



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

*Lianne*

### LEARN WITH LIANNE - Volume 18 dated 2 February 2022

Welcome to our new newsletter - ***Learn with Lianne***. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

#### KEEP ON LEARNING

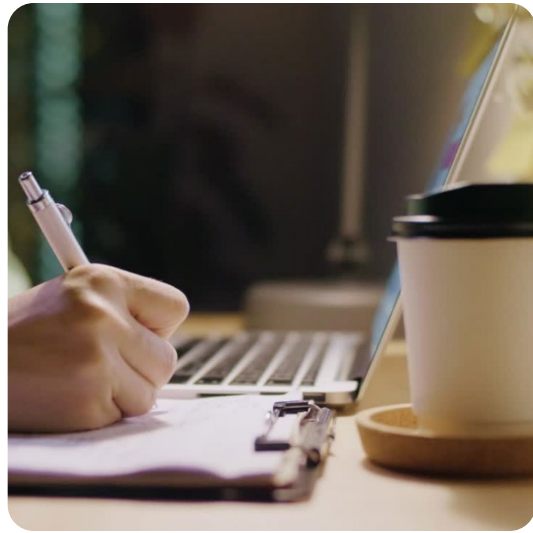
With schools returning this week, many are thinking and preparing their children and grandchildren for the new school year - prepping them for all things learning and growing. New books. New pens and pencils New uniforms. New shoes. New just about everything!

But have you given thought to your own learning and education for 2022? You'll have seen our previous email outlining some of our upcoming virtual workshops, there are quite a few listed.

Some of you may be thinking, well I've done all those, I know that stuff. Remember though, things change and evolve, I learn new ways of using oils, new application methods and new science supporting their use.

If you have a specialist area of knowledge that you think our community would benefit from, let us know and we can get you to teach others. The more we learn and grow together, the more amazing and supportive our community becomes.

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Perhaps 2022 is the year to contemplate returning to formal education. Maybe university or a TAFE course is calling your name. Try going to your local library, and borrowing books to self-study from.

I encourage you all to attend at least one of our upcoming virtual workshops. A good refresher never hurt anyone. I also encourage you to invite friends, family and colleagues to come along as well if they have an interest in their health and wellbeing. Many think aromatherapy is just about smell, they have no idea of the scope and that once they learn how oils can be used, it can be life changing. They will thank you for introducing them to this amazing way to look after themselves and those they love.

### **Study Tips**

Whilst these tips are directed at you, some of them would be useful for your kids, whether they be in the formal education system or you've moved them to homeschooling.

- Give yourself enough time to study. Block it out in your diary and don't let others impinge on that dedicated time.
- Keep distractions such as phones, people and the like to a minimum.
- Organise your study space.
- Use flow charts, diagrams, mnemonics, mind maps, and drawings to help organise your thoughts and learnings
- Use highlighters, coloured pens and paper to help you visually retain the information.
- Take regular breaks.
- Snack on brain food.
- Drink plenty of water.
- Get adequate sleep.
- Use our [Focus](#) pre-mixed roll on as you study. It creates an aromatic anchor and will help with memory retention, concentration and alertness.

