

## Well-Being Workshop

I recently held a workshop in a local community church which involved a self-care hand treatment, using scrubs, hand creams and oils all using the beautiful Tropic products. Everyone had a bowl, towel and nail file (to take home), and did their own self-care step by step.

They each had a goodie bag to take home too! I am available to come to your community venue or church and offer a workshop. This could work equally well for facials or a foot care session.



## Self-Care Demonstration

I recently carried out a facial skin care demonstration in my own home where I invited a few of my friends to come along. It was a lovely evening with some nibbles and drinks and then one of the friends was a model while the other two watched the facial. Lots of questions were asked and everyone learnt a lot about skincare! I used the glorious Tropic products for the facial.

This could be carried out in your local church hall or community centre or in your home.



## Well-being Hand Therapy

I recently held a stand at an Eco Market in Splott and offered hand and arm massages to passers by who might be interested. It was part of a well-being in the community idea which encourages women to have pampering treatments who might not normally try or are just feeling a bit down. With all the pressures of modern life, a bit of pampering and a chat, is well-needed.

