

Skin Deep: Explore Your Skin's Emotions

Between you and others will always be... skin. By simply touching skin, we connect with the heart, the mind and the brain on numerous levels, often unknowingly. This workshop will explore the physical and spiritual properties of our skin, both healthy and less than healthy. A healthy skin can seem to glow with a happy radiance, it communicates a healthy physical and spiritual life; but what is the message a not-so healthy skin is trying to convey...?

We'll explore the unexpected results cosmetics can have on our skin, both skin deep and, well, under your skin. We'll discover the invigorating world of biological-dynamic ingredients, original aroma therapy, phyto therapy and some antroposophical medical practices. And you will experience first hand (feet...?) why a happy skin likes your feet to be warm. Exploring our skin means exploring all of our senses!

We'll end the day with a cleansing facial, a soothing facial massage, and an opportunity to sample some special skin products.

Co-ordinator: Marianque den Draak

Marianque den Draak is an award-winning Dutch skin therapist with over 15 years of professional experience. Believing caring for your skin goes much further than simply applying cosmetics, she involves the entire body and mind as an integral part in the condition of your skin. Skin problems nearly always have their origin from elsewhere in the body/mind, something conventional skin creams and lotions are not made for to address. This idea is interwoven in all of her consultations, classes and workshops, where participants themselves – not the cosmetic industry – get to work on their own skin.

Marianque is also proud mom of 2 kids with the healthiest skin you've ever seen.

www.praktijkdendraak.nl