

### Basic/Introductory Class #1

**Class Size = Min. 4 – Max. 8 persons**

**Length = 6 hours + ½ hour break**

**Cost = \$100.00 + hst = \$113.00**

**What to Bring = Your Nose & A Lunch**

**Course Includes all course materials, and the blending and creation of the following: Massage Oil, Environmental Spray and Body Lotion.**

Areas of Discussion

**We will cover 12 of the most useful Essential Oils**

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

Formulation Mathematics

Blending Principles: Top, Middle & Base Notes

Logistics & Legal regarding the sale of

your own handcrafted products.

### Essential Oils & Natural Skin Care Class #2

**Prerequisite: Class #1**

**Class Size = Min. 4 – Max. 6 persons**

**Length = 6 hours + ½ hour break**

**Cost = \$130.00 + hst = \$146.90**

**What to Bring = Your Nose & A Lunch**

**Course Includes all course materials and the making of products to take home: Bath Bombs, a Lotion from Scratch, Body Salt Scrub, Face Oil Serum, Facial Toner, Face Exfoliating Cleanser and an Under-Arm Deodorant.**

Areas of Discussion

**We will work with dozens of ingredients, and the most useful and safest Essential Oils for skin care**

Review of Essential Oil Safety Guidelines

Blending Principles: Top, Middle & Base Notes

How Essential Oils & Other Plant derivatives Nourish,

Protect & encourage healthy Skin

Formulation Mathematics

### Natural Perfumes with Essential Oils #3

**Prerequisite: Class #1**

**Class Size = Min. 4 – Max. 6 persons**

**Length = 6 hours + ½ hour break**

**Cost = \$130.00 + hst = \$146.90**

**What to Bring = Your Nose & A Lunch**

**Course Includes all course materials, and the blending and creation of 4 different perfumes.**

Areas of Discussion

**We will cover and work with Several Rare & Unusual Essential Oils, Absolutes & Resins**

Review of Essential Oil Safety Guidelines

Extensive Blending Principles: Top, Middle & Base Notes,

Modifiers, Extenders & Fixatives

Formulation Mathematics

### Basic Reflexology

**No Prerequisite**

**Class Size = Min 4 Couples (8 persons)**

**Length = 4 hours + ½ hour break**

**Cost = \$80/ couple + hst = \$90.40**

**What to Bring = A Partner, 2 Hand Towels & Clean Feet**

Areas of Discussion

Basic Principles of Reflexology

Foot Massage Techniques & Trigger Points

Each Participant will receive a foot lotion & a reflexology chart.

**Most Classes will be held on a Sunday, some may be available in a split evening format.**

**For Dates Visit [www.bespokearomatics.com](http://www.bespokearomatics.com)**

**Your reserved space in any class requires a full payment 10 days prior to the date of the class, call or drop in to register 905-377-1919**

**Payment Accepted: Cash, Debit or Credit Card**

**Refund Policy:** There is absolutely no refund for backing out of a class, however, under extenuating circumstances your payment can be carried forward to another class. Bespoke Aromatics will only refund monies if the class has to be cancelled due to low enrollment, or if the instructor has to cancel.

Participants in the Essential Oil classes will receive a permanent discount on the purchase of Essential Oils, some exceptions may apply.

**Class Instructor:**

**Sandra G. Topper** is a Certified Aromatherapist & Reflexologist & Certified Natural Product Advisor, with 23 years of experience working with essential oils.



We also offer private perfume parties, a fun event where you and a few friends can get together, chat, catch up, enjoy a beverage and a snack while we create a unique Potion for each guest.

#LiveLoveSmell & Learn with us!  
 Follow us on social media and through our blog.  
 All contact information is available @  
**[www.bespokearomatics.com](http://www.bespokearomatics.com)**