



Green Cleaning Workshop - Normanville

Environmental Responsibility Begins in the Home

# Sustainability Workshops

**Green Cleaning - Natural Skin Care - Chemical Free Living – Environmentally  
Friendly Living – Recycling - and more**



Natural Skin Care - Victor Harbor

I've been running environmentally friendly workshops for Councils and Community Centres since 2005.

I'm available to run workshops in your local area for residents on various topics. Most popular workshops being: Natural Skin Care, Green Cleaning, Soap-making, Old Time Kitchen Skills and Make Your Own Hair and Body Products.

Workshops are very popular I have a list of email recipients waiting to do workshops in their local area.

My fee is: \$190.00 per 2 hour workshop – plus \$5 per person for materials (for their take home products). No other costs – other than petrol for long distance travel to areas outside Adelaide metro. if applicable. Fee is reduced to \$170 per workshop if booking for a series of more than three workshops at same venue.

For more details about workshops go to:

[www.theshoppe.com.au](http://www.theshoppe.com.au)

email: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) or  
phone 08 8374 2531 for more information to  
arrange a workshop booking date.

Looking forward to talking to you.

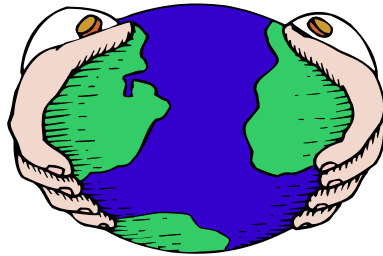
Pam Marshall (The Self-Sufficiency Shoppe)



Old Time Kitchen Skills  
Clarence Park Community Centre



Take home samples  
Hair & Body Products Workshop



# LIVING IN HARMONY WITH THE PLANET Workshops

Emphasis on safe, economical and environmentally responsible alternatives to commercial products

**Natural Skin-Care Workshop\*** - Make your own skin-care products from the kitchen and garden: cleansers, scrubs, astringents, moisturisers, lip salve, hand care and bath products.

**Green Cleaning Workshop\*** – How to clean using just 4 basic items: bi-carbonate of soda, vinegar, pure soap, eucalyptus oil. Safely, cheaply and easily!

**Natural Hair & Body Products Workshop\*** - Make your own deodorants, hair care products (shampoos, conditioners, rinses and dyes), foot care products, mouth washes and tooth-powder.

**Soap-Making & Recycling Soap Workshop\*** - From basic soap-making to making soap products, cleaning products and liquid soap. Environmentally friendly alternatives to detergents and cleaners.

**Practical Sustainability in the Home Workshop** - Properties and uses for the following common of household products: Vinegar, Bicarb Soda, Soap, Eucalyptus Oil, Fresh Herbs, Oatmeal, Beeswax/honey, Lemons, Salt (and the many ways they can be used as alternatives in the home). Benefits are: better for the environment, safer for the household (less chemicals/chemical free), saves money and develops self-reliance.



**Ways With Herbs Workshop** – Fresh herbs are safe to use, freely available from the garden – and very environmentally friendly. Covers the many amazing uses for common garden herbs – culinary, skin and hair care, deodorising, insect repellent & therapeutic. Includes making perfumes and scents.

**Old Time Kitchen Skills Workshop\*** - Rekindling forgotten and practical kitchen skills – making butter, yoghurt, preserving techniques, herbs in the kitchen, homemade spice blends, sprouting, plus various food sampling.



**Preserving Food: Making Jams, Pickles & Chutneys\*** - Preserving skills and tips from the past using backyard produce or when cheap (in season). Hands on session with take home samples. (Kitchen work-area required for this workshop)

**Natural Pet Care\***- Eco friendly chemical free pet-care products to make a home from common household ingredients - including pet shampoo, flea repellent and coat conditioner. Suited to cats and dogs. Saves money, good for your pet and the environment.

**Versatile Vinegar\*** - Environmentally friendly, safe to use and cheap! All the amazing things to do with vinegar. Make and take home a range of products using vinegar as the main ingredient. Bring along 2 small-medium recycled jars and a recycled spray container.

**Amazing Bi-carb!\*** – All the amazing uses for bicarbonate of soda. A cheap, eco-friendly wonder ingredient for cleaning, body-care, hair-care, pet-care, deodorizing and more.

**Backyard Self-Sufficiency Workshop** - Simple backyard and/or container vegetable growing – Ways to recycle in the garden - Basic Composting - Creating an environmentally-friendly garden - Making fullest use of what's in your garden for cooking, cleaning, herbal products, deodorising, healing, insect repelling, etc. in the home

**Environmentally-friendly Gift-Making Workshop** - Using easy-to-find and recycled ingredients – personal gifts, soap-based, body power, scented gifts and kitchen gifts.

**Practical Candle-Making** - Making candles entirely from recycled materials – wax, wicks, moulds, colouring. Easily & low cost

**Surviving the Hard Times Workshop** - Options for surviving money shortages. Includes environmentally friendly techniques, recycling and practical skills.

**Recycling for the Planet Workshop** - Practical and money saving ways to recycle in the home and garden using common household containers and waste.

**'Workshop for Men'**: - Practical, environmentally friendly products for men - includes: heavy duty hand cleaner, foot deodorising powder, shoe polish/leather rejuvenator

**\* Most popular workshops**

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**Workshops for Children (and adults)** - *Practical easy-to-follow workshops that build creativity, educate and encourage recycling:*

**Practical Candle-Making** - Making candles from recycled materials (with parent/adult)

**Recycling Soap** - Turning soap scraps or a simple bar of soap into a range of soap products.

**Simple Paper-Making** - Paper-making using recycled paper – newspaper, photocopy paper, brown paper etc.)

**Other workshops suitable for children:** Natural Skin Care/Body Products (safe and chemical free options) - Old Time Kitchen Skills (discovering kitchen skills of times past) - Practical Gifts to Make (safe and environmentally friendly gifts)

**For Mothers and Babies**

**'Eco-Baby' - Practical Baby Body Care** - Safe chemical free options for babies. Environmentally friendly and money saving. (1 hour)

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**Workshop Information:**

*Emphasis on safe, economical and environmentally responsible alternatives to commercial products.*

◆ Workshops are 'hands-on' and include **take home samples, demonstrations and practical exercises.**

◆ Recommended **workshop duration: 2 hours** (unless otherwise stated)

◆ Please bring **minimum 2-3 clean recycled jars** to every workshop - unless otherwise stated.



**For Bookings & Enquiries:** Pam Marshall (08) 8374 2531  
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