

# *Aromatherapy is the scientific application of Essential Oils,*

*topically, through inhalation, and in some cases ingestion. The essential oil is the life blood of the plant, extracted for our use. They are anti-viral, anti-fungal, anti-bacterial, antiseptic, and more. When these oils are "Therapeutic Grade" they can be very healing to humans and animals. Learn how to use these oils in your daily life to stay healthy!*

*Join us for our Aromatherapy Class*

*Tuesday, February 2, 2010 6:30 pm*

*Cost is \$25.00*

*Please call to Pre-register by January 29<sup>th</sup>.*

*508-760-5667*

*Learn about the benefits which are:*

*✿ Relieving of stress, anxiety, and depression*

*✿ Immune enhancing*

*✿ Bacteria and Virus killing*

*✿ De-odorizing*

*✿ Spiritually and emotionally uplifting*

*✿ Nourishing and Oxygenating to cells*

*✿ Anti-inflammatory and anti-spasmodic  
to the neuro-musculo-skeletal systems*



*11 Route 28,*

*Dennis Port, Ma. 02639*

*508-760-5667*

*At Cape Cod Body & Soul Day Spa, We use only pure "Therapeutic Grade Essential Oils" in our Aromatherapy applications with massage and spa services. We recognize the importance of avoiding toxic or adulterated products on the body, and choose to maximize healthfulness through the use of Young Living Essential Oils. Linda Preston will be teaching this class, and has worked with Young Living Oils since 1997. She has been in the healing arts for over 25 years. Visit our website at [www.CapeCodBodyandSoul.com](http://www.CapeCodBodyandSoul.com).*