

Aromatherapy Soap & Sound Bowl Meditation



To register: 305-919-5900

Course

Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind, and spirit. It enhances both physical and emotional health. It is thought of as both an art and a science, and has been used by ancient cultures for thousands of years. Aromatherapy works through the sense of smell and skin absorption and has many benefits such as pain management, improving sleep quality, reducing stress and anxiety, soothing sore joints, improving digestion and many more. Attendees will make their own aromatherapy soap as part of the interactive workshop. While the soaps are setting, participants will have the option of attending a sound bowl meditation.

Details

Wednesday

November 6

10:30 am – 12:30 pm

\$10

Instructor

The Healthy Living Program at Florida International University offers holistic and preventative approaches to health by encouraging healthy lifestyle practices. The Healthy Living Program focuses on encompassing and educating on all eight dimensions of wellness promoting overall wellbeing. Holistic services such as aromatherapy, acupuncture, energy healing and more are provided to help people be the happiest and healthiest versions of themselves!



at

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