

**LEARN THE ESSENTIALS OF A MEDICINE CABINET MAKEOVER IN 1 HOUR  
AND TAKE CHARGE OF YOUR FAMILY'S WELLNESS  
WITH NEW KNOWLEDGE OF 100% THERAPEUTIC GRADE ESSENTIALS OILS...**

An Essential Oils Medicine Cabinet



**Abigail Ransonet - an essential oils advocate and trainer in medicine cabinet makeovers using Young Living 100% therapeutic-grade essential oils, will teach at LITTLE CREEK YOGA STUDIO BEGINNING MONDAY, OCTOBER 17th @ 7PM. ALL CLASSES ARE FREE, OPEN TO THE PUBLIC AND WILL INCLUDE EDUCATION BOOKLETS AND ESSENTIAL OIL SAMPLES. CALL 337-371-0005 TO RESERVE YOUR SEAT!**

**Essentials oils are substances that deserve the respect of proper education. Everyone in the family should have a basic knowledge about the use and safety of essential oils, and a basic understanding of the chemistry that makes them powerful healing agents.**

Aromatherapy began in the 1920s by a French chemist named René-Maurice Gattefosse, who became convinced of the healing powers of essential oils when he used lavender oil to effectively heal a severe burn on his body. Gattefosse also discovered that essential oils could be absorbed into the bloodstream when applied to the skin, and had medicinal effects inside the body. Another Frenchman, Dr. Jean Valnet, used essential oils during World War II to treat soldiers, and wrote a major book on the topic in 1964 called *Aromatherapie*. European biochemist, Marguerite Maury, performed thorough studies of how essential oils influence the body and emotions, and popularized essential oil massages as therapy. Since the 1990s, aromatherapy and the use of therapeutic essential oils has been one of the fastest-growing alternative health treatments.

With a deep conviction for the power of essential oils, Abigail embodies the spirit of Young Living. She spends her time sharing the magic and the chemistry of her personal story and journey, from depression and despair to joy and abundance. As an advocate for the all individual's awareness of current trends in natural healing, she holds classes on the chemistry of essential oils, detoxing our living environments and hands-on-workshops for DIY(do it yourself) personal care and household products using essential oils.

**Monday, October 17<sup>th</sup> @ 7PM  
LITTLE CREEK YOGA STUDIO @ CAMELIA HOUSE  
708 JEFFERSON BLVD, LAFAYETTE, LA  
CALL 337-371-0005 TO RESERVE YOUR SEAT!**