

TIME FOR YOU

CREATE AT HOME SPA PRODUCTS
(INGREDIENTS DELIVERED FOR FREE).

LEARN HOW TO LOOK AFTER YOUR OWN
WELLBEING.

SHARE SELF CARE TIPS AND SKILLS

EVERY FRIDAY, 02:00 3:00



- Sign up to 'Time for You' and receive deliveries to make weekly at home spa remedy's and products such as lipscrubs, hand cream, foot soaks, etc.
- Using ingredients such as Epsom salts, activated charcoal, and many more that are good for you all free of charge!
- Join us for a weekly check in and create time for you to relax and recharge.
- Meet others with similar interests and share skills on how to look after yourself.

To sign up today contact Belinda on the contact details below!

This series of events is open to anyone who self-identifies as a women and to non-binary people who see themselves as partially or sometimes identifying with this gender and feel they would benefit from accessing a women-centred space.

We are committed to challenging discrimination against trans and non-binary people and seek to create safe and welcoming spaces for all. If you have any questions, please direct them to the contact details below