

Essential Oil Blending Workshop: *I Haven't Got Time for the Pain*

This workshop will be led by
Amy Jane Stewart, B.S.,
founder of Organica Jane.

She is a Certified
Aromatherapist and has
been studying clinical
aromatherapy for the
last 3 years.

Amy is passionate about
raising awareness around
chemical-free and non-toxic
alternatives, which
ultimately create positive
changes in our health,
home and environment.

TO REGISTER PLEASE

CONTACT:

Retreat House Massage

www.retreathousemassage.com

Phone: 585.271.7690

Register Today!

Space is Limited!

Thank you!



During this hands-on workshop, we will explore five essential oils that are known to have analgesic and anti-inflammatory properties. We will also learn how to combine these essential oils in to a lotion or salve to create your own aromatic and therapeutic blend!

Date: Thursday, April 24 from 6:30—9 pm

Where: Retreat House Massage, 693 East Ave, Rochester

Cost: \$40 NON REFUNDABLE (All supplies provided)

Due: Payment in full due by Thursday, April 17

All Supplies are Provided

Info: www.organicajane.com