

Lotions and Potions

Aromatherapy – 10 basic essential oils

Taught by Ann Mihina

Monday, August 11th

6:00pm–9:00pm

\$75, half due at registration

Call 323.0203 to register *

3 CEUs towards AZ State Massage License Renewal

Aromatherapy is both an art and a science. It uses pure essential oils to relax, balance and rejuvenate body, mind and spirit. The therapeutic use of plant-derived, aromatic essential oils promotes physical and psychological well-being.

This basic course offers information about the selection, properties, benefits, cautions and safe application of ten essential oils. You will have the opportunity to create an aroma mist, a scented oil or lotion, and an herbal bath tea.

While this workshop is geared toward massage therapists/bodyworkers, it is open to anyone interested in gaining basic knowledge in aromatherapy.

*Please wear comfortable clothing and bring note-taking supplies and two hand towels.

Ann Mihina, LMT, graduated from the Desert Institute of the Healing Arts in 1994 and began her career as a professional massage therapist. Her love of water and earth-based therapies led her to become a Certified Kneipp Hydrotherapy and Spa Therapist. She also earned a certification in LaStone Therapy. Ann has written curriculum for and taught foundational courses in massage therapy, hydrotherapy, aromatherapy, hot and cold stone and spa for over 12 years. Additionally, she presents continuing education workshops which include a Desert Botanical Series, a Lotions & Potions series, Hydrotherapy & Thermodynamics, and Hot and Cold Stone Therapy.



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