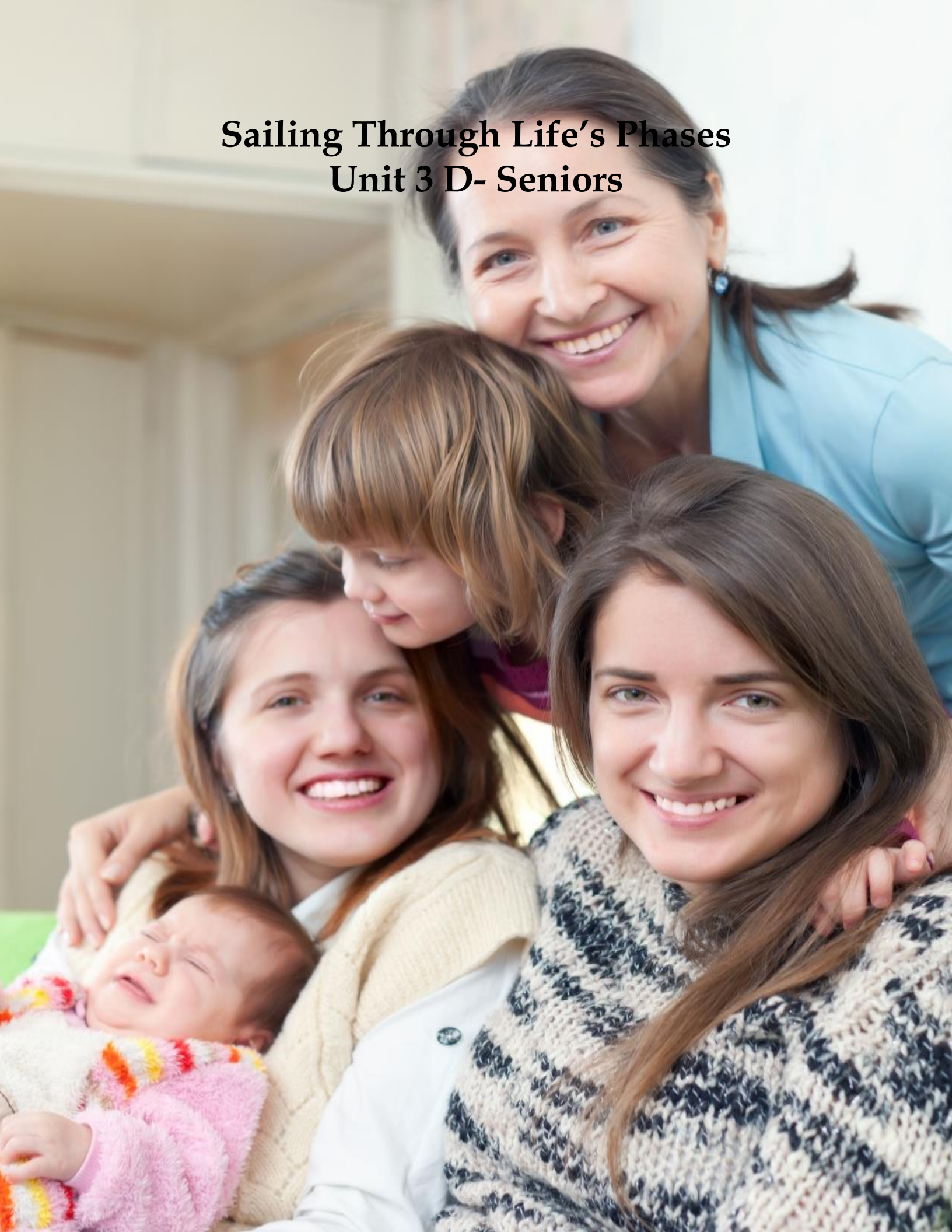


**Sailing Through Life's Phases**  
**Unit 3 D- Seniors**



# Seniors, Unit (3D)

## Transformational Step-

- 1) Consider the unique needs of seniors.
- 2) Learn about various health promoting aromatic ideas and blends, from respiratory infection to insomnia.
- 3) Create a recipe for a simple product formula which might benefit seniors.
- 4) Post this recipe on your Practical Potions Facebook group. Receive more ideas from peers.



Have you had any experience with a frail or institutionalized senior's health needs?

If so, how so?

Name some ways you may need to be particularly careful with fragile seniors, while using essential oils?

What aromatic products do you think would benefit seniors?



