



Wellness Sessions

Natural Skin Care

Skin is your body's largest organ. This amazing organ serves as a protective barrier between your insides and the rest of the world, and helps regulate body temperature. Learn how to have healthy skin with natural care products.

Designed to experience and understand the importance of skin care, participants will also learn new ways to have healthy skin and reduce the effects of stress on their skin.

This dynamic and interactive learning session ends with a gentle relaxation massage that includes back, head, shoulders and hands.

Place: _____

Date: _____ Time: _____

Space is limited. For more information please contact:

