



Focus & Relaxation: Using Essential Oils

A Spring 2017 Student Workshop

Essential oils have been around for centuries, and have been used in various cultures. Essential oils are extracted from flowers, leaves, bark, or roots of plants. While it's best to make sure you use pure essential oils, meaning oils that have not been diluted with chemicals or additives, they can provide much needed relief and healing for a variety of ailments, including as a natural aid to help one relax and improve focus. *There will be a relaxation meditation at the end of the workshop.*

When & Where

Wednesday, March 29, 2017
12:00-1:00 PM
Women's Resource Center
Mesa Vista 1160

What You'll Learn:

- Find out which oils are best for relaxation and focus
- Proper handling and usage of essential oils

NO CHARGE! Sign-Up Online: shac.unm.edu

For More Info, E-Mail: studentcounseling@unm.edu