



Silver Arts

CELEBRATING SENIORS & THE ARTS

SEP - DEC 2021

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The Art of Essential Oils

By Shaan Lee and Guan

Fri, 10 Sep 3pm

Catch this digital programme here!



<https://go.gov.sg/sa2021-essentioils>



About Shaan Lee and Guan

Shaan Lee advocates a natural healthy lifestyle. Her experience in the effective usage of therapeutic grade essential oils has made her realise how empowering it is to take charge of our own and our family's health.

With more than 20 years of hosting experience, effectively bilingual Guan is known in the local entertainment industry as a veteran emcee & presenter.

When you think of essential oils, the first thought that pops into mind is aromatherapy. However, essential oils can also be used topically and consumed. Centuries ago, people were already using essential oils for healthcare purposes. Join Shaan Lee and Guan as you discover the art of adding essential oils to your food. Essential oils not only enhances the aroma of your food, it ensures consistency in quality and can even give you health benefits if used consistently. Grab that pen and start jotting notes in your favourite cookbook. Then reveal that enigmatic smile when your grandchildren start complimenting you on your wonderfully aromatic dishes.

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