

Class Descriptions

Weight Loss and nutrition – what you really need to know to lose those extra pounds. Also Diabetes and High Blood Pressure. Approximately 2-3 hours, class fee \$20

- Ingredients in 'healthy' foods that make you fat.
- How essential oils can help you with your weight loss.
- Body brushing for weight loss.
- How to use essential oils to help with diabetes and high blood pressure.

Introduction to Essential Oils and Practical Daily Uses. Approximately 1-2 hours, \$10 class fee

- What they are
- How they work
- EOBBB Certification explained
- How to use essential oils in your daily life

Immune System Support with Essential Oils. Approximately 1-2 hours, \$10 class fee

- Preparing for the cold and flu season, naturally.
- Conquering infections, bacterial, viral, and fungal.
- Some new ideas on the prevention of cancer- how essential oils can help-don't miss this one!
- "L" forms

Skin Care. Approximately 1-2 hours, \$10 per class

- How can essential oils help with chronic skin care needs?
- Acne, eczema, dermatitis, psoriasis.
- How to clear it without costly and risky over-the-counter preparations or prescriptions drugs.
- What to use when bumped, scraped, bitten, or burned.

Essential Oil Emergency and First Aid Kits. Approximately 1-2 hours, \$10 class fee

- Learn which oils to have in your first aid or 96 hour kit and how to use them
- If there is no doctor available, can you relieve a fever, soothe an upset stomach, purify water, relieve pain from a burn, stop an infection, open the respiratory system, deal with shock? Learn these and more!
- Essential Oils are an effective first line of defense at home and in emergency situations. Learn to replace items in your medicine cabinet with healthy natural alternatives.

P.A.T. – Physical Aromatic Touch – The 7 indicators of Health. Approximately 2-3 hours, \$30 class fee.

- Experience natural pain management specifically fine-tuned for your own body. The only side effects are feeling better!
- Explanation of each essential oil in the PAT program.
- Demonstration of PAT assessment.
- Demonstration of Back application.

Emotional CPR. Approximately 1-2 hours, \$15 class fee.

- Learn emotional health with Be Young Essential oils. This modality was developed by Dana Clay Young to help you embrace an emotionally fulfilling life and clear emotional issues.
- See, hear, and practice Emotional CPR.

E.A.T. – Emotional Aromatic Touch –Breakthrough to Health. Approximately 2-3 hours, \$30 class fee.

- Emotional Aromatic Touch – Why? How?
- Back application demonstration.

Compass Aromatic Touch. Approximately 1-2 hours, \$15 class fee, includes oils used.

- Receive a compass scan for your individual health assessment and learn how to apply those essential oils to maximize your health.

Deep Cleaning your home with Essential Oils. Approximately 1-2 hours, class fee \$10.

- Clean and sanitize.
- How to make everything smell wonderful without artificial toxic scents.
- Get rid of the bugs!
- How to create the mood you want in your home with essential oils.

Increasing the Effectiveness of your Body's Energy. Approximately 2-3 hours, class fee \$20

- Tracing Meridians.
- Daily Energy Routine.
- Is your body's energy running backwards?
- What is EFT and how can it help me with pain and emotional issues?

Cleansing – Nice and Easy. Approximately 1-2 hours, class fee \$10

- Daily Liver Cleanse
- Trouble losing weight
- Mood swings
- Allergies
- Fatigue
- Headaches
- Sugar cravings
- High blood pressure

More classes coming....If you are interested in a class, contact us and we can make arrangements, in most cases, to come to you.