



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING: CREATING AN HERBAL BEAUTY REGIMEN

with: **Alexandra Leigh**

**Friday, April 21st
11:45 am**

Schine Meeting Room

Did you know that 60% of anything you put on your skin is absorbed into the body?

Learning how to make safe, organic homemade beauty products is easier than you think and a wonderful way to help your body be as healthy and radiant as possible.

In this class herbalist Alexandra Leigh of Triple Goddess Remedies will discuss different herbs, nourishing oils, essential oils, clays and exfoliants and how they work with different skin and hair types. She will share a variety of preparations for the skin, hair and nails, some of which will be demonstrated. You will go home with a recipe handout and a customized and simple herbal beauty regimen that's right for you.



If you have suggestions for future topics of interest or Questions please contact: Shelly Goldman Healthy Living Programs Director sgoldman@westportymca.org 203-226-8981 X124