



Essential Oils Backyard Party...

...How to use essential oils in food & diffuse for Bugs and Allergies.

Details:

Come join in the fun...

Essential Oils for Food & Nutrition - includes food, tasting, demonstrations, Discover Young Living essential oils and how to use these Therapeutic Grade; high quality aromatic essential oils to blend into your summer recipes, drinks, desserts, smoothies, salad dressings - create something delightful every day. Enjoy the outdoors without the bother of bug, bites and allergies... learn fast, simple and easy to make bug spray, remedy for bites, cold compress for inflamed skin, Aromatherapy Diffuser blend for bug repellent, and cleaning the air of microbial allergens that lead to headaches, sinus congestion and allergies

Date: *Thursday, July 21, 2011*

Time: *7:30 pm - 9:30 pm*

Cost: *\$15 - call to pre-register. \$20/at the door*

Location: *6 Coco Ave. Richmond Hill, L4S 2P2*

Contact: *Yvonne Connell. Yvonne@momentsofjoy.org*

Phone: *647. 822-9642 www.momentsofjoy.org*

Moments of Joy
YOGA & HEALTH CENTRE



Hosted by Yvonne Connell - Certified Aromatherapist, Homeopath, Holistic Health Practitioner
& ***Angela Shim*** - Certified Nutritional Practitioner & Energy Medicine Practitioner