

FREE ESSENTIAL OILS & APPLICATIONS CLASSES

March 2026

Aromatic Balance Technique for Liver and Gall Bladder

We will review the power of words and setting our intentions as we work through several modalities including vitaflex, reflexology, acupressure points, EFT (Emotional Freedom Technique) and Trauma Release. Some of the emotions we may work through are anger, rage, justifying, chronic complaints, blame, bitterness, condemning and pride. There are also physical symptoms with these organs you can review in class as well. We use the book: Ultimate Balance by LeAnne Deardeuff, D.C. and I will have a handout if you don't own the book if you RSVP. You may come in feeling heavy, but you will leave feeling much lighter!

Saturday, March 7th

2:00-3:00 pm @ Hands On School of Massage

VitaFlex Technique

VitaFlex (short for Vitality Through the Reflexes) is a light touch technique to bring balance back to energy pathways using reflexology points. We will learn to correct leg length discrepancy (we will have a testimonial on this), clear lungs and sinuses, clear the colon and more. VitaFlex enhances essential oil applications and essential oils enhance VitaFlex Technique.

Saturday, March 14th

2:00-3:15 pm @ Hands On School of Massage

Organ Balancing

Come learn how to use reflexology with essential oils to balance the energy in organs. You can work on yourself or bring a friend to work with! This is a fun one and we will have a testimonial about 1 person's experience!

Saturday, March 28

2:00-3:30 pm @ Hands On School of Massage

Please RSVP via text or call to Lana @ 970-270-6577 as there are handouts for most classes or if there are scheduling changes!