

# Rebecca's

## Herbal Apothecary & Supply

1227 SPRUCE ST., BOULDER, CO

WWW.REBECCASHERBS.COM

303.443.8878



## Class Schedule – Summer 2010



We are now posting seasonal class schedules, to enable you to plan ahead your exciting learning adventures! Below is our Summer Class Schedule. For class updates please check our website: <http://www.rebeccasherbs.com>

### KID'S HERBAL HOUR

2nd Sunday of each month, July-September,  
10:00-11:00am

*Instructor: Katie Browning, Certified Herbalist*

*Cost: \$20.00 (all materials included), checks payable to Katie Browning*

Join Katie for an exciting herbal story/song and a fun, creative project to follow. We may make dandelion chains, mix an aromatherapy potion, create an herbal dream pillow, blend a tea to drink together, or concoct a ginger fizz. FUN! Come join us and discover the magical world of herbs!



### LUXURIOUS LOTIONS AND CREAMS

Tuesday, July 13th, 6:30-8:00pm

*Instructor: Lelia Lyon, Certified Herbalist*

*Cost: \$35.00, checks payable to Lelia Lyon*

With the right tools and skills, anyone can make their own rich luxurious lotions and silky skin creams. Come learn how to use natural oils, waxes, herbs and essential oils to create custom creations that will protect, moisturize and nourish your skin. Participants will get to take home recipes as well as samples of the creams and lotions made in class.



### MAKING BODY BUTTERS

Tuesday, August 17th, 6:30-8:30pm

*Instructor: Faith Goguen, Certified Clinical Herbalist*

*Cost: \$35.00, checks payable to Faith Goguen*

Spoil yourself in the decadence of body butter! This is a fun class where you will get to learn about different natural butters including shea, cocoa, and mango butter. We will talk about the different properties of each, how to blend them, and ultimately how to create your own unique body butters right in your kitchen. Participants will leave with recipes and a sample of body butter made in class.



### ESSENTIAL OILS FOR A HEALTHY COMPLEXION AT ANY AGE

Tuesday, August 24th, 6:30-8:00pm

*Instructor: Lelia Lyon, Certified Herbalist*

*Cost: \$35.00, checks payable to Lelia Lyon*

Confused about what natural products to use for your skin type? Do you know that high quality botanicals, cold pressed oils and essential oils can be just as good, if not better than synthetics? This class will cover everything you need to know about creating amazing products just for your skin type. Those attending will go home empowered to take control of their inherent beauty with nature. Recipes and some amazing samples are included in the cost for the class.

## MAKING HERBAL INFUSED OILS & SALVES

Thursday, September 9th, 6:30-8:00pm

*Instructor: Faith Goguen, Certified Clinical Herbalist*

*Cost: \$35.00, checks payable to Faith Goguen*

Please join us to learn how to make therapeutic herbal infused oils and salves. We will go over the different techniques for making herbal infused oils, the therapeutic properties of different herbs and why you would choose them for your oil and how to turn your finished infused oil into a salve. Participants will leave with samples of products made in class.



## HENNA BODY ART: AN ANCIENT ADORNMENT

Tuesday, September 14th, 6:30-8:00pm

*Instructor: Lelia Lyon, Certified Herbalist*

*Cost: \$35.00, checks payable to Lelia Lyon*

Learn for yourself how to stain your skin in intricate designs for celebration, ceremony or fun. Henna has been used as a method of adornment for thousands of years. This hands on class is taught by a henna artist with

years of experience. We will cover some of the history of henna, how it works, how to make your own henna paste and finally how to apply it. Students will have a chance to practice on each other as well as go home with all the information, recipes and henna paste to continue hennaing at home.



## LUSCIOUS LIPS

Tuesday, September 21st, 6:30-8:30pm

*Instructor: Faith Goguen, Certified Clinical Herbalist*

*Cost: \$35.00, checks payable to Faith Goguen*

Please join certified herbalist Faith Goguen for a fun demonstration of how to make your own natural lip balms and lip glosses. We will learn about all the basic ingredients, oils, butters, waxes, herbs, and essential oils that can be added to enhance the beauty or healing quality of your lip balms and glosses. We will also learn about using natural dyes to add color and sparkle to your lips. Participants will leave with recipes and samples of all products made in class.



### REGISTRATION AND PAYMENT

We recommend early registration. Payment for classes is made by cash or check payable to the instructor, please include your phone number on the check.

Your space in the class is reserved once payment is received.

Please be aware that classes fill up quickly, so sign up early. If you are not able to come by the shop with payment, you may send in a check by mail to 1227 Spruce Street, Boulder, CO 80302. Please be sure to include the class title, your name and your phone number. Please note that your registration is not final until we receive payment. Feel free to call us anytime with questions concerning classes at 303.443.8878.

### CANCELLATION POLICY

Refunds will only be given if you cancel your class registration at least 24 hours before the class begins.

### LOCATION

All classes are held at the shop unless otherwise noted.

