‘All About You Workshop’

Treat yourself to this ‘One Day Make Up, Hair, Style, Health and Wellbeing Workshop’

Saturday 12th March 2016 10.00am-5pm

SAVOY Hotel, Limerick City

Designed for individuals who wish to learn the tricks of the trade techniques from a leading make up artist, stylist, hair stylist, international personal trainer and success coach.

The Course Covers:
Makeup, Hair and Style

• Use of the correct tools of the make-up trade, day time and evening make up application. Demos – how to apply make up- covering all steps.
• How to create hair styles and maintain healthy looking hair.
  • Fashion tips

Nutrition and Exercise
Healthy eating and exercise tips

Success Coach
Self-belief/self-image, motivation, goal setting & achievement. Positive Thinking.

Course Fee Normally €100
Special Offer €55 per person including lunch!

Spaces are limited so please book early to avoid disappointment

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Lunch offered- sandwiches and tea or coffee