



AIR, HAIR, CARE

A Seasonal Aromatherapy Workshop

A botanical experience for breath, restoration, and seasonal resilience

AIR, HAIR, CARE is a hands-on seasonal workshop that weaves herbal education, cultural practice, and sensory experience into a single immersive offering. Students learn how to support their respiratory system during the cold months using aromatic plants, intentional breath, and simple at-home rituals that nourish both body and mind.

As a foundation for understanding, participants will be exposed to the history and art of botanical aromatic extraction, with a demonstration of steam distillation in a copper alembic still. This teaching will briefly introduce how the ancient limbic system interacts with the olfactory system to affect our flight/flight response, memory, and sense of self.

The workshop includes three core components:

1. Respiratory Sensory Storytelling - "Choose your own Aromatic Adventure"

Inspired by the Japanese incense meditation practice called Koh Dō Kumikoh, participants will be guided through a forest walk visualization. At key moments they will be asked to make a choice or imagine part of the story: a left or right turn, a body of water, an animal appearing, a type of shelter to seek. Each choice on their path will yield a specific essential oil that embodies the physiological or psychological qualities present in that archetype — a drop of that oil will be offered to each participant in a simple inhalation ritual. Intentional breath work engages these plant essences for each student as they travel deeper into their imagination, soothing the nervous system, inviting reflection, and learning how fragrance affects body and psyche.



2. Create a Shower Lei of Aromatic Plants

Participants will craft a fragrant shower lei using fresh winter botanicals. Hung in the shower, these garlands release therapeutic steam that supports breath and relaxation. This portion of the workshop literally weaves together cultural practice, plant knowledge, and creativity—honoring the season through botanicals. Participants will learn the Hawaiian lei techniques, *wili* and *haku*, the traditional practice of binding botanical materials to a foundation for adornment and healing.



3. Make an Herbal Infused Oil for HAIR and SCALP

Each participant blends a personalized winter self-care oil—either clearing,

warming, or soothing. The oil is formatted for the hair and scalp, but it can be used as a chest rub or massage oil for respiratory health.



Outcome:

Everyone leaves with an embodied story paired with essential oils, a botanical shower lei for use at home, a therapeutic oil for hair or respiratory health, and a deeper understanding of how to engage their breath, support their nervous system, and care for their wellbeing. The workshop is restorative, sensory rich, culturally respectful, and ideal for yoga studios, wellness centers, apothecaries, community education, or seasonal retreats.

In addition, students would work with the following plants as their winter allies...

Plant Energetics for the Winter Body

A teaching segment covering what balances this season of constriction & stagnation:

Plants that open (airway expanding, clearing, sharp, bright)

Plants that warm (movement, circulation, comfort)

Plants that soften (soothing, grounding, nurturing)

Aromatic Decongestants/Anti-Virals	Warming Circulatory Plants
• Eucalyptus (globulus or citriodora)	• Ginger
• Tea Tree	• Cinnamon leaf
• Rosemary	• Thyme
• Pine	• Sage
Soothing Nervous-System Allies	• Lemongrass
• Lavender	• Cedar
• Chamomile	• Frankincense
• Rose & Geranium	
• Lemonbalm	

Practical Considerations: (always happy to adjust and personalize for your group, just reach out to discuss and develop) : **3 Hour Session / \$60 per person, includes all materials**