



Nature Care College

Make Your Own Natural Skincare

DESCRIPTION:

Create your own luxurious, simple & inexpensive beauty kit from nature's bounty in this fun and interactive DIY workshop. Learn the benefits & healing properties of fresh botanical ingredients – fruits, vegetables, herbs, oils & grains and how you can make your own cleansers, toners, scrubs, masks, creams, deodorants & serums. You will make and take away your own products as well as recipes and concepts to make your own at home!

We will explore and learn about:

- The therapeutic use, benefits & healing properties of a variety of fresh botanical ingredients
- How to source quality ingredients & why choose organic
- The therapeutic use of nutritional foods, herbs, floral water & essential oils for specific skin types
- How to make your own customised cleanser, toner, moisturiser, scrub, mask, serum & deodorant from fresh ingredients & pre-made bases.

ABOUT TARA MURRY:

Tara is an Aromatherapist & Trainer at Nature Care in Aromatherapy, Massage techniques, the making of natural cosmetics & more. She has been manufacturing her own creams, lotions & potions for 10 years & is passionate about helping others make healthy choices & their own organic body products.

DURATION:

One day workshop (7 hours)

WHAT TO BRING:

Please bring a notebook and pen.

RECOMMENDED READING:

Oates, Carla (2004) *Feed Your Skin* Penguin Group Australia
Studdin, C (1999) *Do It Yourself, Pure Plan Skincare* International Centre for Holistic Aromatherapy, Zillmere Australia (ISBN 0 646 38318 3)

**AFTER THIS
COURSE:**

You might like to consider the following related short courses:

- Aromatherapy for Home Use
- Aromatherapy Studies – An Introduction
- Get Cultured – Transform Your Food into Medicine
- Introduction to Nutrition
- Introduction to Naturopathy
- Soap Making... Naturally!

CPE POINTS:

Members of ATMS (Australian Traditional Medicine Society) can receive Continuing Professional Education points for this course. 1 hour = 1 point with a maximum of 5 hours.

Please bring your ATMS CPE form to have signed by your trainer at the end of the course.

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