



Picture for illustration purposes

## Introductory to Aromatherapy & its Benefits

These 3 sessions course has been designed for those who wish to learn how aromatherapy can promote wellbeing and improve quality of life on physical and emotional level.

### Course Description

Interesting highlights of the program include:

- Understand the healing powers of essential oils and how it works as agents for fighting diseases
- Learn the benefits of some commonly used essential oils and the art of blending
- Learn how essential oils work as anti-ageing agents; a natural alternative to commercial skin care products and hair care
- Introduction to carrier oils

*Back to National Silver Academy Course Listing – [Click here](#)*

### Application Procedure

You can apply through one of the following ways:

- 1) Application can be made personally at [Family Central](#)
- 2) SMS to 8123 7802 (Full name + NRIC + Course Title)
- 3) Email to Stella Ng at [stellang@fyca.org](mailto:stellang@fyca.org)

### Payment Procedure

Payment can be made via cheque, cash or NETS.  
(Payment is required for confirmation of place.)

1. All information is accurate at the point of printing and distribution and subjected to changes without prior notice.
2. The organiser reserves the right to postpone or cancel the programme due to unforeseen circumstances or low enrolment.

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### Class Details

11, 18, 25 July 2019

#### Time:

Thursdays, 10 am to 12.30 pm

#### Closing Date for Registration:

Till class is full

#### Venue:

298 Tiong Bahru Rd, Level 10  
Tiong Bahru Central Plaza,  
Singapore 168730

#### Duration:

7.5 hours over 3 sessions

#### Course Fee:

\$45.90 (inclusive of GST &  
after NSA subsidy)

**Now you pay: \$34**

**(Can be paid with SkillsFuture  
Credit.)**

#### Pre-requisites:

- a) 50 years old & above
- b) Singaporean or Singapore PR
- c) Must be able to read, understand and converse in simple English

As part of:



Organised By:



Administered By:

