

Radiant Natural Beauty Course

Saturday 24th July

The Quaker Meeting House, Stramongate, Kendal. LA9 4BH

Dear ,

Thank you for your interest in this unique course which I hope you will enjoy, find an informative day and will feed your enthusiasm for nourishing your skin not only with the foods you eat, but in learning basic massage techniques for glowingly healthy skin and how to prepare your own cleansers and moisturizers

The course venue is the “Children’s Room” at The Quaker Meeting House in Stramongate, Kendal. The room is situated at the end of the corridor on the right at the top of the stairs opposite the entrance to The Meeting House.

Course start / finish times: 10 am—4 pm (Lunch 1-2 pm). Lunch can be booked at The Tapestry tea Rooms – please let me know if you would like me to do so.

I look forward to meeting you on the day!

Liz McWatt

RGN.DNMed.MLCHom.DA.DTM

Registered Nutritional Therapist, Homeopath & Aromatherapist

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Course Content

1. An introduction to the factors which are essential for beautiful healthy skin, including the delicious foods you can include in your diet to encourage you skin to glow from within
2. Basic information on specific oils which you can
3. A chance to learn how to make your own cleansers, face packs, massage oils and use to make creams & massage oils specifically tailored for your skin moisturisers designed just for your skin
4. Practical Instruction on basic facial massage technique

You will have your own moisturiser and facial cleanser which you have made to take home with you.

You should bring with you:

- *A headband to keep your hair away from your face when practising facial massage*
- *Fresh face, no make-up (or make-up remover)*

Booking Form

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Saturday 24th July, The Meeting House, Stramongate, Kendal.

Name:

Address:

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Phone No:

E-mail.....

Do you have any specific skin condition you would like information / support with on the day?

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Do you suffer from any of the following health conditions (High Blood Pressure, Epilepsy, and Allergies, Diagnosed Skin condition such as Eczema, Psoriasis, and Dermatitis) or are you pregnant? (Certain essential oils should be avoided in these conditions)

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Do you have any special dietary or other needs?

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I do / do not require lunch

Please send this form with your course fee of £75 in full upon booking, cheque payable to

Liz McWatt

18 West St, Kendal, Cumbria. LA9 5QL