



801 E. Front Street, Traverse City, Michigan 49686

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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

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**Subject: Benefits of Aromatherapy**

**Traverse City** – The next time you drive by a field of fresh lavender or hike through a pine forest, breathe deeply – you’re experiencing the soul-soothing power of essential oils. Essential oils are made from flower, herb and tree parts, like bark, roots, peels and petals. A form of alternative medicine, aromatherapy is gaining momentum, but what can essential oils do for us besides just smell good? Aromatherapy practitioners believe essential oils are more than nice scents – they consider them powerful plant extracts that are the path to balance, harmony and the promotion of health in the body, mind and spirit.

Join Kelly Johnston, founder of Sleeping Bear Essentials, on Tuesday, April 3, 9 a.m., at the Traverse City Senior Center, 801 E. Front Street, as she answers the questions of what essential oils are and what a little drop or two can do for you. She will discuss different ways essential oils can be used to enhance wellness in the context of your daily routine.

Johnston’s presentation is free, but advance registration required.

For more information and to register, email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call 231-922-2080.

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