

Controlling Inflammation Naturally with Essential Oils

with Marty Harger, LMT/Owner – Balance Therapeutic Massage & Wellness Center, Heber City



Essential Oils have been used to address inflammation in natural healing for thousands of years throughout the world. The amazing healing power and rapid impact provided by plants is available to you and your family right now – if you know where to turn for the therapeutic power of the highest quality essential oils.

dōTERRA Essential Wellness products are made from *Certified Pure Therapeutic Grade™* essential oils. Discover how to empower yourself to address on-going health needs. Join us to sample these fantastic oils and begin exploring new, natural approaches to health and wellbeing that compliment your own healthy-lifestyle choices and recommendations.

In this **FREE** Essential Oils class, you will learn:

- Essential oils 101: how they are made, tested
- Therapeutic benefits of essential oils if of the highest quality
- How to use oils on, in or around the body for therapeutic effect
- Selected oils for anti-inflammatory effect outside and inside the body
- Key essential oils to use and have readily available

Monday, March 15th ---7:00 p.m.

Park City Yoga Studio

1662 Bonanza Drive, Park City, Utah 84060

435-655-9642



Marty Harger is a massage therapist who owns Balance- Therapeutic Massage and Wellness Center in Heber City. She began exploring uses for Essential Oils for personal health and later professionally in the mid-1990's. Marty offers a practical yet playful approach to discovering the power of Essential Oils to others through classes and her practice at Balance.