

AROMATHERAPY

Lifestyle Course

S Pujah



BENEFITS OF OUR TRAINING PROGRAMS

"Mastering the Ancients: Decoding Vedas, Ayurveda and Wellness for Mind, Body, and Spaces."



ON - DEMAND
COURSES



LIFETIME VALIDITY



PEER TO PEER LEARNING



COMPLETION CERTIFICATE



7 DAYS MONEY BACK
GUARANTEE



Practical Approach

Our training is designed to provide the skills in a practical approach. Our students' success is our best asset in showing the quality of our training.



Globally Oriented

Strategies shared and knowledge earned allows our students to immediately set up their business and start offering their services start healing.

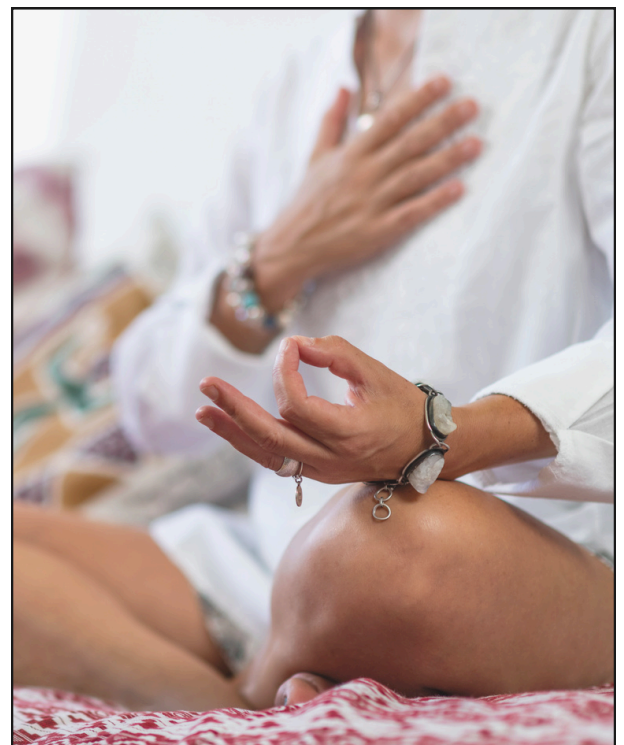


For Your Career

Begin your healing career with Bio7 Wellness and Geo7 Spaces Certified Professional. Combine expertise and compassion for holistic well-being.

WHAT CAN BE MEASURED, CAN BE MANAGED.

Essentially everything is energy and we utilize the energy measurement through the proprietary and engineered concept healing method, which integrates the measurement of the frequencies of the body and the mind and further alignment and correction of those frequencies by use of essential oils and sacred geometry.





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"YOUR JOURNEY
TO BECOMING A
HEALER STARTS
NOW."

the perfect time is now



VASTU ADVANCE

Course Overview

The human body, comprised of fire, water, air, earth, and sky elements, evolved due to their delicate balance on Earth. Imbalances lead to diseases, rectifiable through Energy Corrections, restoring the equilibrium of these natural elements.

Join us on the journey to energy balance and wellness.

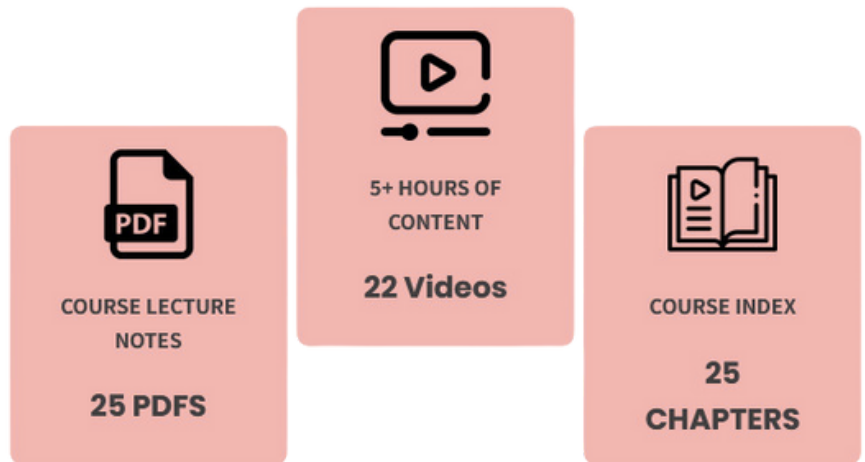
Certification included



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[ENROLL NOW](#)

What's Included?



