

Course Information Sheet

Wellbeing Christmas Ideas Through Scents



AE09E43C

Venue Hyde Park House	Start Date	7 Nov 2024 18:00
	End Date	28 Nov 2024 20:30
	Fee	Full Fee £35 Concession £13
	Materials	£5

[OCSW AE09E43C Wellbeing Christmas Ideas Through Scents \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Craft a joyful & stress-free Christmas! This 4-week course explores festive aromatherapy and teaches you to create homemade, scented gifts and decorations using essential oils.

Course Description:

The holidays can be magical, but also stressful. Our Wellbeing Christmas Ideas Through Scents course helps you embrace the festive spirit with the power of aromatherapy. Learn how to use essential oils to create a calming and joyful atmosphere in your home. Craft beautiful, personalised gifts like bath bombs, candles, and diffusers, all infused with the evocative scents of Christmas. This course is perfect for anyone who wants to add a touch of homemade magic and wellbeing to their holiday season.

What will I learn?

- **Week 1: Festive Fragrances:** Explore the essential oils traditionally associated with Christmas, understand their properties, and discover safe blending techniques.
- **Week 2: DIY Bath & Body Treats:** Craft luxurious bath bombs, body scrubs, and massage oils infused with festive essential oil blends, perfect for self-care or gifting.
- **Week 3: Scented Decorations:** Learn to make beautiful and fragrant decorations like pomanders, potpourri, and simmering blends to create a delightful Christmas atmosphere.

- **Week 4: Festive Gift Wrapping & Presentation:** Discover creative ways to incorporate essential oils into gift wrapping and presentation, adding a personal touch to your homemade presents.

How will I be assessed?

- **Formative:** Interactive quizzes, group discussions, practical exercises creating scented crafts, and peer feedback throughout the course.
- **Summative:** Develop a personalised plan for incorporating aromatherapy into your Christmas celebrations and present a portfolio of your handmade, scented gifts and decorations.

Who is this course for?

This course is designed for anyone interested in aromatherapy and creating a handmade, festive Christmas experience. It's perfect for those who want to reduce holiday stress, create unique gifts, and add a touch of wellbeing to their holiday season.

Progression Opportunities:

After completing this course, you could progress to more advanced aromatherapy training programs or explore online resources on DIY crafts using essential oils. Consider courses in herbalism or natural home product creation to expand your skill set.

Career or Job Enhancement Pathways:

- **Craft Business Owner:** Sell your handmade, scented creations at craft fairs or online marketplaces.
- **Aromatherapy Consultant:** Offer workshops or consultations on incorporating aromatherapy into festive celebrations.
- **Natural Product Sales:** Enhance your knowledge of essential oils for a career in natural product sales or customer service.
- **Wellness Blogger/Content Creator:** Share your passion for aromatherapy and festive crafting through online platforms.

How do I enrol?

If you are paying the full fee, the quickest way to enrol is online at www.oucoursesouthwest.co.uk, simply create an account and select enrol now. Alternatively, you will need to speak to one of our customer service team on 01752 660713.

How will the course be delivered?

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress?

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need?

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.oucoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.