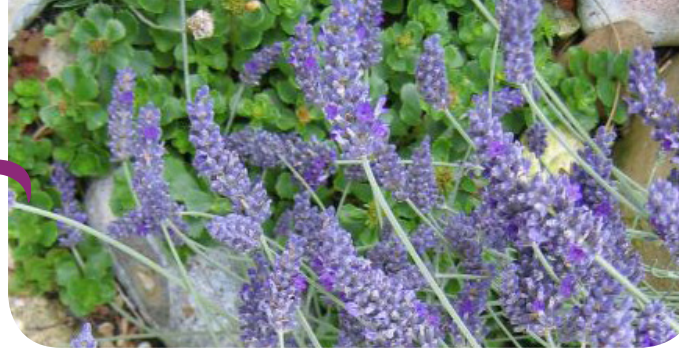


# skin care from the earth

with Linda Bates,  
Master Herbalist

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.



Linda is an internationally known teacher and healer working with plants to heal physical, emotional and spiritual levels of ill-ness. A fourth generation herbalist, she has 30 years of professional experience. After teaching in the natural medicine colleges of NSW, Linda now teaches and supervises practitioners privately; travels regularly to Findhorn in Scotland, and to Norway, England and France to consult and teach people how to heal with plants.

## DAY 1 *Skin – support and healing*

Your skin is a vital organ that absorbs nutrients and is 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 twelve herbs for nourishing the blood and restoring tissue and body functions through the skin. Using calendula, lavender, rosemary, rose geranium, aloe vera, nettles, roses, chickweed, comfrey, gotu kola, borage and elder flowers we learn to make blood cleansing preparations and creams for skin rashes, dry skin, and working hands. In the afternoon we make infused oils, salves and beauty creams.

## DAY 2 *Skin - pain relief and infection*

In the morning we learn what plants to use for infections and pain relief. How to prepare them and the best ways to use them. Using herbs we met on Day 1 plus chamomile, ginger, hypericum, meadowsweet, yarrow, echinacea, california poppy. We look at making products for pain relief, anti-infection, wound healing, boils and acne. In the afternoon we make linaments, compresses, anti-infection and pain relief creams.

## DAY 3 *Skin - first aid and intimate care*

In the morning we learn about how these plants can help you have a fast and effective first aid kit for your family. We look at how to use our products for pre and post-menopausal vagina care, period pains and non-toxic non-irritating lubricants for sexual intercourse. In the afternoon we make suppositories, vaginal douches, 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 sulphates or parabens, NO emulsifiers, NO thickeners. NO animal products.

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**BOOKINGS:** (02) 9388 0861 or 0431 867 220  
**ENQUIRIES:** linda@lindabatesherbalmedicine.com  
**COST:** \$140 for each day. Bring a friend for \$120 each  
Take home samples of products made.  
**VENUE:** Blackheath - to be arranged  
**DATES:** Day 1 Sunday March 8th  
Day 2 Saturday March 14th  
Day 3 Sunday March 15th  
**TIMES:** 9.30am rego. for 10am-4pm.  
*Bring lunch. Morning tea provided.*

