



Gorgeous Goddess Workshops
at Abundance Wellness
325 John Knox Road, Building T, Suite 1
September 2010

- ◆ Monday - September 13th 5:45 – 8:00 p.m. *Scents Soaps and Salts* (\$20 + \$20 materials)
- ◆ Monday - September 20th 5:45 – 8:00 p.m. *Flawless Faces* (\$20 + \$20 materials)
- ◆ Monday - September 27th 5:45 – 8:00 p.m. *Body Butter Me Up* (\$20 + \$20 materials)

Registration Required

✦
Class Descriptions:



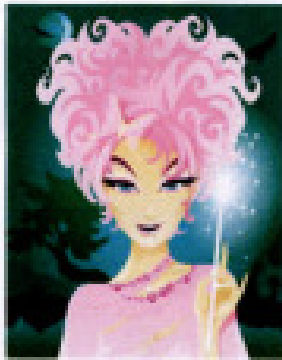
Scents Soaps and Salts

Ahh, the sensuality, energy and intuitive enhancing powers of essential oils! Take a break from a hectic day or humdrum routine to make all-natural full-size bars of soap by combining essential oils, goats milk, soy, olive oil, and shea butter. You'll create luxurious bath salts to complement your soaps and take home your own mini home spa.

For registration info contact Jennifer Kandel (850) 841-0699
For directions go to: www.AWC-Tallahassee.com



Flawless Faces



Feeling stressed out? In need of some extreme self-care?

Give yourself a break!

You'll join us and learn how to make *Facial Soaps*, a *Balancing Facial Mask* (made with seaweed and French clay), a *Hydrating Toner*, and a silky *Lip Balm* using all natural ingredients.

You'll leave refreshed and even more beautiful than you already are, with your arms filled with products to last for months to come!

*This workshop includes an **inspiring** and **restorative** guided meditation.*

Body Butter Me Up



Experience blending your own all natural, preservative-free exotic body butters from around the world such as: mowrah, cupuacu, mango, kokum, avocado, shea, pumpkin, soy and more!

Learn about essential oils that can enhance your sensuality, vitality, and intuitive powers. Create your own home massage oils that will send you (or someone you love) to heaven!

Take time for extreme self care and make full size body butters, lotion bars and massage oils that will last for months to come.

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