

Essential oils can be used for a wide range of emotional and physical wellness applications. They can be used as single essential oils or in complex essential oil blends depending on user experience and desired benefit. Using essential oils can also help alleviate much of the discomfort brought on by the changing seasons! Winter brings some of the darkest, coldest, and gloomiest days of the year. Want to learn how to use essential oils? Come to Day 5 on October 25th where I will be giving a class on the top 10 essential oils for wintertime as well as answer any questions on their many uses.

I look forward to seeing you.

Chrissie Gardener