

The 'Scents' of Healing

A Holistic Aromatherapy Retreat

Learn how to integrate Aromatherapy into your life and personal wellness.

6 things you didn't know about aromatherapy

- The use of plant oils can be traced back over 6000 years. The Chinese, Egyptians, Greeks and Romans all recognised the therapeutic properties of essential oils and plant extracts.
- Aromatherapy can be defined as the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit. It is an art and science that seeks to explore the physiological, psychological and spiritual realm of the individual's response to aromatic extracts as well as to observe and enhance the individual's innate healing process. Source: National Association of Holistic Aromatherapy www.naha.org.
- Smell is a potent brain trigger. In biological terms, the neural networks of our sense of smell bypass our thinking brain and take a direct route to our emotion and memory centers.
- There is no certification for aromatherapists in the United States. However, there are over 2,000 clinical aromatherapists who prescribe aromatherapy for all kinds of ailments, including acne, fungus, asthma, allergies, and constipation.
- The term aromatherapy was coined by Rene-Maurice Gattefosse, a Frenchman from a family of perfumers. Gatefosse researched the healing powers of plant oils following an accidental discovery that Lavender oil quickly healed his badly burnt hand.



Relaxing



Balancing



Energizing



Arousing

- Research out of France, published in January in the journal *Pediatrics*, indicated that pleasant odors (the researchers used vanilla) help premature infants in incubators with the breathing disorder apnea.

In a hands-on format, you will become familiar with the properties of the most versatile oils, and then have the opportunity to experience the fun and satisfaction of *formulating your own personalized products*.

Aza Zzvonchui, M. Ed. is a holistic healthcare specialist who has trained in natural health care since childhood. Her studies have included mentorships, university degrees, and professional certifications. Aza began her studies in Aromatherapy with Shirley Price in 1986. She has incorporated this art into her massage and natural healthcare practice as well as her personal life for over 20 years. Aza has conducted workshops around the country, addressing many aspects of holistic living. She takes great delight in empowering others by sharing her expertise in the many natural ways to enhance daily life.



Schedule

Date: **Dec 13-15**

Friday

Evening/Afternoon: Meet & Greet

- Hand out orientation packets
- Sample oil-enhanced snacks
- Short get-to-know-you games
- Help participants choose their sample basket options



Saturday

Breakfast

Morning Workshop

- Introduce the many applications and benefits of working with essential oils
- Experience the various methods of delivery
- Discuss previous experiences with scented products
- Address difference between essential and scented oils

Lunch Break

Afternoon Workshop

- Discuss safety issues
- Brainstorm possible uses
- Experiment with combinations

Dinner/ Evening Free

Sunday

Breakfast

Morning Workshop

- Go over questions
- Make take-home products
- Farewell



Date: Dec 13-15

Cost for workshop is **\$320**

– includes:

- 🔗 Meet and Greet Friday night
- 🔗 Gourmet breakfast on Saturday and Sunday at the Inn
- 🔗 \$20 Coupon towards dinner on Saturday evening
- 🔗 And participation in all workshop activities.
- 🔗 All aromatherapy materials and supplies for the weekend, including essential oils.

Rooms double occupancy and discounted for 2 night stay listed below:

\$260*/ [Classic](#)
\$318*/ [Premium](#)
\$458*/ [Deluxe](#)
\$550*/ [Suite**](#)

*\$35/ night for each extra person in a room. We do not provide cots.

** suites can accommodate 4 -6 people

www.marisdayspa.com
www.pennyhouseinn.com

For Reservations use the Penny House Inn website or call 508.255.6632

Participants limited to 12