Course Description

Unlock the secrets of aromatic bliss in our Aromatherapy course, where the enchanting world of essential oils meets the realms of Chakras, Ayurveda, the elements, and planetary energies. This transformative journey delves into the profound connection between plants and holistic well-being.

About the Course

Unlock the art and science of aromatherapy to enhance your well-being across various facets of life. This course is designed to empower you with the knowledge and skills to create therapeutic blends, beauty products, pain-relieving remedies, and chemical-free solutions for a healthier, more harmonious lifestyle.

Content Highlights

- **Introduction to Aromatherapy:** Aromatherapy is the art and science of using essential oils extracted from aromatic plants to enhance physical, emotional, and spiritual well-being. In this course, we unravel the mysteries of aromatherapy, exploring its origins, principles, and diverse applications.
- **Why Plants Produce Essential Oils:** Discover the fascinating world of plant alchemy. Plants produce essential oils as a form of defense, attraction, and communication. We delve into the ecological and evolutionary reasons behind this aromatic gift from nature.
- **Essential Oil Extraction Methods:** Explore the various techniques employed to extract essential oils from plants. From steam distillation to cold pressing, gain insights into the methods that preserve the purity and potency of these precious elixirs.
- **Safe Usage of Essential Oils:** Safety is paramount in aromatherapy. Learn the guidelines for using essential oils safely, including proper dilution, application methods, and potential contraindications. Navigate the dos and don'ts of incorporating aromatherapy into your daily life.
- **Therapeutic Properties of 35+ Essential Oils:** Embark on a sensory journey through the therapeutic properties of over 35 essential oils. From lavender's calming effects to tea tree's antibacterial prowess, explore the multifaceted benefits each oil offers for physical and emotional well-being.
- **Pronouncing Latin Binomials:** Demystify the botanical tongue twisters! Master the pronunciation of Latin binomials for essential oil plants, enhancing your understanding and communication within the world of aromatherapy.

Content Highlights

- **DIY Body Care Products:** Get hands-on with the art of crafting your own body care products. From soothing balms to invigorating scrubs, learn how to create a variety of beautiful, simple, and effective products using essential oils.
- **Advancing Your Aromatherapy Education:** Discover avenues for advancing your knowledge in aromatherapy. Whether you're interested in specialized courses, workshops, or becoming a certified aromatherapist, explore the next steps to deepen your expertise and impact.
- This course is your aromatic gateway to a world where the essence of plants harmonizes with the art and science of well-being. Uncover the transformative potential of essential oils and embark on a journey of self-discovery and holistic health.
- **Mastering Aromatherapy for Everyday Wellness: A Comprehensive Course**
- Unlock the art and science of aromatherapy to enhance your well-being across various facets of life. This course is designed to empower you with the knowledge and skills to create therapeutic blends, beauty products, pain-relieving remedies, and chemical-free solutions for a healthier, more harmonious lifestyle.
- **Aromatherapy Blending by the Notes:** Explore the world of aromas and notes in essential oils. Learn the art of blending oils to create therapeutic bouquets that stimulate, soothe, calm, ease pain, and energize the mind and body.
- Uncover the secrets of crafting personalized blends tailored to your unique needs.
- **Creating Beauty Products with Aromatherapy:** Dive into the realm of beauty and self-care with aromatherapy.

Content Highlights

- Master the art of using essential oils to craft scrubs, foot scrubs, bath bombs, serums, deodorants, and more.
- Elevate your beauty routine with natural, aromatic, and rejuvenating products
- Aromatherapy for Pain Relief: Identify the best essential oils for treating sprains, muscular aches, and pains.
- Learn how to concoct effective muscle rubs, salves, and pain-relieving balms using potent aromatherapy blends.
- Harness the power of nature to alleviate discomfort and promote healing.
- Aromatherapy for Health and Skin Conditions: Discover the most powerful essential oils for crafting all-natural insect repellents.
- Explore potent oils to address skin conditions like psoriasis, eczema, and acne.
- Integrate aromatherapy into your daily life for headaches, fungal problems, burns, insomnia, and more.
- Chemical-Free Home with Aromatherapy: Learn to make your own all-natural air fresheners, laundry powders, house cleaners, glass cleaners, and wood polishes.
- Discover dozens of essential oil combinations for a chemical-free home environment.
- Embrace a holistic approach to household products with the healing power of aromatherapy.

