

Colleen Hague Certified Aromatherapist, Reiki Master

Hi, I'm Colleen. Whenever I am asked to present a seminar, everyone wants a bio, you know the list of credentials and accomplishments in your field. While I agree, it is important to know the person giving the information is qualified, it does not generally tell you who they really are. So, this bio is who I am.

Firstly, I love all things natural. I love animals, the smell of fresh cut grass, the incredibly wonderful colors of Fall, the first snow fall, Christmas, walking on the beach, hiking through a forest and gardening. I was born and raised in Saskatchewan and moved to Ontario in my mid 30's. My Grandmother was what today would be called a "herbalist". Every remedy we had, came from the garden. As a young girl, I had no interest in any of that, I was much too busy with my horses and my friends. It wasn't until my early 40's, I came down with a nasty bacterial pneumonia which almost did me in.... that is when the light went on and I decided to go back to my roots. I went back to school, studied Aromatherapy, botanical chemistry and just fell in love with plants and their amazing healing properties. I threw out all things chemical in my home, from cleaning products to personal care items. Out they went, and, I started making my own products with natural ingredients, pure essential oils, vegetable oils, herbs and good old white vinegar.

You won't believe what you can make in minutes, for 1/3 of the cost of commercial products and so much healthier for you. I make my own cleaning products, shampoo, deodorant, sunscreens, **natural bug spray**, muscle rubs and I even make products for my family, which includes my partner Mike and our 6 furry critters – 2 dogs and 4 cats.

I love the abundance of nature and I am passionate about sharing their gifts to us. Yes, I love to teach and if you are reading this, it is probably attached to a seminar I am giving, so, why not give yourself a little gift.... the "gift of knowledge". Sign up, I'd love to meet you