

# Essential Oils

*Spring 2018  
Session*

Saturday

May 12  
(1:15pm-3:15pm)

Cost: \$35  
(including supplies)



Essential oils have been used throughout history. Learn the history of Essential Oils and what they really are. Discuss how they are processed and the safe ways to use them for physical and emotional health. Make an easy-to-use roller bottle to use at home.

Sally Estes has been using essential oils since 2014 to support her physical and emotional wellness. An avid hiker, she had an old injury that was not improving with traditional modalities. Upon learning of the effectiveness of essential oils, she decided to give them a try. When realizing how well they worked on a personal level, she embarked on sharing that knowledge with others. After attending workshops in Schaumburg, Springfield and Salt Lake City, she has been teaching classes online and in DeKalb.

Please contact Melissa Gallagher for  
more information and to register:

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