Content Highlights

- This comprehensive course empowers you to harness the therapeutic potential of aromatherapy, providing you with practical skills to enhance your daily life, beauty routine, pain management, health, and the overall well-being of your home.
- **Avoiding Delay in Child Birth:** Learn how the correct location of the bed can help avoid delays in child birth, promoting a positive and supportive atmosphere.
- **Retention of Servants and Household Staff:** Discover the optimal directions for locating servants and household staff to ensure their retention and overall harmony in the household.
- **Easy Vastu Solutions for Property Purchase:** Receive practical and accessible Vastu solutions for buying your own property, making informed decisions for a harmonious home.
- **Vastu Remedies for Overall Gains, Happiness, and Prosperity:** Implement Vastu remedies to attract overall gains, happiness, and prosperity in your new house, creating a positive living environment.
- **Vastu and Geopathic:** Understand the connection between Vastu principles and geopathic energies, optimizing your living space for holistic well-being.
- **Vastu and Marma Points:** Explore the correlation between Vastu and Marma points, harnessing the subtle energy fields for positive influences.
- **Vastu Devatas Energy Fields:** Connect with the energy fields of Vastu Devatas, aligning with divine energies for enhanced well-being.

KEY HIGHLIGHTS

Interactive video

- Ignite Learning and interaction with exceptional video content

Text material

- Tools used by the world's top professionals. Unleash the power of E-books, PDF's, and more!

Quizzes

- Unleashing the potential of learning and fueling curiosity!

Certificate

- Boost your confidence, master the field, become a certified professional.



