

How To Do An Aromatherapy Class

Invite your guests for a relaxing, pampering hour! Tell them to bring a bath towel and a clean pair of socks.

As guests arrive have them select a favorite herbal tea and an aromatherapy scent.

Supplies needed:

4 large bowls

Bath towels (supplied by each guest)

4 shower gels (one of each)

4 moisture lotions (one of each)

Candles

Aromatherapy sets to display

Satin Hands set

Energy color sheet

Customer profiles

Indulge Soothing Eye Mask

Satin Lips

Soothing music

Herbal tea

Mirror sets

Beauty Books

1. Seat guests and have them fill out their profiles, while you fill bowls with hot water. Light candles.
2. Introduce yourself, and have your guests introduce themselves.
3. Talk about color and how color often matches up to particular characteristics. Just for fun, look at the energy color sheet and pick out your favorite color (go around the table). Does that sound like you? Wow! That's incredible, isn't it?
4. Now that we are relaxed, let's get started pampering ourselves.
5. Begin with SATIN HANDS...but no aromatherapy lotion until the end.
6. Fill bowls with selected aromatherapy gel and have guests soak their feet.
7. Apply INDULGE SOOTHING EYE MASK.
8. Explain SATIN LIPS and apply MASK, then BALM.
9. Let's go over the different aromatherapy scents. By starting the day with them, you can give yourself peace of mind and by ending the day with them, you can dissipate all the problems and worries of the day.

EMBRACE TODAY - A great way to start the day or to be picked back up after a lousy one. When you step into the shower or bath and open the gel, the burst of essence of freesia, peach and citrus fruit awaken your senses and transform your bathroom with light. The energy that escaped you is now within your reach. Layer this warm feeling with the body lotion and then sheer fragrance mist to keep the fragrance alive throughout the day.

EMBRACE DREAMS - Based on a centuries old regimen for mind and body, this is a fragrance experience for today. The essences of fruits and flowers are combined in perfect harmony to set or enhance a mood. Experience blueberry freesia tea mingled with sunshine florals of honeysuckle and hyacinth and the creamy comfort of French vanilla to indulge your senses. Continue with moisture lotion and fragrance mist to feel pampered all day long.

EMBRACE HAPPINESS - This fresh, new fragrance is formulated to help provide an energetic boost and enhance positive feelings. Formulas include a botanical blend of lemon, jasmine and guarana to lift the spirits.

EMBRACE HARMONY - Fresh, new fragrance is formulated to help provide a sense of serenity and stress relief. Formulas include a botanical blend of bamboo, cypress and marine extract to soothe the senses.

10. Put feet on towel, apply EXTRA EMOLLIENT NIGHT CREAM, then BUFFING CREAM...massage...put feet back in and rinse.

11. Dry feet...apply SPA LOTION to feet and hands.

CLOSE - thank guests for coming, invite them to book their own aromatherapy class. Ask if anyone is interested in skin care -- you can book a facial to try those products. Show the displayed products and beauty books, giving pricing information.