Workshop: How to use Essential Oils Safely & Effectively**



#LiveLoveSmell & Learn about Essential Oils  
[www.bespokearomatics.com](http://www.bespokearomatics.com)

**Class Size = Min. 4 – Max. 6 persons**  
**Time: 10 am - 5 pm**  
**Cost = \$130.00 + hst = \$\$146.90**  
**What to Bring = Your Nose & A Lunch**

**We will work with more than 20 different Essential Oils**

**Course Includes all course materials, and the blending and creation of the following: Massage Oil, Environmental Spray, Sniffer Tube, Face Toner, Rejuvenating Face Oil, Bath Bombs and making a lotion from scratch**

### **Areas of Discussion**

**Defining Aromatherapy and Aromachology**

**What are Essential Oils?**

**How are they made?**

**How to use Essential Oils Safely and Effectively**

**Debunking the Myths: Purity & Pricing**

**Reading between the Lines: The Lingo on Labels**

**Formulation Mathematics**

**Blending Principles: Top, Middle & Base Notes**

**Cleaning Products with Essential Oils**

**Logistics & Legal regarding the sale of your own handcrafted products**