



[www.allthingsfoodllc.com](http://www.allthingsfoodllc.com)

114 N Main Street, Bryan (419) 636-0950 Email: [allthingsfoodllc@gmail.com](mailto:allthingsfoodllc@gmail.com)

**Presents**



# Healthy Summer Skincare

**Saturday, June 7<sup>th</sup>**

**Lunch: Noon – 1:00 PM**

**Workshop: 1:00 – 3:00 PM**

**Lunch:** Denise Hoff, raw food chef certified and holistic health coach of A Recipe For Change, will create the menu for this special lunch that will feature recipes and nutritional information on foods consumed that help promote healthy skin and protect it from summer sun.

**Workshop:** Emily Zarse, our hostess and Pangea Cosmetic Consultant, is an original Bryan resident, and now resides in Indianapolis with her husband and daughter. She understands how challenging it is to know what is safe when purchasing cosmetics due to lack of company transparency. Emily supports holistic and sustainable lifestyle choices and raises greater awareness to participants on healthy skincare instructing on chemicals to avoid and the healing beneficial properties of herbs and essential oils.

**Two Part Workshop:**

**Part One:** Easy Summer Essential Recipes:

Nontoxic sunscreen, deodorant, bug and aftersun spray.

(All recipes can be made with ingredients available through All Things Food!)

**Part Two:** Pangea Organics Facials

Lunch & Workshops: \$15

Workshops ONLY: \$5

**Pre-registration at the register requested.**

*If you wouldn't eat it, don't put it on your skin!* Emily Zarse