

Transforming your work day to a WOW day

It's only the middle of the week and yet you're really tired. You wished that it's Friday so you can just sleep in for the whole weekend.

Juggling between work and family has been tough... and you're wondering how long you can last.

You fell sick again. You really can't afford it with work piling up.

Those project deliverables have been stressing you and you haven't been sleeping well.

You know you HAVE to plow through this report but try as you might, focus is not on your side.

You rather go visit the pantry, take a trip to the loo... perhaps you might get ideas?

If any of the above scenarios makes you go, "Oh gosh, that's me!", come register for our workshop.

This is a fully interactive, sensory workshop where we teach you how to use essential oils to unlock your energy, reduce stress and unleash the potential within you.

Facial Guasha and Acupressure for Emotions

Stiff neck and shoulders?

Wishing you can tone up and reduce the puffiness and fine lines on your face?

How about creating that much envied V shape face that's so chiseled that it can cut butter?

Come for our workshop where you'll be indulging in an hour of self care and pampering that you can simply replicate at home too.

Bonus: We'll be teaching you how to locate and guasha certain acupressure points on your face too for releasing stuck emotions

Simplified Raindrop Technique and Vitaflex

Come for our hands-on Raindrop Technique (RDT) workshop where you'll learn how to combine reflexology and essential oils to achieve the following:

- Strengthen immunity
- Releasing stuck emotions
- To boost and accelerate recovery for anything
- For neurological conditions
- For physical and emotional cleansing
- Helps detox and cleanse the person from within

- Stop the merry go round of illnesses passing between family members, colleagues or school kids

Neuro Auricular Technique (NAT)

In this workshop we'll teach you how to use NAT to jump-start and reconnect all the synapses of your brain and upper spine.

This is done through touch and essential oils which can help you in:

- strengthening memory and retention
- releasing stress and promoting deep relaxation
- regulating your nervous system
- optimise your rest and digest cycles

Master The Art of Blending and Craft Your Perfect Scent

Come sniff, try and play with our amazing essential oils and craft your perfect scent from over 25 essential oils.

In this session, you'll learn how to pick oils that support your physical, emotional and mental health.

You'll then learn how to combine them synergistically in a blend that is just perfect for you!

DIY with Essential Oils Class

In our DIY class, you'll be learning how to use essential oils for safer swaps at home and crafting your own:

Refreshing Sprinkles

To keep your feet and body fresh and smelling good during those hot humid days

Foot Salt Soak

Tired aching feet? They'll thank you for loving on them this way!

Multi Purpose Spray

Whether for room, loo or self, this all purpose spray is really for everyone and everything!

Ditch and Switch

Ever got curious on what ingredients companies use in your household cleaners and personal care products?

Bring one for this workshop and we'll teach you:

- what does it mean by living a non toxic lifestyle
- how to check for safe ingredients in your cleaners and personal care
- pick or create safe and easy swaps

Participants will get to create one hand soap to bring home!

Inhale Peace Exhale Ease

From work to family to friends, everyone wants a piece of you. Come recharge and craft your own peace with this self care kit to

- protect and shield their energy so they finish a day at school feeling clear headed and calm
- Manage a fast paced daily life
- create that inner peace even in outer chaos

We'll be teaching simple self care techniques to use with your blends for creating that ideal day for you.

The Savvy Traveler's DIY Kit

Participants can craft their own travel savvy kit to help ease through

- indigestion through unfamiliar local cuisine
- combat jetlag and fatigue
- muscle aches from cramped travels and exploring
- the stresses of travel, e.g. with kids, managing expectations of others, unexpected hiccups in travel plans

This workshop is ideal for those with wanderlust! And also for those who love to DIY their personal care products and who believe in toxic free and green living

Participants will take home 2 DIY creations that will help them to have an ease-ful, blissful trip.