

# Aromatherapy for Everyday Health and Wellness

Saturday, May 7, 3:00-5:00 pm

This event will be held at a private residence.

Please contact [izabella@izabellatabarovsky.com](mailto:izabella@izabellatabarovsky.com) to find out about the location



**Uplifting, protective, calming, and regenerating**, essential oils are a unique gift from nature. The very essence of a plant, they are aromatic liquids that have been used for thousands of years to **calm and uplift the spirit, detoxify the body, and kill bacteria and viruses.**

Today science is discovering that essential oils can **dispel negative emotions, accelerate the delivery of oxygen and nutrients to the cells, and battle free radicals.**

Come to this engaging, hands-on "playshop" to find out how essential oils can help you:

- **Relieve stress and promote relaxation**
- **Ease digestive discomforts**
- **Relieve headaches**
- **Eliminate colds and flus**
- **Accelerate the healing of minor cuts, scrapes and burns**
- **Boost your immune system**
- **Relieve allergies**
- **And more!**

Come ready to learn, have fun, and enjoy the invigorating aromas of **Lavender, Peppermint, Frankincense, Lemon**, and a whole series of **magnificent blends** with unique healing qualities.

To Register: Please email [izabella@izabellatabarovsky.com](mailto:izabella@izabellatabarovsky.com)

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**Izabella Tabarovsky, MA/HTCP** is a Washington, DC-based Clinical Aromatherapist, Energy Worker, Health and Wellness Consultant, and Life Path/Career Path coach. She is a founding partner at Soapstone integrative Health Associates and is on staff at the Washington Cancer Institute. Izabella is passionate about sharing the information about holistic health and wellness and is a frequent speaker locally and nationally. Izabella holds an MA from Harvard University and a BA from University of Colorado. For more information, please

visit [www.IzabellaTabarovsky.com](http://www.IzabellaTabarovsky.com)