COURSE LESSONS

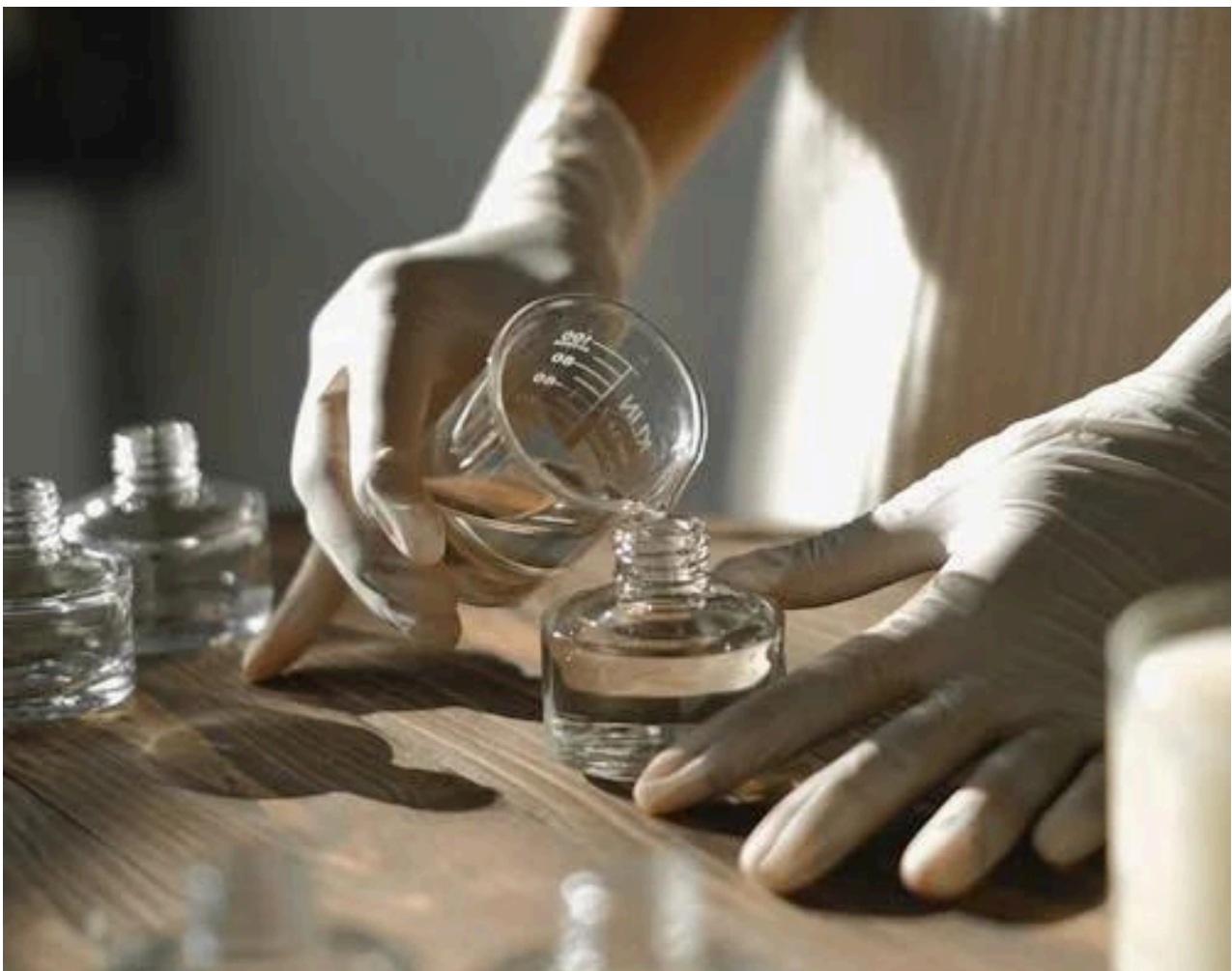
Aromatherapy Module 01

- Chapter 1: What is Aromatherapy?
- Chapter 2: How to use essential oils safely?
- Chapter 3: The therapeutic properties of 35 + essential oils(Bergamot and Cajeput)
- Chapter 4 : Cedarwood , Cinnamon Bark , German Chamomile
- Chapter 5: Clary Sage , clove , cypress
- Chapter 6: Dill seed , Elemi , Juniper Berry
- Chapter 7: Lavender , Lemon , Eucalyptus
- Chapter 8: Fennel, Frankiense, Germanium
- Chapter 9: Ginger, Grapefruit, Holy Basil
- Chapter 10: Lemon Grass, Mandrain Nutmeg
- Chapter 11: Orange, Palmarosa , Patchouli
- Chapter 12: Peppermint , petitgrain, Rosemary
- Chapter 13: Rosewood , Spearmint ,Tea Tree
- Chapter 14: Thyme, Turmeric, Ylang Ylang
- Chapter 15: Carrier oils
- Chapter 16: Notes of Oils
- Chapter 17: How to Blend Oils
- Chapter 18: How to Blend for Chakras

COURSE LESSONS

Aromatherapy Module 02

- Chapter 1: Learn Aromatherapy to Blend by the notes
- Chapter 2: How to make a variety of beautiful simple body care products, The Home Spa - Body Beautiful
- Chapter 3: Learn Aromatherapy to Treat Pains: The Self-Defense Kit
- Chapter 4: How to Blend For Chakras Oils
- Chapter 5: How to Blend to Balance Planets
- Chapter 6: How to Blend for Elements
- Chapter 7: How to blend for Directions



MEET THE INSTRUCTOR

S PUJAH

Meet S Pujah, a seasoned entrepreneur and wellness expert based in Dubai. As the founder of Balance1Studio, she brings a wealth of experience from her successful ventures in investment banking and insurance. Specializing in personal growth and life balance, Pujah conducts impactful programs to help individuals discover their life's purpose. With a passion for decoding ancient wisdom, she offers unique insights from her extensive global travels. As the visionary behind Sustainable Wellness concepts like Bio7 wellness and Geo 7 spaces, Pujah blends aromatherapy and essential oils with geopathic rods for a holistic experience. Join her workshops on body and space energy healing to tap into her positive energy and expertise. Experience the difference with Dr. Pujah Subhash Srivastav—a calming presence with a profound impact on well-being.





S Pujah

"JOIN US AND
TURN YOUR
HEALING SKILLS
INTO A THRIVING
PROFESSION."

the perfect time is now





AROMATHERAPY

Lifestyle Course

\$1600 Only

[ENROLL NOW](#)

For More information or to Enroll program,
please contact:



[Contact US](#)



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\$500

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2. Chakra Advance

\$1100

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3. Vastu Foundation

\$2500

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4. Vastu Advance

\$2500

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5. Numerology

\$400

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