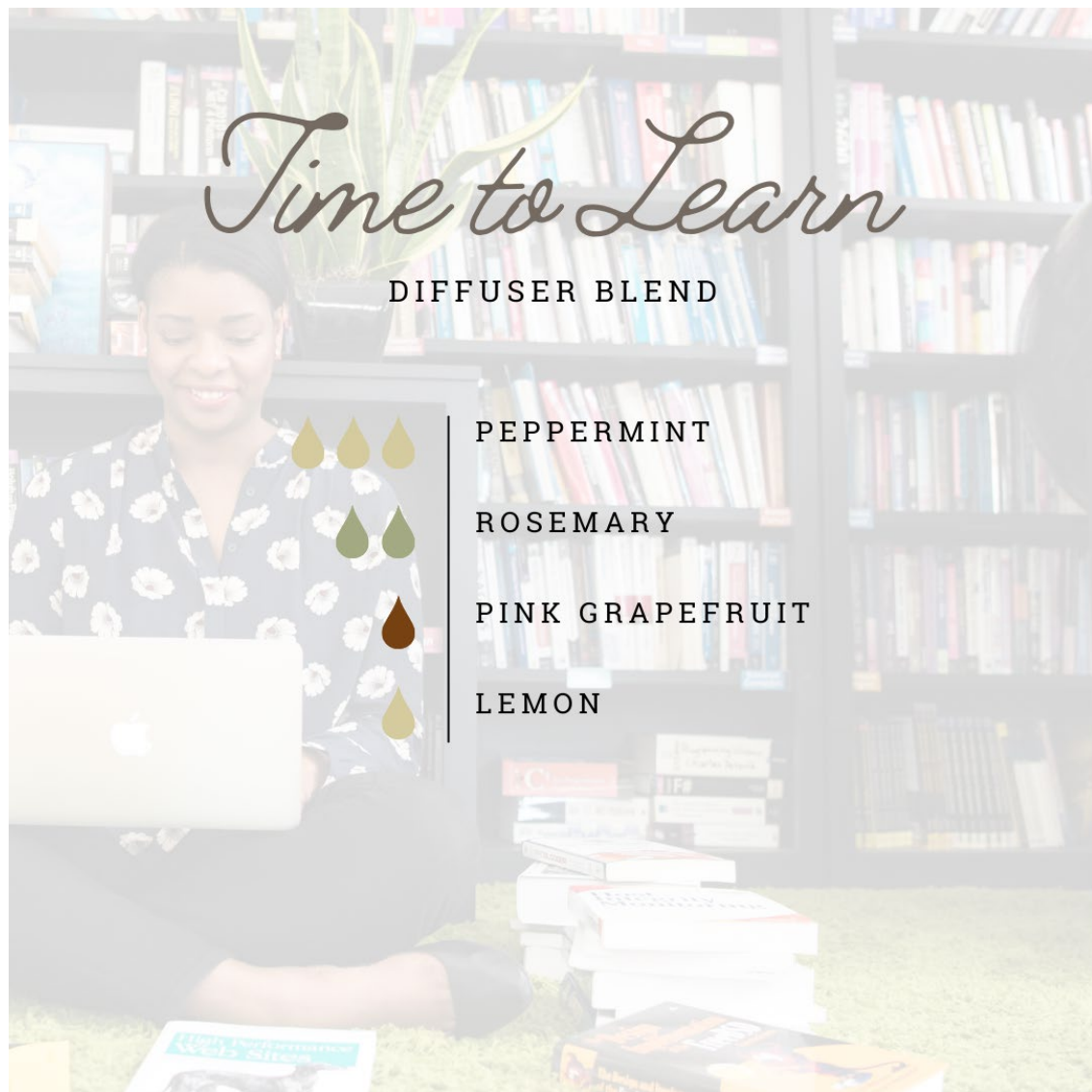
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## A quick reminder

Thank you to those who've completed our short survey/questionnaire. We've had some amazing feedback and suggestions, however we'd also love more. So, if you haven't yet completed the survey, please do as it really will help us move forward.

Click on this link to complete the survey

<https://www.surveymonkey.com/r/W3HMN38>



What is your favourite Australian oil? And what makes it so special to you? Share your thoughts in the Facebook group.

Make sure to follow us on all the social platforms. Like, share, and comment as much as you like. The more you do the wider audience we reach and the more people we can help with our

gorgeous essential oil range.

### **Business Facebook**

<https://www.facebook.com/amazingscentsaromatherapy/>

**The Secret Oil Garden** (private group but you are welcome to join)

<https://www.facebook.com/groups/2028287724106750>

### **Instagram**

<https://www.instagram.com/amazingscentsaromatherapy/>

### **Pinterest**

<https://www.pinterest.com.au/amazingscentsaromatherapy/pins/>

### **TikTok**

Coming soon

### **Got something to share or want to learn about?**

Email us at [socialmedia@amazingscents.com.au](mailto:socialmedia@amazingscents.com.au) and we will share your stories in future editions of our newsletter.



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