



## Natural Skin Care Workshops

Delicious! workshops are stimulating and eye-opening. Interactive learning experiences that blend lively and passionate discussions with hands-on learning. Fresh natural approaches to skin nutrition and skin care. Seasonal skin care workshops are appealing to all ages, and are complemented by special sessions tailored for the needs of teenagers, new mothers, men, and anti-aging.

### Features

- 90 minute workshops that include
  - Overview of a Russian approach to beauty and wellness
  - Introduction of a broad range of natural and seasonal ingredients
  - Introduction to a fresh skin nutrition treatment - steps and ingredients
  - Demonstration of fresh natural skin care products
  - Q&A session
- "Show & Tell" approach - with hands on sampling of natural ingredients and products
- Conveniently delivered in your chosen location

### Benefits

- Fun, lively interactive learning experience
- Friendly forum to raise questions and discuss issues
- Participants are introduced to natural health and wellness options applicable to skin care
- Each participant is able to touch/smell/taste/ fresh ingredients and products
- Takeaway - each participant will receive a seasonal product sample, simple DIY recipes and a 100 RMB discount coupon towards a gourmet skin nutrition session

All workshops are conducted by Olya Eastman in English and Chinese (with a bit of Russian and Japanese thrown in to give it flavour.) They can be presented in a range of convenient venues and are suitable for groups from 5-20 persons. Refreshments are optional.

Contact Olya for more details: [fresh@delicious-skin.com](mailto:fresh@delicious-skin.com) or +86 13818120392

# Skin Care Workshops

## Fresh Seasonal Skin Care

The ever-changing seasons place different demands on our skin – but they also provide us with an ever changing range of fresh ingredients that we can make use of, if we know how.

Our Fresh Seasonal Skincare workshop is for anyone looking for natural options to enjoy healthy, radiant and youthful looking skin and wishing to learn more about the abundance of natural ingredients available for health and beauty.

**Participants will benefit from a stimulating interactive workshop that will:**

- Introduce all natural '*Food for your Skin*' *Ingredients* for a particular season – organic plant oils, herbs & botanicals, nuts, seeds & berries, fruits, clays and more.
- Explore the steps involved in a typical *Skin Nutrition Session* from our seasonal menu – with a description of ingredients, steps and benefits
- Share *Seasonal Skincare* & *Natural DIY Tips* for healthy, harmonized and radiant skin
- *Sample Fresh* 100% natural, handcrafted gourmet face and body products - balms, butters, scrubs, oils, etc.



[fresh@delicious-skin.com](mailto:fresh@delicious-skin.com) for more details

Book now and In addition:

You will receive a free skincare sample, easy DIY recipes, and the opportunity to pre-order fresh gourmet skincare products at a special price!

Delicious!  
FOOD FOR YOUR SKIN

## Anti-Aging

Everyone is in search of the elixir to preserve youth!

Our **Anti-Aging Workshop** is created to introduce 'super-foods' for the skin – potent natural ingredients, rich in anti-oxidants, collagen, amino acids, essential fatty acids to keep skin young, supple and as wrinkle-free as possible!

**You will benefit from a stimulating and interactive workshop that will:**

- Introduce *Skin Aging Factors* – main factors, foods & culprits
- Explore *Anti-Aging Nutrition* – including vitamins, herbs & nutrients for anti-aging
- Introduce '*Superfoods*' for your Skin – used in our anti-aging treatments & products
- Discuss *Skin Detox* – what it entails and where to start
- Discuss the *Effects of Sunshine* on your skin – and natural sunblock agents
- Demonstrate the elements of a typical *Anti-Aging Skin Nutrition Session*
- Discuss the importance of *Energy Cultivation and Preservation* as well as stress management – for anti-aging



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## Teens & Tweens

Young people between 12 to 18 years old grow rapidly and experience considerable physical changes that affect both their bodies and minds. Teenage skin reflects this growth spurt by producing skin problems that include acne, excessive oiliness, blackheads, large pores, blemishes, etc.

Our interactive **Teens & Tweens Workshop** is designed to help you deal with the changes you are experiencing, and to develop healthy skincare habits from an early age, as well as introduce several natural solutions you may implement at home for more healthy skin.

**You will enjoy a fun-filled, informal, interactive workshop that will:**

- Explore the *Special Needs* of teenage skin – Why is my face acting like this?
- Introduce *Skin Care Basics* – easy steps for a daily healthy skin regime
- Introduce the principle of *Skin Nutrition* – a key to healthy skin
- Give an overview of your *Seasonal Skincare* needs – changing with the seasons
- Discuss *Skincare Products* – what is what?
- Provide easy *Natural DIY Tips* – recipes and techniques to help refresh your skin!



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## Mother & Baby

New and expecting mothers need more than anyone natural and chemical-free care for their skin. The demands of pregnancy and caring for a newborn baby combine stress, lack of sleep, and hormonal changes in the body that are all reflected in the skin.

Our **Mother and Baby Workshop** is a relaxed and fun break from routine for new moms to enjoy a little time for themselves, inhale soothing aromas and find out ways to care for and nourish their skin naturally during this special period of life.

**You will benefit from a stimulating and interactive workshop that will:**

- Introduce what *Natural Ingredients* are safe for pregnancy and the post-natal period to prevent such common problems as pigmentation, acne, and stretch marks
- Learn about safe and *Relaxing Aromatherapy* practices during your pregnancy
- Present valuable tips on *Cultivating and Preserving Energy*, maintaining nutrition and staying fit during and after your pregnancy
- Discuss practical skin care tips *For your Newborn*
- Demonstrate the ingredients and steps involved in a typical new mom's *Skin Nutrition Session*
- *Sample Natural Products* – fresh and nourishing balms, butters and oils ideal for healthy, clear and glowing skin

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# Skin Care Workshops

## Just for Men

Men long too for youthful vitality, energy and health and appreciate natural approaches to wellness that may include healthy skin care. Traditional skin care treatments may not appeal to them.

Our **Just For Men** workshop caters to your special skin care needs as a man exploring ingredients, treatments and techniques with a particularly masculine appeal.

You will benefit from an informative and interactive workshop that will:

- Explain *Why* men should care about their skin – and begin early
- Explore *Urban Detox Solutions* – for general wellness and for the skin
- Introduce *Simple Steps* – for a naturally healthy skincare regime
- Introduce *Natural Ingredients* most appropriate for men – for their fragrance, sensation, and their effect
- Discuss the impact of *Weather and the Seasons* on your skin - and measures you can take to mitigate them
- Introduce '*Superfoods*' for the skin – and their benefits
- Discuss *Anti-Aging Solutions* for men



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