



## **The Safe Use of Essential Oils**

**Jay Chandarana is pleased to offer a Workshop on the Safe Use of Essential Oils. Jay has been an Aromatherapist for almost 10 years and is pleased to share her knowledge on these wonderfully smelling oils that we may use daily.**

**Essential Oils are widely and easily available. Many products have started to add them to their mixes.**

**This workshop looks at how they are made, how to use them safely, explores the different types of oils, their benefits and precautions.**

*This workshop is open to everyone and gives you a better understanding of essential oils. Please do let Jay know of any special requirements or conditions as some oils will need to be avoided on the day.*

**Saturday 21 April 2018, 11am to 3pm**

**The Letchworth Centre for Healthy Living, Hitchin Road, Letchworth, Herts SG6 3NA**

**Entry requirements: None**

**Price: £45 (deposit of £25 to secure place)**

Jay Chandarana MAR MFHT Complementary Therapist and Trainer  
Member of the Association of Reflexologists and The Federation of Holistic Therapists

Please Reserve with deposit at Letchworth Centre Reception or  
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