

skin care from the earth

Learn to make medicine from your garden

Would you like to learn how to use fresh medicinal herbs from your garden to make beautiful restoring products for your skin? Creams with NO synthetic chemical additives and preservatives? Traditional products with the healing force of freshness straight from the earth. Using vegetable and nut oils and whole plants, with the help of a few essential oils to enhance and preserve, we will make products good enough to eat.



Spend a day or two with Linda Bates, traditional herbalist and nutritionist, and learn some of the old ways of looking after your family's health.

Linda is a 4th generation classical herbalist trained by her family and by Dorothy Hall. Since 1985 she has been designing herbal mixes, skin repair creams and herbal oils for her clients. Since 1993 she has been organically growing or wild crafting most of her own herbs in the Blue Mountains, making medicinal tinctures & healing creams with fresh plants and teaching others how to do it too.

DAY 1 *Skin – healing & the herb garden*

Your skin is a vital organ that absorbs nutrients and your largest organ of elimination. Using the sun's rays and fresh air your skin can make vitamins for you. Come and learn how to help your skin be more radiant and nourished.

Today we look at the use of ten herbs for nourishing the blood and restoring tissue and body functions through the skin. Using calendula, lavender, rosemary, rose geranium, aloe vera, nettles, borage, chickweed, comfrey and elder flowers we learn to make preparations for blood cleansing, skin rashes, anti- inflammation, dry skin, daily care and your home first aid kit. In the afternoon we make healing creams, beauty creams, salves and lotions.

DAY 2 *Skin - first aid & the herb garden*

In the morning we learn about some more plants that can help you have a fast and effective first aid kit for your family. How to prepare them and the best ways to apply them. Using herbs we met on Day 1 plus chamomile, ginger, hypericum, meadowsweet, yarrow, echinacea, california poppy. Today we look at how to make products for pain relief, anti-infection, wound healing, boils and acne, post and pre-menopausal vagina maintenance, period pains and non-toxic non-irritating lubricants for sexual intercourse. In the afternoon we make suppositories, vaginal douches, compresses, linaments and footbaths.

These classes are demonstrations and workshops. Notes on herbs, including recipes demonstrated, are provided. But bring a notebook.

We use NO chemical additives or preservatives, NO acids or colours, NO emulsifiers, NO sulphates or parabens, NO thickeners, NO animal derivatives.

BOOKINGS: (02) 4788 1502 or 0407 203 771

ENQUIRIES: linda@lindabatesherbalmedicine.com

COST: \$120 for each day

Bring a friend and it's \$100 each.

Take home samples of products made.

VENUE: Catholic Church Hall,
167 Wentworth St, Blackheath

DATES: Day 1 Sunday November 3rd
Day 2 to be arranged

TIMES: 9.30am registration
for 10am - 4pm.

Bring lunch. Morning tea provided.

