

AUGUST  
**23**



# SELF CARE - BATH SALTS WITH MIKAELA WILSON

1:30 - 2:30 pm

or

12:00 - 1:00pm (priority given  
to Words and Waves participants)

Mikaela Wilson of Natura Soap Company will be teaching a short hands-on workshop on methods to soothe your nerves and calm your mind with natural herbal and mineral additives and a nice soak in the bath. With step by step instructions, you'll learn about different additives you can use and what they're good for, and then you'll make your own custom blend of bath salts to take home with you. Whether you want to be inspired, ease achy muscles and joints, or just calm down, you'll be able to get the perfect blend of 100% natural ingredients tailored just for you.

Mikaela is the owner and founder of Natura Soap Company based in Corner Brook, and specializes in handmade bath and body care products containing only natural ingredients with no added chemicals or preservatives. This workshop has a **\$5 entry fee, and space is limited**. Please register your intention: [info@dimadupere.com](mailto:info@dimadupere.com)

Friday, August 23, 2019. Woody Point Heritage Theatre - 2nd floor.