

**Radiant Natural Beauty**  
**Unique 1 Day Course**  
*Nourish Within for Glowing Skin*

Learn How easy it is to **FEED** your skin from  
the inside & outside to encourage radiant  
glowing beauty

**Course Fee £75**

Includes Refreshments &  
Face Cream *designed especially*  
*for your skin* & Facial Wash

**Saturday 24th July**

10-4 pm  
Friends Meeting House,  
Stramongate Kendal  
LA9 4BH

**Learn:**

**How easy it is to FEED** your skin the  
delicious foods it needs to glow with vitality

**How to make your own facial  
washes, cleansers, face packs &  
moisturisers**

*specially designed to suit your skin—all  
with natural ingredients from Natures  
abundant larder*

**How to massage** your face effectively  
to boost blood flow & nourish the skin

Contact:

**Liz McWatt**

Regd Nutritional Therapist, Homeopath &  
Aromatherapist

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*for a booking form*

