

# If You Want Great Skin... Throw Away Your Cosmetics!!

**4 workshops  
in 2 days**

This workshop is not affiliated with any skincare or cosmetic company! You get **UNBIASED INFORMATION**. Alternative Advice on: How you can have great skin.. **WITHOUT** using cosmetics. **THIS IS WHAT THE BEAUTY INDUSTRY DOES NOT WANT YOU TO KNOW!**

Discover why what you may be using on your skin may be equivalent to eating junk food. In this workshop you will learn the benefits of nature's ability to nourish, cleanse, heal, soothe and balance our body. You have a choice! With the knowledge and common-sense approach of this workshop your choice will be easy - Good health!



You will learn:

- The 7 Steps to Perfectly Healthy Great Skin
- How to Reduce Free Radical Impact
- How To Maximise Your Third Kidney To Detoxify Your Skin?
- Whether you should pick your pimples or not?
- Nutritional Beauty Remedies

**when:** Saturday 13th and Sunday 14th of December, 2008. 10am - 5pm

**where:** Sunrose Aromatics  
1120 Dean Avenue  
Bronx New York 10465

**cost:** \$125 for 2 workshops  
or \$200 for 4 workshops  
(drinks and snacks provided)

**who:** contact Rosanne Tartaro  
p: (718) 794-0391  
f: (718) 792 - 3276  
e: support@sunrosearomatics.com

## Are you tired from running busy work and home lives?

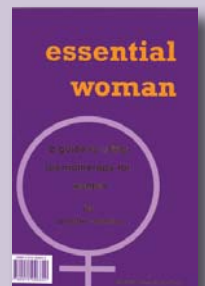
This workshop is designed for women who do exactly that, leaving themselves no time to relax and nurture themselves.

**TAKE THE TIME TO LOOK AFTER YOURSELF AND DO THIS WORKSHOP!**

Aromatherapy is considered one of the most effective methods of dealing with menstrual, pregnancy and menopausal problems. Many essential oils and herbs can help to regulate hormone production, can relax or uplift, or are useful for reducing stress-related tension that often exacerbates symptoms.

You will learn:

- Which essential oils and herbs are useful for stress burnout, tired adrenals and reproductive system imbalances.
- How to get in touch with your strength, your feminine spirit, and which natural therapies to use to re-ignite your passion for life.



### About your presenter

Jennifer is a qualified health practitioner, and life balancing expert, but better than that, she's also a real person who has travelled the road to corporate burnout where she chose to change her life and help others to learn what she did about the importance and benefits of living a life in balance.

For more information on Jennifer visit:  
[www.jenniferjefferies.com](http://www.jenniferjefferies.com)

**LIMITED SEATING  
SO BOOK EARLY**



**Please complete this form, detach and return it with payment to:** Sunrose Aromatics, 1120 Dean Avenue, Bronx, NY 10465

**YES please book me in for**  7 steps and Calm kids workshop on SATURDAY  If you want great skin and Women's Health on SUNDAY  All workshops

Name .....

Address .....

Phone (daytime).....Email Address .....

My check/money for \$.....is enclosed

Please debit my credit card for \$.....  Visa  Mastercard

Card Number \_ \_ \_ / \_ \_ \_ / \_ \_ \_ / \_ \_ \_

Name on Credit Card .....