

Say Boo to the Flu!

An Essential Oils Workshop!

This workshop will be led by Amy Jane Stewart, B.S., aka Organica Jane. Amy is a Nationally Certified Holistic Aromatherapist and has been studying clinical aromatherapy for the last 2 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:

Checks Payable to:

Retreat House Massage

www.retreathousemassage.com

Mail to:

693 East Avenue

Rochester, NY 14607

Or Pay by Credit Card

Phone: 585.271.7690

Thank you!



During this 3-hour, hands-on workshop, we will learn the therapeutic values of 5 essential oils. These essential oils have been chosen specifically for this workshop because of their ability to boost the immune system as well as manage the symptoms of colds and flu.

You will create your own aromatic, therapeutic chest rub using these essential oils!

Date: Thursday, November 15 from 6:30—9:30 pm

Where: Retreat House Massage, 693 East Ave,
Rochester, NY

Cost/Person: \$40 (includes one blend)

Registration: Payment in full must be received by Thu, Nov 8

Supplies: All supplies will be provided

More Information: www.organicajane.com

 **Organica Jane** 