

Essential Oils Class

Have you wondered about the new trend on essential oils? Interested in learning about what they are, how they're made, which companies are the best quality, how to use them, and even making your own blends? Then take this hands-on class where you will leave with two blends you will make yourself, along with hand-outs filled with information, so you won't have to take many notes. You will learn what dilution ratios to use for acute vs. chronic concerns, what oils are great to get started with, and which oils treat many common issues. This class will cover the science and art behind aromatherapy, so you will leave with the confidence to go back to your practice and home using them safely and effectively.

8 CEU's – Hands-on

\$249 – Includes take-home hand-outs and two self-made essential oil blends

8:30 – 5:30 Monday May 19 @ Soothing Arts Healing Therapies in Miramar Beach

About Wendy Ballasch

Wendy has been practicing the art and science of massage since 1997. She learned how to do Shiatsu Massage and Meridian Therapy using essential oils in her Ju-Jitsu Dojo in Kernersville, NC, and massaged one of her instructors as he trained for the World Jiu-Jitsu Championships. She moved back to Florida in 1999 and became licensed in Florida in 2000. She was the assistant massage supervisor at Serenity by the Sea at the Sandestin Hilton. She has been a massage instructor/lecturer at UWF, Soothing Arts Healing Therapies, and Emerald Coast Massage School. She provided sports massage to the coaches and athletes in the Dekalia Training Venue and had access to the Olympic Village at the 2004 Olympics in Athens, Greece. She has massaged athletes at Ironman Florida since 1999, where she is the Massage Director, and Gulf Coast Triathlon since 2000. She is the immediate past President of the FSMTA Sugar Dunes Chapter and past chairman of their sports massage team. She specializes in sports massage and injuries. A client covered her expenses to go to Hawaii and work on him at the Ironman World Championships in Kona, HI in October 2013. In 2016, the Warrior Games Air Force Team selected her to provide sports massage for their athletes during the Warrior Games at West Point Military Academy, West Point, NY, and is continuing to work with them at their training camps. They also treat the athletes using essential oils, and teach them how to safely make their own blends. She won sports massage therapist of the year at the FSMTA Convention in 2016. She is married to a loving supportive husband, Tom, who coaches PE to elementary school children. She has two beautiful, intelligent, and supportive daughters, Kierstynn and Brianna.