

Spa Facial Ritual workshop

Notes



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The background to Spa Facial Rituals?

Many expensive beauty products today claim to contain the goodness of fruit extracts. This online workshop will teach you how to perform a seven step facial on yourself using only natural ingredients, plus you will learn how to make some other recipes that will give your skin a real boost. Centuries ago, there was no such thing as 'beauty products', so people would use only natural ingredients they had at hand to create their own beauty rituals. Centuries of trial and error would take place, experimenting with different ingredients to find what would make them feel beautiful and what benefits each ingredient mixed together would have. When solutions were found, the information would be passed down from generation to generation.

With society becoming even more consumed with time constraints we have found it easier to buy pre-made products but in order to experience the truth benefits of natural ingredients we need to go back to the beginning as our ancestors did. Of course, we are not saying that you would replace your usual beauty routine with fresh ingredients, but if you make time even once a month to carry out some of the rituals in the course, you will see the real difference in your skin.

For the full course purchase this full download from our website