

YOUNG LIVING ESSENTIAL OILS for Health & Wellness

Introductory Meeting. Presented by EQUILIBRIUM, Barbara Schwartz, M.A.
(Encino, call for location and date)



What are Essentials Oils?

Essential oils are a miracle of nature. These health promoting and life-sustaining aromatic liquids are extracted from plants, carefully preserving the wealth of natural constituents inside. Every plant has unique properties and benefits, making essential oils a safe, natural way to promote wellness goals of all kinds.

Essential oils have been used for thousands of years for cosmetic purposes, as well as for their spiritually and emotionally uplifting properties.

Learn How to Use & Experience Their Benefits

Pure Essential Oils are a powerful addition to any course of treatment or health maintenance, as practitioners in a wide variety of health disciplines are discovering in new and insightful ways.

Learn how they work with the body's natural metabolic process... how they can integrate and support other healing modalities... what their calming, soothing, or even stimulating properties are, and the variety of ways they can help balance systems in the body.

Experience & discover their value and how you and your family can benefit directly and insure your own well-being in this modern age of challenge and stressful environments.

Experience The Compass

After the presentation is an opportunity to experience **The Compass**, which is a device that "reads" your system & shows you where things are out of balance & what can help bring balance to your system. This is very accurate and everyone is encouraged to experience **The Compass**. Call to schedule your appointment.

Barbara Schwartz, M.A., founder and director of EQUILIBRIUM, will introduce the benefits of essential oils for physical, emotional and mental well-being. As an educator and specialist in working with acute stress conditions in both children and adults, Barbara uses essential oils as part of EQUILIBRIUM's unique whole person integrative healing techniques for brain•body balance.

INTEGRATIVE BRAIN • BODY TECHNIQUES
WWW.EQUILIBRIUMHEALING.COM



EQUILIBRIUMSM

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"When your brain and body are in balance your life is in Equilibrium."