

# Lotions & Potions – Wednesday 27<sup>th</sup> October



10am – 5pm. £65. Max 6. Lunch & materials included

Make your own beauty products using natural and organic ingredients including plant essential oils. You will create your own range of products for yourself or your friends & family. We start the day with a talk about the use of chemicals, preservatives and other materials used in commercial beauty products and then compare this with the type of ingredients that we are using in today's course. Specifically we will look into the use of essential oils in skin care products and discuss

the use of different vegetable oils for different skin types. During the day we will create a face mask, cleanser, toner and moisturising cream specific to your skin type, all for you to take home at the end of the day. You do not need any specialist equipment and all materials are provided on the day. Recipes and other handouts will be given out on the day and reference material and other lavender products will be on sale in our shop. The course includes, as usual, a lovely organic lunch using fresh garden produce and home-made apple wine. Please note that this course is suitable for complete beginners but it also contains completely different material to the September and October courses.



Please phone Sherry for more information on 01526 378717 or 07979 750760

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Visit us at [www.manorhousetables.co.uk](http://www.manorhousetables.co.uk) for details of other courses