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For Immediate Release

To Your Health: Nature's Essential Oils *A Workshop at The Domes*

Milwaukee, WI (Nov. 11, 2015) -- To Your Health: Nature's Essential Oils, a workshop on the origin and proper use of plant-extracted oils, will be offered Saturday, Nov. 21 from 9:30-11:30 a.m. at The Domes, Milwaukee's Living Landmark, located at 524 S. Layton Blvd.

"Essential oils, the aromatic oils within plants, provide a mechanism for plants to adapt to their surrounding habitat," said Paula Zamiatowski, Conservatory Interpretive Educator at the Domes. "Research shows that plants produce essential oils to attract pollinators, to prevent competitive plants from growing too close, to protect against predators, and to protect from fungus and bacteria. It's fun to see that humans can use these essential oils for their benefit as well."

In the workshop, participants will learn about the history and proper use of therapeutic-grade essential oils, and will also have the opportunity to sample some of the common varieties, such as lavender, eucalyptus, and rosemary, along with the more exotic ylang-ylang.

"Essential oils have been used for thousands of years in cultures all around the world," said Karen Balistreri, workshop guest speaker and personal wellness consultant for Young Living Essential Oils. "In the workshop we'll talk about the difference between fragrance and therapeutic-grade oils and the way therapeutic-grade essential oils can affect mood and emotion. We'll even look at the benefits to our pets."

The 2-hour workshop will offer a short break for participants to attend the Milwaukee County Winter Farmer's Market in The Domes Annex. The workshop will end with a tour of the Show Dome for the floral holiday show, Gingerbread Land.

The workshop fee, which includes admission to The Domes, is \$15 per person or \$8 for Friends of the Domes members.

Preregistration is required. To register, participants may call (414)257-5603 or visit milwaukeedomes.org.

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