

# iLLUMINATE COLUMBUS 2023 WORKSHOPS

Time	Workshop
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<b>12 noon</b>	<b>Herbs and Herbal Healing Oils Benefits to Help Your Body Heal without Toxins</b>
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IRINA PERRY - IRINA SKIN AND BEAUTY LLC

We'll discuss different types of healing herbs, what they can do for us, and how to help prevent pain, arthritis, skin discoloration, scars, bruising, gout and much more. For instance: always have calendula oil on hand (especially if you have children at home), as well as arnica and St. John's Wort healing oils. Come and learn more!

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<b>1:00 pm</b>	<b>Essential Oils 101</b>
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BASICS WITH LAURA - LAURA RAYBOURNE

What's all the excitement about essential oils? The use of essential oils dates back thousands of years and can benefit your mind, body, and emotional well-being in many ways. Join us today to learn the basics of essential oils, how to use them, and why they may be beneficial for you.

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<b>2:00 pm</b>	<b>Creating Your Own Wellness</b>
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ANISSA WHALEN – WELL FED WOLF, LLC

There is a connection to the earth that comes full circle in the process of creating your own wellness. Getting your hands in the dirt and watching a plant grow is rewarding in itself, let alone the creation of a product that brings wellness without hurting the planet or others. Not to mention the self-supporting aspect of having items at your fingertips that aid in wellness for you and yours. Let's begin this wellness journey together!

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# iLLUMINATE COLUMBUS

LOCAL ARTS & WELLNESS FESTIVAL

Saturday, March 18, 2023 – 10 am to 5 pm

**Hilton Garden Inn Columbus Easton**

3600 Morse Road, Columbus, Ohio 43230

**Try a holistic mini-session!**  
*Shop, sample & delight your senses*

Energywork, Bodywork and Intuitive Readers  
Crystals • Essential Oils • Luxurious Spa Products  
Amazing Artisans • Jewelry & Gifts • Cool Stuff • Good Vibes

**Free admission | Free workshops**

575.519.5883

[www.illuminatefestivals.com](http://www.illuminatefestivals.com)