

WFWP Stuttgart, Germany's Brunch Meeting: Women Have Something to Say

Gabriele Schickert and Ute Lemme

March 1, 2019



Ten women gathered on 1 March 2019 in the UPF Stuttgart center for a brunch meeting entitled: "Women have something to say."

On this occasion, our member Olga Toma had prepared a presentation about her experience with aromatherapy.

First we enjoyed a brunch of various breads and pastries, spreads, vegetables, fruit and salads with hot and cold drinks.

Then Gabriele Schickert offered a prayer and introduced Olga.

She had brought along an electrical aroma lamp, many different essential oils, special fruits, spices and a chain made from wood. She explained about essential oils what they are, how they can be obtained and how they work. She then introduced some of the aromas and products and passed them around: cardamom, orange oil, lemon oil, lavender, peppermint, rosemary, fennel, tea-tree oil. They all have different effects: soothing, moisturizing, disinfecting, digestive, mood elevating, sleep inducing, and concentration, memory and yes, even intelligence improving. Some of the women were already familiar with the use of some of these substances. Olga answered questions and gave tips, for example on how to mix, dilute and use the oils for skin care, in a shampoo or for a footbath.

All those present were very impressed and further events on this interesting topic were requested.

We continued chatting and sharing ideas over some more refreshments.

Gabriele Schickert and Ute Lemme (English: Catriona Valenta)