

The Essential Way to Change.....

An introduction into the world of Aromatherapy
for the body, mind, and spirit.

Instructed by Rachel Speranza LMT, RA, MMP

Aromatherapy or
branch of
medicine) the
It is the science
extracts for
spiritual, and
essential oil is the
the plant in which
is through the
that essential oils
vibration. CHANGE is inevitable. Learn how to utilize aromatherapy with your
intention as a positive catalyst for change...



essential oil therapy is a
phytotherapy (plant
oldest therapy on earth.
and usage of plant
specific psychological,
physical well being. An
chi, prana, or life force of
it was extracted from. It
subtle energy of the plant
affect us by changing our

This experiential workshop will be a journey into the world of aromatherapy and essential oils...aromatherapy history and development, safety and precautions, foundation to understanding what aromatherapy is, how and why it works, learning to incorporate essential oils into your life for physical, emotional and spiritual well being, discussing and creating therapeutic and esoteric/spiritual blends(choose one),learning how to keep a scent journal (please bring notepad), and becoming familiar with 20 essential oils...

Date & Time: June 21st, 10am-6pm
Location: Shimmering Pines
Cost: \$150 (includes supplies) pre-register by June 13th for an \$20 discount
Register: Call Allison (561) 748-1112. Shimmeringpines.com
or Rachel (561) 329-0469. herbalescent@earthlink.net
Mail Check payable to Allison Morales.
C/C M/C, Visa, Amex through Paypal invoicing

Essential oils, blends, and supplies will be available to purchase on site

About the Instructor...

Rachel Speranza earned a BS in Textile Design from Syracuse University and went on to pursue her career as a fabric purchaser with some of New York's elite fashion designers. At the high point of her career it became apparent that she was being lead to new endeavors. Through her daily travels in NYC, she was constantly being bombarded with a plethora of scents, good or bad: these scents had a strong effect on her emotional state. Rachel became acquainted with "Aromatherapy" after researching scents and there effect on the psyche. She began her studies with Pat Betty, a 20 year veteran in the field at the Aromatherapy Institute. Upon completion of the 200 hour diploma program, Rachel demonstrated her commitment to uphold the professional ethics and standards in the field of aromatherapy by taking the Aromatherapy Registration Council exam. She became one of the first 40 Registered Aromatherapists in the country. After this accomplishment she went on to establish a product line, Chr'yallis, as well as educating and integrating aromatherapy into the lives of everyone she met. Massage Therapy became the next logical progression for Rachel; she studied at the Academy of Healing Arts in Lake Worth, Florida, and became Nationally Certified and Florida State Licensed. Combining these two healing arts, Rachel became aware of her true gift, the essential oil blends became her medium, as the client was her canvas. She began working at The Lane Spa for Wellness, as a Massage Therapist, and later became a consultant for aromatherapy there. In her private practice Rachel utilizes all facets of aromatherapy for the, body mind and spirit, but it is the vibration and energetic aspect of aromatherapy that intrigues her the most. As a published author in Sylla Shepard Hangar's "Aromatic Spa Book", Rachel wrote about the profound usage of essential oils and hot stone massage, establishing the benefits of her two favorite modalities as a "rhythmic dance".

Rachel spreads the word of Aromatherapy...

- Collaborated with acupuncturists on the five element theory and essential oils.
- Introduced "wellness days" into assisted living homes to improve quality of life
- Consulted with psychologists on the physiological reactions of essential oils and behavioral modification
- Critical incident stress management field work for disaster relief: Hurricane Katrina, Mississippi Gulf Coast with the United Aromatherapy Effort and The Emergency Response Massage Therapists Association.
- Traveled to Tibet w/ Innovative Humanitarian Solutions; for a medical mission to aid the indigenous people suffering from a rare arthritic disease (Kashin-Beck); performed spot massage therapy

