

## Contact

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[www.earthokathy.com](http://www.earthokathy.com) (Blog)

## Top Skills

Aromatherapy

Blogging

Web Content Writing

## Publications

Threatened Essential Oil Species

The Amazing Esters Found in Essential Oils

Understanding Botanical Nomenclature: Oregano, Marjoram, and Thyme

Peppermint, Ginger, and Anise: Comparing the Use of the Essential Oil to the Herb

What are the Differences Between Resins and Gums for Aromatherapy Use

# Kathy Sadowski, MS in Aromatherapy, RA, LMT

Registered Aromatherapist and Expert in Dynamic Content Development

Argyle, Texas

## Summary

With a Master's Degree in Aromatherapy, I am an expert in the benefits of herbs and essential oils. I have spent well over 4000 hours studying scientific research, and am dedicated to informing the public about safe and effective uses of botanicals. I combine my knowledge in aromatherapy and herbology with proven writing skills, tailoring content to appropriate reader levels for several publications across recognized and popular journals, magazines, and blogs. My name is Kathy, and I am eager to expand my professional network. If you feel our goals align, please send a direct message or you can email me at [sadowskis@verzion.net](mailto:sadowskis@verzion.net).

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## Experience

(various)

3 years 8 months

Content Developer (Contract)

August 2016 - Present (3 years 8 months)

To bring aromatherapy to the masses, I identify and partner with clients, building open communication channels to identify requirements and deliver compliant content. With strong writing skills, I craft documents tailored to audience needs, providing appropriate engaging information at the readers' comprehension level. Preparing grammatically-correct and accurate content through research and drafting, I draw in target audiences to build social media engagement and site-views, hitting client goals.

My top accomplishments so far include:

- Elevated an aromatherapy app by developing and adding therapeutic actions designed to educate users while meeting their expectations.
- Revitalized available aromatherapy resources to better meet client needs developing a website and database listing research articles categorized by potential therapeutic benefits of herbs and essential oils.

- Enhanced visibility and awareness of aromatherapy topics through grammatically accurate articles in the NAHA Aromatherapy Journal, AromaCulture, Wellness Aromas, Aroma Apothecary Healing Arts Academy, and others.

### Aromatherapy Workshop Instructor

April 2017 - Present (3 years)

Crafting engaging programs to establish rapport with audiences, I disseminated information on aromatherapy and herbology topics at the audience's level of understanding. As a subject matter expert on all facets of aromatherapy and herbology wellness, I advise audiences on essential oil and herb techniques. To ensure community safety, I presented appropriate use, therapeutic margin, and contraindications information.

### Keystone Rolfing, Stretching and Massage

Owner

May 2004 - Present (15 years 11 months)

2800 Corporate Drive, Suite 201, Flower Mound, TX

I exceeded client needs providing specialized message services, utilizing a variety of modalities and offering superior customer service. Overseeing business performance and achievement of goals, I monitored financial performance, continually improving processes to optimize revenue and delivery of excellent customer experiences. I drove community wellness through a variety of services including facial stretch therapy and Thai yoga, deep tissue, aromatherapy, craniosacral, trigger point, hot stone, and prenatal massages.

(various)

### Yoga Instructor

June 2017 - June 2018 (1 year 1 month)

Leading classes in Vinyasa, yoga circuit, slow flow, and guided meditation, I aid clients in maintaining their health and wellness. I assess client needs to design and prepare materials and new course offerings, supporting company growth. I wrote guided meditation scripts to lead clients through the activity.

### Cloud 9 Salon

Massage Therapist

2005 - 2010 (5 years)

### Batrus Hollweg

Administrative

2001 - 2005 (4 years)

Harris InfoSource

Marketing

1998 - 2001 (3 years)

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## Education

American College of Healthcare Sciences

Masters in Aromatherapy · (2014 - 2017)

Kent State University

· (1994)

Blue Anjou

Registered Yoga Teacher, Yoga Teacher Training/Yoga Therapy

Texas Massage Institute

Licensed Massage Therapist, Massage Therapy/Therapeutic Massage