



**Markus Metzger**, nature pharmacist,  
tour manager, aroma specialist.

## Fragrance workshop

Aroma therapy is a relevant part of phytotherapy with vital importance of the perception of scents and fragrances. Through fragrances we can get in touch with the subconscious and our feelings immediately. Memories, creativity, concentration and motivation are woken up in our limbic system. This is where we develop feelings of joy, aversion, reluctance, attraction or rejection.

Respiration and heartbeat are being influenced by fragrance messages as well as hormone release and digestion.

We can quickly influence your mood with essential oils. A pleasing scent, an enjoyable fragrance can call upon a comforting feeling of harmony and relaxation.

*We touch the human soul with the soul of plants.* Essential oils can do a lot more than just smell nice!

### Programme

- Aroma therapy introduction: Presentation of the most important essential oils used in gastronomy and wellness.
- Under professional instruction of aroma therapy expert Markus Metzger, you will have the opportunity to mix and blend your own useful products such as
  - a room spray to ameliorate the air, atmosphere and ambiance around you
  - your own, unique and relaxing body oil
  - a therapeutic roll-on
  - a personal mixture to meet your individual needs

Bottles, labels, course material, oils and course documents included.



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