

Essentials 101

aka Top 10 Oils for Health & Wellness

In this class you will learn...

- ✓ the top 10 most important essential oils
- ✓ how to incorporate them into your daily life
- ✓ and how to self-treat common health issues
 - ✓ the history of essential oils
 - ✓ and how they work in our bodies

Free class dates:

Feb 2nd or Mar 1st

Time: 1:00-2:30 pm

With Karen Claffey



Register by the Friday prior by contacting Karen:

admin@heaven-onearth.ca | 905-664-9099