

Aromatherapy for Everyday Health and Wellness!

Energize, balance, calm, purify, and rejuvenate mind and body using “nature’s living energy”



Saturday, June 18, 1 PM–3 PM

The Mindfulness Center, 4964 Elm Street, Suite 100, Bethesda, MD



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, relax and uplift the spirit, detoxify the body, and heal wounds**. Today science is discovering that essential oils can **accelerate the delivery of oxygen and nutrients to the cells, kill bacteria, and battle free radicals**.

Come to this hands-on workshop to find out how essential oils can help you:

- ☞ **Relieve Stress and Promote Relaxation**
- ☞ **Boost Your Mood, Energy and Stamina**
- ☞ **Fight Colds and Flues – and Leave Out Antibiotics!**
- ☞ **Power Up Your Immune Support**
- ☞ **Relieve Allergies**
- ☞ **Ease Digestive Discomforts**
- ☞ **Accelerate the Healing of Minor Cuts, Scrapes, and Burns**
- ☞ **Elevate the Mind and Improve Your Spiritual Connection**

Come ready to **learn, laugh, share**, and enjoy the invigorating aromas of **lavender, peppermint, frankincense, lemon**, and a whole series of **magnificent blends** with unique healing properties!

We will use pure, organic, therapeutic-grade essential oils in this class.

Fee: \$35 if register by June 11, \$40 after that

To register, please visit www.TheMindfulnessCenter.org, tel (301) 986-1090





Izabella Tabarovsky, MA/HTCP is a Washington, DC-based energy practitioner, clinical aromatherapist, holistic wellness consultant, and a life path / career path coach. She is on staff at the Washington Cancer Institute and speaks frequently to audiences in greater Washington, DC and nationally on the benefits of aromatherapy and other methods of maintaining optimum health and wellness. She holds an MA from Harvard University and a BA from University of Colorado. For more information, please visit www.IzabellaTabarovsky.com