



Touch With Oils® ... a language of no words

Self Care with Aromatherapy

Candace Newman MAT LMT #MA0014389

Aromatherapy's two main attributes are the instant ability to relieve stress while shifting thoughts and emotions, and the support for a healthy immune system. Join us to learn about true Aromatherapy and pure essential oils. Why and how do they work? What about safety precautions? Experience how Aromatherapy works through the nose-brain connection and skin absorption, as you learn ways to use them in your daily life. Some of the topics covered will be: sleep, stress & anxiety, aches & pains, colds & flu and healthy travel and home. You will leave with simple yet profound ways to help yourself and others deal with the challenges and adventures of life with only 5 essential oils, a base oil, and a mist. Touch With Oils® is a science and an art based on the synergistic powers of touch and smell.

Date: Saturday, August 14, 2010

Time: 9am to 12 noon. Please arrive 10 minutes early.

Place: Pagosa Mountain Hospital: Conference Room
95 S. Pagosa Blvd, Pagosa Springs, Co. 81147

Fee: \$55.00 each ... includes class handouts, oils for class, & Lavender Mist

Registration: Space is limited. Call 970.731.1589 or email info@Oil-Lady.com to register. Visa or MC accepted.

Accommodations: The Springs Resort and Econo Lodge. Call us for more ideas.
Come for the weekend and enjoy the Hot Springs on the river!

**** Join us in the afternoon 2-5pm & learn Candace's *Hand Massage*. See flyer.**



Candace Newman MAT, LMT... The Oil Lady® ... holds a Master of Arts in Teaching and is a Licensed Massage Therapist. Her Aromatherapy training and certificates are from Purdue University and leading Aromatherapists in Canada, England, France, and Germany. She is one of the authors of The World of Aromatherapy, and has contributed many articles to national and international publications. Two of her classes are available on DVD. Candace is owner of Oil Lady Aromatherapy® LLC with her husband, John, and is founder of the Touch With Oils® Aromatherapy work, and The Good Medicine Tin® Candace writes a monthly newsletter and Aromatherapy Guide series for continuing education.

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