

All Natural "Make It Yourself" Body Care Classes at Galloways

Instruction, knowledge and recipes are exclusively available to each participant. Plus, complete notes, product made in class and continued support for making your own natural, non-toxic and affordable body care, mineral make up, pet care & home care products.

Class Schedule – July – December, 2010

| Date & Time/Location | Course Title | Bring to Class & Notes * | Course Description | Cost \$ |
|---|----------------------------|--|---|----------------|
| Saturday, July 10 th from 10:00am until 2:00pm Burnaby Location | Soaps Galore | Please bring a hand-towel & shoe box to class. Please bring an apron or wear appropriate attire | Soaps for even the kitchen sink! Discover the chemistry behind soap making. From scratch, <u>make two different kinds of soaps</u> and receive a sample soap bar. Plus hand-milled soaps with herbs, spices and essential oils, make a <u>ginger n' ginseng soap</u> , <u>floral soap balls</u> , <u>guest soaps</u> and <u>men's shaving soap</u> . Recipes for pet soap, laundry soap, herbal shampoo, gardener's bar & citrus dish soap. | \$40.00 |
| Saturday, July 24 th from 10:00am until 12:00pm Richmond Location | Go For The Glow | Please bring an apron or wear appropriate attire. | Exfoliate, Hydrate, Nourish. Using techniques to enhance the beauty and healing of the face, neck, legs and feet you'll create a <u>papaya face scrub</u> , <u>honey n' clay facial mask</u> , <u>seaweed salt scrub</u> , <u>peppermint foot prep</u> and a <u>cuticle nail oil</u> . Discussion on dry brushing and lymphatic drainage. Recipes on toning massage oil and nail salve. | \$34.00 |
| Saturday, July 24 th from 1:00pm until 3:00pm Richmond Location | Botanical Body Care | Please bring an apron or wear appropriate attire. | Pamper that sun kissed skin! Learn how to make your own luxurious botanical body care products. In this fun and informative class, make and take home a <u>ginger n' aloe body polish</u> , <u>aromatic body spray</u> , <u>olive oil body wash</u> (with jojoba beads for exfoliating) and <u>exotic body butter</u> . Recipes on liquid clay masks, stimulating nail salve and body oils. | \$36.00 |

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|---|---------------------------------------|--|---|---------|
| Saturday, September 11 th from 10:30am until 1:30pm Richmond Location | Soap Making, Pure & Simple | Please bring an apron or wear appropriate attire. Please bring a hand towel to class | Soap from scratch! In class, make a <u>long lasting herbal floral soap</u> recipe and a batch of <u>citrus explosion soap</u> . Explore different ingredients, methods and various techniques that you can use to create exciting soaps. Learn about trouble-shooting, history and packaging/decorating your soaps! Also <u>receive a finished soap</u> bar. Recipes for pet soap, laundry soap and herbal shampoo. | \$34.00 |
| Saturday, September 25 th from 10:30am until 4:30pm Burnaby Location | Mineral Make Me Up | Please bring an apron or wear appropriate attire. Please note: 1. <i>This class is not about how to apply or use makeup.</i> 2. <i>Some exact formulas are not provided due to copyright.</i> | Are you currently using a mineral make-up and want to make your own for a fraction of the cost? Using an array of earth elements, butters, oils, waxes, and pre blended bases, make and take home a <u>foundation powder</u> , <u>concealer stick</u> , <u>mascara</u> , <u>eye shadow</u> , <u>lip gloss</u> , <u>cosmetic pencil</u> , a <u>moisturizing lipstick</u> and handouts with instructions from the class. Plus discussions on blending colours, mineral make up benefits and ingredient knowledge. Also receive recipes on liquid foundation and makeup remover. | \$75.00 |
| Thursday, October 21 st from 6:30pm until 9:00pm Richmond Location | Essentials Of Aromatherapy | Please come to class 'scent free'. Just bring your nose! | Aromatic Essences derived from portions of the plants – discover the alternative form of healing! Learn the top ten essential oils with their therapeutic properties and discuss creating your own essential oil medicine cabinet. In class, create blends for lymphatic drainage, scarring, acne and other ailments. Create a <u>personal synergy</u> (blend), a <u>roll-on</u> , <u>massage oil</u> , a <u>solid scent perfume</u> , and a <u>body spray</u> . Recipes and blends provided. | \$34.00 |
| Saturday, November 6 th from 10:30am until 1:00pm Burnaby Location | Bath n' Bliss Body Care | Please bring an apron or wear appropriate attire. | Create luxurious and high quality products using nourishing butters, organic oils and botanical extracts without the high cost! In this class, make and take home a <u>Papaya Sugar Scrub</u> , <u>Detoxifying Sea Mud Mask</u> , an <u>Exotic Body Butter</u> and a <u>Shower Wash with Jojoba Beads</u> taking care of dry skin. Also receive recipes on body sprays and tub treats! | \$34.00 |

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|---|----------------------------------|--|--|---------|
| Wednesday, December 1 st From 6:30pm until 9:00pm Richmond Location | Stocking Stuffer Skincare | Please bring an apron or wear appropriate attire. Please bring a shoe box to class. | Unique gifts for under the tree! In this fun and informative class, create tantalizing <u>tub fizzers</u> in a variety of scents and shapes, an <u>aromatherapy purse size roll-on</u> , <u>massage oil</u> , <u>body spray</u> , and an <u>herbal face soap bar</u> . Plus recipes on bath salts, pillow sachets and body exfoliants. | \$38.00 |

For registration and course enquiries, please call Cheryl Theilade from Sentimental Creations at (604) 730-5730 or (604) 880-SOAP, or email cheryl@scentimentalcreations.com

DISCOUNTS: Register for any **two** courses and receive 10% discount. Sign up a friend, and receive an additional 5%.

PAYMENT: Courses are paid at the time of registration. All courses are non-refundable and all supplies are included in course fee.

Instructor Profile: Cheryl has been teaching a variety of classes on natural skincare for over thirteen years for various Continuing Education Programs and Community Centres throughout the Lower Mainland. Along with her enthusiasm, spirit and good sense of humour, she shares her knowledge on using ingredients from nature to create affordable, healthy body care products. She offers tips on customizing skincare to suit your needs or someone special.

..."teaching is my passion and it is my personal commitment to empower as many people as possible to be able to make and use natural, non-toxic and affordable skin care products, either for themselves, friends or family.

Find out how you could be using products that are harmful to your skin and the environment and learn what raw ingredients are valuable and how my philosophy will benefit you and the planet..." Cheryl