


# BEAUTY-

# FULL MIND



*"Beauty starts in your head, not in  
your mirror."  
Joubert Botha*

[WWW.URZIPSYCHOLOGY.COM](http://WWW.URZIPSYCHOLOGY.COM)

Embrace the power of self-love and unleash your natural beauty with organic products!

Our workshop is not just about creating organic beauty products. It's about stepping back from the chaos and connecting with your inner self, understanding that your body, mind, and soul are interconnected and that taking care of one means caring for all. You'll discover how to enhance natural beauty and radiate confidence.

Our program will teach you how to:

- Create your own customised skincare products
- Explore mindfulness practices to improve your overall well-being
- Apply various techniques to manage stress, anxiety, and other mental health concerns
- Connect with a supportive community and receive ongoing support and guidance

Details:

When: Weekly for six weeks, Friday 9-12 pm or 12-3 pm

Where: Tamborine Mountain

What to Bring: Support worker and a willingness to connect with others

Cost: NDIS approved

Visit [www.urzipsychology.com](http://www.urzipsychology.com) for the complete list of our services.

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