Nature Care College

Soap Making… Naturally!

DESCRIPTION:

Learn how to make your own luxurious skin-loving Castile Soap. This hands-on one day workshop will teach you basic soap making techniques, along with practical activities in hand-milling. Explore the use of essential oils, herbal extracts, colourants and clays in customised recipes. All materials Included.

We will explore and learn about

- Soap Facts – basic chemistry of soap making, safety precautions, kitchen set-up & essential equipment.
- Methods:
  - Cold-Process Method (making soap from scratch)
  - Hot-Process Method (hand milled soap using pre-made soap base)
- Benefits & healing properties of a number of base botanical ingredients & additional additives – emollients, essential oils, exfoliants & colourants.

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:

3 hour workshop

WHAT TO BRING:

Please bring a notebook and pen

RECOMMENDED READING:

Gourmet Soaps Made Easy by Melinda Coss

AFTER THIS COURSE:

You might like to consider the following related short courses:

- Make Your Own Natural Skincare
- Detox Your Home
- Get Cultured – Transform Your Food into Medicine
- Aromatherapy for Home Use

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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