

# Self-Care Saturday Registration

Date (circle one):    January 5        January 19        January 5 & 19

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

Please list any known allergies:

---

---

---

Please indicate the face mask you would like- CIRCLE ONE

ACNE

DRY SKIN

TIGHTENING

**Ingredients used for various Face Masks:**

Manuka Honey, Organic Bentonite Clay, Egg, Avocado, Therapeutic Grade Frankincense Essential Oil, Virgin Marula Oil, therapeutic grade fractionated coconut oil, organic Yogurt, orange and lemon juice.

**Ingredients in Sugar Scrub:**

Organic Coconut Oil, Organic Cane Sugar, Epsom salts, Therapeutic Grade Lavender and Sandalwood Essential Oil.

**Ingredients used in Smoothie:**

Yoghurt, blueberries, banana, stevia.

I have read the above information and acknowledge that this program is at my own risk and I am solely responsible for any reactions that may occur due to using my choice of product.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Date Paid \_\_\_\_\_ Staff Initials \_\_\_\_\_