



mynt.
MY NEXT THING

aromatherapy

workshop

9TH NOVEMBER , 2019 | 11 AM TO 5 PM

MYNT XLC II, VASANT VIHAR

FACILITATOR : SHUBHRA CHATURVEDI



capsule overview

Aromatherapy is growing in popularity every year as wellness, lifestyle and mental health are being established as the route to holistic health. While this industry grows there isn't much awareness being built on the correct and optimum usage of these Pure Essential Oils.

While you might read about different benefits of Lavender Essential oil online or in a magazine, using it in your daily life can be confusing to start with. When using these oils its important to know about the quality of the Essential Oils, the correct dilution rates and specific methods to the blends.

Once your base knowledge is in place, there is no end to your creativity in using them. You will be able to make face oils, roll on blends for stress/anxiety, meditation diffuser blends, pain relief oils, hair oils, insect repellent blends and endless more concoctions for yourself and those you care about most.

If you are one for sustainability and have a streak for natural and organic products, learning about Aromatherapy will help you deal with day to day worries with simple yet effective solutions from your closet.

facilitator & mentor

SHUBHRA CHATURVEDI

CO – FOUNDER MERAKI ESSENTIALS

AROMATHERAPIST

Shubhra is an Aromatherapist, an Author, a consciousness researcher and a consulting faculty at The New Age Foundation. Along with certifications in various healing modalities such as reiki, emotional freedom technique, Psych K, she has attended multiple courses by the Tisserand Institute, Aromahead & Floracopeia in Aromatherapy.

She is the Co- founder at Meraki Essentials, a family run Aromatherapy venture. The Meraki Essentials Family has been in this industry for well over two decades now and is now one of the popular choices for avid Essential Oil users across the country. Meraki Essentials was also named as one of the top 50 Emerging brands by LBB in 2018.

She is very passionate about wellness, the mind – body connection, spreading awareness on the impact of stress on our health and simple life changes that can be made to calm the nervous system. Her personal interest is largely in understanding, breaking and healing emotional patterns that all humans operate on subconsciously.



capsule & contents

DAY 1

SESSION 1

AN INTRODUCTION TO AROMATHERAPY

- ▶ History
- ▶ Distillation
- ▶ Different industries that its used in
- ▶ What are Essential Oils
- ▶ Different ways that they are used

ADDRESSING MENTAL HEALTH WITH ESSENTIAL OILS

- ▶ What is Stress
- ▶ Anxiety
- ▶ How Aromatherapy helps balance emotions
- ▶ Essential oils for focus, sleep, relaxation

ACTIVITY

- ▶ Make a DIY Diffuser Blend for yourself

-----QUESTIONS-----

SESSION 2

USE OF ESSENTIAL OILS IN SKIN CARE/HAIR CARE

- ▶ Addressing various skin/hair conditions with Aromatherapy
- ▶ Base oils, comedogenic oils for different skin types

USE OF ESSENTIAL OILS FOR HEALTH

- ▶ Blends for cold/congestion/immunity
- ▶ Pain relief/Inflammation
- ▶ Pre and Post work out
- ▶ Women's health
- ▶ Nerve Function

ACTIVITY

- ▶ Make your own face oil/body oil or hair oil blend. - activity (option 1)
- ▶ Make your own DIY blend for pain relief/ cold congestion etc (option 2)

-----QUESTIONS-----



SESSION 3

HOUSEHOLD USES OF ESSENTIAL OIL

- ▶ Essential Oils for sustainability
- ▶ As insect repellents
- ▶ For your laundry
- ▶ For household cleaning

THE USE OF ESSENTIAL OILS FOR THE SPIRIT

- ▶ Meditation
- ▶ Yoga
- ▶ Breath work

-----QUESTIONS-----

HOW TO FOLLOW AROMATHERAPY PROFESSIONALLY

The avenues it opens to you

FAQs

Q: Who is this workshop for?

A: For sustainability enthusiasts, wellness geeks, DIY lovers, aroma addicts and nature obsessed folks. For people looking to understand what Aromatherapy as a profession can open them up to.

Q: Do Essential Oils really work?

A: Most skincare products, pain relief balms have Essential Oils as their main components due to their properties & chemical composition, its nothing woowoo...it's the plant's inherit property much similar to Ayurveda.

Q: Can people heal from pain or from severe skin & hair issues with Essential Oils?

A: Essential Oils can definitely help relieve pain and soothe skin & hair conditions but they are not cures. Holistic solutions and modern medicines are a boon, which need to be adhered to in chronic conditions, along with Aromatherapy. But the use of Essential Oils with awareness and at the right time can definitely help ward off illness and discomfort.



Q: What will I take back from this workshop?

A: Different Essential Oils & their properties.

- ▶ Household usage of Essential Oils
- ▶ How to make blends for specific issues.
- ▶ A clearer understanding of the mind – body connect.

Q: Will I be ready to consult as an Aromatherapist after this course?

A: This is an Introduction to using Aromatherapy and Essential Oils at home for yourself and your loved ones, certifications involving atleast 256 hours of training and an examination with the Alliance of International Aromatherapists is needed to start consulting.

Q: Do I get any notes / essential oils to start with?

A: A small booklet with introduction/ dilution charts/ common blends and a small starter Essential Oil kit will be shared with you at the beginning of the workshop with which you will be making blends at the workshop. (included in the price of the workshop)