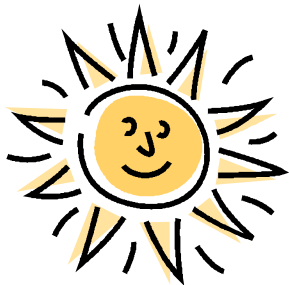


## ***“Free Your Mind” Workshop at***

**balance**  
therapeutic massage & wellness center



# **Seasonal Essential Oil** **Solutions – Healthy Choices for** **Summer**

with Marty Harger, Massage Therapist

Make healthy choices for your summer months with doTERRA essential oils. Come join us to learn what oils can be most beneficial for seasonal allergy sufferers. Which oils can help with weight loss. The best insect repellents and oils for bug bites. What to do about sunburn. And how to support your emotional wellbeing with kids home from school, kids off to school, job challenges and more.

You'll learn about the amazing healing power of plant-based essential oils from doTERRA and begin exploring new, natural approaches to your family's health and wellbeing. We'll introduce you to some tips and tricks to make this your healthiest spring and summer ever!

In this class, you will learn:

- Essential Oils 101
  - What are Essential Oils and how do they differ from fragrances?
  - Why using doTERRA's Certified Pure Therapeutic Grade oils makes a difference
  - How to use these oils on, in or around your body for wellbeing
  - Key essential oils for your home use and how to find them

**Seasonal Essential Oils will be held twice:**

**Monday, June 15<sup>th</sup>: 7:00 p.m.**

**Tuesday, June 23<sup>rd</sup>: 9:30 a.m.**

**FREE WORKSHOP!!**

Marty Harger has been a practicing massage therapist for the past eight years, and is the owner of Balance- Therapeutic Massage and Wellness Center. Scents have caught her attention for years, and 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 this class and her on-going massage practice at Balance. She proudly sells only doTERRA essential oils at Balance, and uses them for her personal health and wellbeing.

Balance – Therapeutic Massage and Wellness Center  
245 West 100 South, Heber City  
**435-654-2532**

