

When changes are necessary

Do you have the feeling that you have to go other ways? Do you want to set or achieve new goals?

Then **aroma coaching** can be your key to a new beginning.

Natural essential oils are extracted from plants and are used to increase well-being, health and vitality. The essential oils always work on several levels - on body, mind and soul. The use of essential oils has an invigorating, activating effect on the body, for example during sports; or also a calming, balancing effect on nervousness, stress and anxiety - depending on the choice of essential oil.

With Aroma Coaching we start with a concrete future-oriented goal. We want to bring about changes and create a new equilibrium that does justice to your demands, but also to your balance and well-being.

After taking stock of your current situation, your goals, etc., we will jointly make a selection of essential oils or oil blends. With your personal chosen oil we work together through pictures, feelings, wishes and ideas. The sense of smell is the only sense that is directly linked to our memories and emotions - thus we can achieve new perspectives and approaches and define new goals.

In Aroma Coaching it is possible to gain a different point of view or to change our attitude or to make it possible to feel good again.

You expand your possibilities to act and to feel. You become active again and tackle it - it's about you: **Your goals, problems, wishes for change.**

As an Aroma Coach I accompany and support you professionally in your personal path and support you in finding solutions. I will help you to regain access to your own resources and potentials and to find your own - but new - solutions. Through **Aroma Coaching** you can again find new ways to yourself and thus expand your options for action.

I support you in finding your **balance** again.

I invite you to take time. **For yourself, your goals and your decisions and last but not least to explore the world of fragrances.**

Any questions? Call me at +41 55 244 55 15.