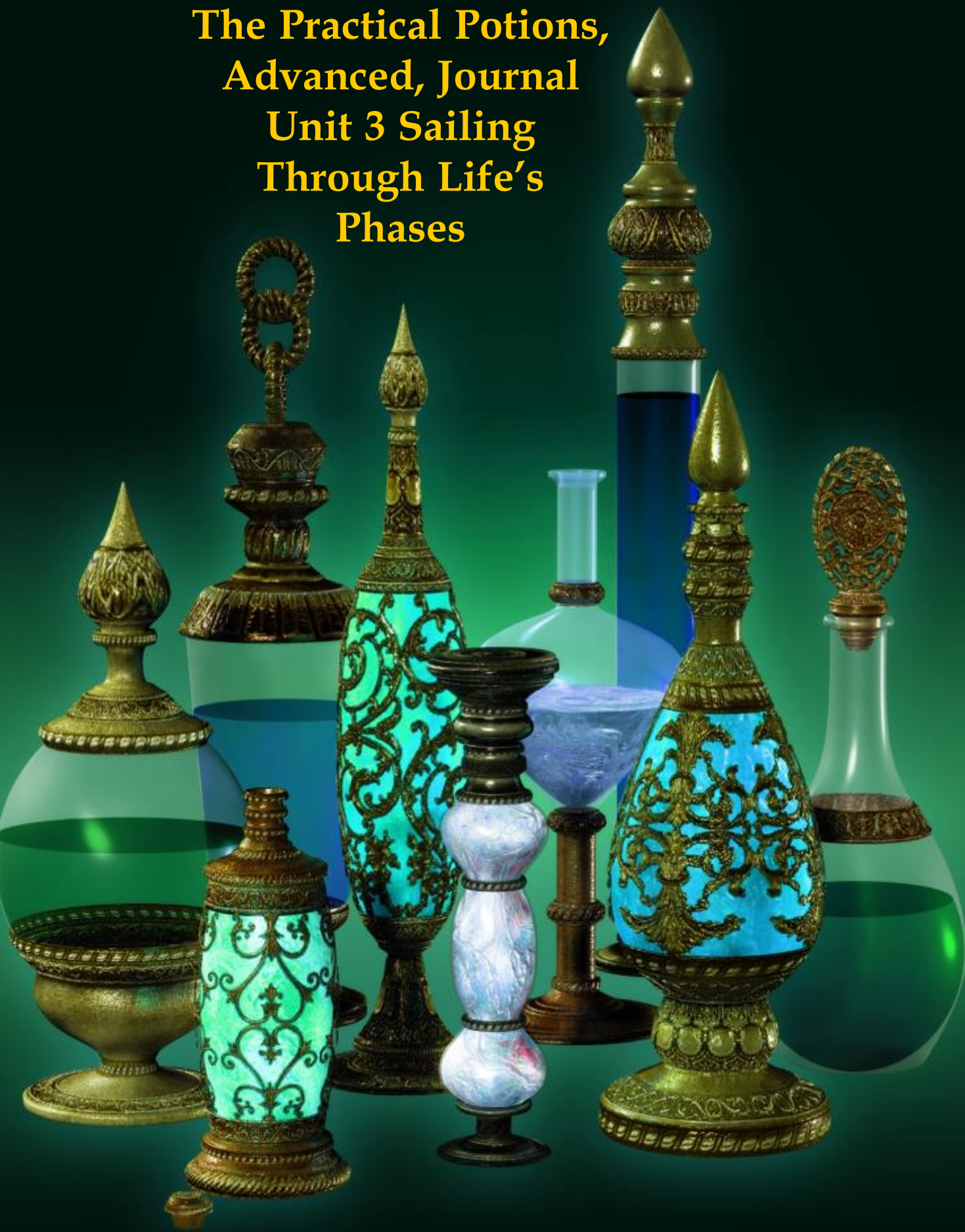


**The Practical Potions,  
Advanced, Journal  
Unit 3 Sailing  
Through Life's  
Phases**





Sailing through Life's Phases

Unit 3 A

## Sail Through Life's Phases **Unit 3A**

(Find articles by Tony Balacs and Juliette Guenier in separate downloads inside your e-course for more reading, if you choose).



### **Transformations:**

Learn to safely and effectively use essential oils in various life phases.

1) Do the following pregnancy and perimenopause labs and email to Laurie.

The pregnancy lab will help you solidify your knowledge with aromatic safety during pregnancy. (Complete after finishing unit 3B)

The gynecology lab will give you some experience in hypothetical situations during the life passage of perimenopause. (Complete after finishing unit 3C)

Unit (3A) Send to [selfheal@telusplanet.net](mailto:selfheal@telusplanet.net)

## Pregnancy-Lab

### 1) Gynecology and Pregnancy Lab- (Complete this lab after finishing unit 3B)

Write up your recommendations for your hypothetical client. You may interview another student in the course on-line, and change roles. You are the aromatherapist for the assignment and then switch to the client, role.



Ensure you also use your aromatic intake template. Keep revising it, as you see missing or irrelevant questions. Ensure you have your client's name, age, allergens and reason for visit recorded.

#### Case # 1

The client is 8 months pregnant.

Symptoms

Tired, achy feet,

Wants to minimize stretch marks.

Is depressed.

Describe which carrier oils and essential oils you would use- if any. Remember to be very cautious.

Explain your rationale.

In which way, would you use these oils, massage, diffusor, bath etc.?

How often will the oils be used and in what quantity?

What will you charge for the visit?

Follow Up?

## Perimenopause Lab Case 2

Send to [laurie\\_selfheal@telusplanet.net](mailto:laurie_selfheal@telusplanet.net)

**(Complete this lab after unit 3C)**

Your client is in perimenopause. She has a menstrual cycle, but it is erratic. When she does get her cycle, the PMS is long lasting and emotionally unbearable. She has lots of anxiety, irritability and frustration.

How can you help?



Which essential oils will you use?

In what form?

How often will the oils be use and in what quantity?

Cost of the visit?

Follow Up.