

Because I Matter
~Radiant You
Become your own expert!
The Dr Hauschka Way
Hands on &
Experiential Workshop

*Janette Tams, educator and therapist with
Dr Hauschka products and application
methods since 2006*



Become your own expert! 30 days to radiant skin!

Come to develop and experience - through all your senses - a conscious, rhythmical, reverent quality of touch & connection to your self, through honouring your skin's structures and functions. Leave knowing how to work *with* your skin not *on* it.

You will go home KNOWING how to re-establish balance, knowing what is best for your skin, not needing to ask anyone again. This wisdom will stay with you ~ for you to pass it on to others effectively.

Explore through imaginative thinking; Understand through insight; then experience, develop, and take with you your own expertise. For Life. After exploring the skin through building a story collaboratively, we then connect with patterns and relationships that already exist in us.

Next we will watch a demonstration of correct correct cleansing of the face. Following this we all cleanse our faces together – the Dr Hauschka Way.

This is about Process not about products.

RADIANT COUNTENANCE – Expertise has dawned. The radiance within you is invited to shine through you. The skin ~ "A Royal Robe" (Paracelsus) ~ where all that is outside meets all that is inside.

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"One of the best tutorials I have ever attended" - Doctor Felicity Rice, Dorset.

"We were over the moon with the wonderful workshop you gave. I love your style of presentation". - Dr Tessabella Lovemore, Stroud, Gloucestershire.

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*We will learn through Imaginative Thinking, Feeling and Will/Action.
Looking forward to deepening our understanding together.*

Because I Matter ~ with Janette Tams

Beauty. Is it youthfulness or is it more a harmony between inner nature and outer appearance?

I connected with Dr Hauschka in 1999 when I began using the products in a search for **great skin care –beauty with substance.**

During 2006 – 2008 I worked for Dr Hauschka UK as consultant after introducing the 2 hour Dr Hauschka treatment into my already thriving work as a therapist.

I grew especially interested in holistic education 20 years ago. I took the Certificate in Education in 2010 then worked as a Staff Associate, for the Sustainability Head of Department, Kingston University.

I currently lead a course, held at Bournemouth University, on The Circular Economy. (See my website for further details:www.janettetams.com.)

After the hands on experiential "Radiant You" workshops, you will know what your skin needs and how to honour it with common sense so that you can work *WITH* your skin, rather than *ON* it masking symptoms.

You will experience participative, holistic learning that addresses the whole person – not just the intellect/thinking. This is a deep way of learning that - because it is not 'memorised facts' - becomes real understanding and knowledge that stays with you.

It becomes wisdom that you can pass on to others easily.

My interest in resilience and wellbeing, and how to bring these collaboratively into the ordinary 'everyday' aspects of life - such as cleansing our faces! - lead me to create a marriage of Dr Hauschka (the subject) with participative Action Learning (the Process). Seeing the relationship between things engenders true memory rather than intellectual, short-term retention of facts consumed then disposed of. This gives rise to the capacity to hold multiple perspectives simultaneously. Living (systems) thinking in Action! Highly effective!

Joy and goodwill. Beauty with substance. Wellbeing & Resilience.

These are some of life's treasures!