Stress – Sleep – Mood / Aromatherapy Spotlight

Art and science of blending naturally extracted essential oils from aromatic plants, to promote health

- Holistic
  - Considers each person individually, in the context of their environment and lifestyle.
  - Treating as well as helping each person to improve their own health and wellbeing.

- Can help us to relax physically and mentally.
- Can help us fall asleep, stay asleep and sleep more soundly.
- Can relieve symptoms of stress, lift mood and boost mental performance.

- Widely accepted by conventional and complementary practitioners as one of the most comprehensive of the natural therapies.