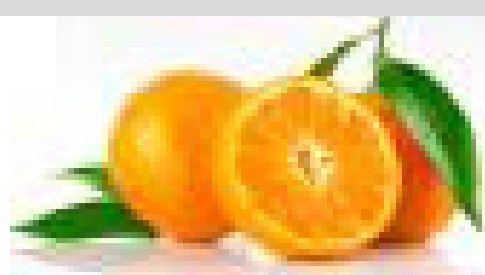




**MINTS**  
Alcohol and ketones  
*energizing and calming*



**CITRUS**  
Monoterpenes  
*uplifting and revitalizing*



**SPICES**  
Ethers and esters  
*renewing and intriguing*



**HERBS / GRASSES**  
Phenols  
*comforting and soothing*



**TREES / WOODS**  
Alcohols  
*grounding and balancing*



**FLORALS**  
Esters  
*calming and reassuring*

# Join me for a class

T H E S C I E N C E O F

# Emotional Aromatherapy



**Friday, February 17th  
6:30pm  
at the Coptic Center**

Well being is powerfully influenced by healthy emotions and a sense of true balance. Learn how essential oils can dramatically reduce stress levels, produce positive feelings of well being and **naturally provide emotional support.**

Our discussion will include how emotions are processed through the body. how to work with body chemistry to balance emotions and how to identify your emotions and the corresponding doTERRA oils that can inspire and lift your emotional experience.



**facilitated by Ewelina Konyndyk**  
*"Relax and distress as we get our hands an with the oils."*