

Plant Science for the Licensed Professionals: Pregnancy & Postpartum

4 Hour Continuing Education

Date: Friday, May 13th, 2022 9 AM - 1 PM

Location: Empowered Healing Institute, 1615 32nd St NE, Cedar Rapids, IA 52402

Instructor: Katie Metcalf BBA, LMT, Birth Doula & Lauren Parsons LMT

Price \$100

Description:

This continuing education course reviews the history and beneficial uses of Aromatherapy & Herbal Remedies specifically for prenatal health & well being. Included are a collection of recipes, essential oil blends, and general informational ideas for prenatal clients. Contraindications and precautions for aromatherapy & herbal makes should be followed closely.

Objectives:

By the end of the course, Participants will be able to:

- Identify the benefits of botanical support before, during, & after pregnancy.
- Recognize the contraindications for certain essential oils, herbs, and conditions - especially in regards to prenatal & postpartum care.
- Correctly prepare aromatherapy & herbal oil blends that are nourishing for mom & baby.
- Understand the use of essential oils & herbalism within the scope of the state issued licenses.