

AYURVEDIC FACIALS



A WEEKEND RETREAT BIRCH & BLOOM - LIFFEY, TASMANIA 7 - 8 NOVEMBER 2026

Immerse yourself in the healing art of Ayurvedic Facial Therapy through hands-on training with Ayurvedic Doctor Gangashree Nair. The weekend is designed to share traditional techniques & holistic principles, all in a relaxing nature environment.

Birch & Bloom Retreat is located at Liffey, 40mins from Launceston. The Facial Course is limited to 8 people, with the opportunity for 6 individuals to stay overnight in one of the Birch & Bloom 2 bedroom cabins. Suitable for those wishing to learn self-care facials & also for professional facial therapists wanting to expand their skill set.

The weekend will cover:

- Introduction to key Ayurvedic Principles - including elements & doshas
- Practical hands on guided Ayurvedic Facial training including: traditional facial massage, Kansa-wand technique, marma points & herbal applications
- How to tailor facial treatments for different doshas (mind-body types)
- Explore the use of Ayurvedic oils & herbs in facial therapy

Price - \$980 including training, accommodation & meals - plus optional walk to Liffey Falls
(\$780 - for those not requiring accommodation)

For any questions please call Tina 0488 766 508

AYURVEDIC DOCTOR
GANGASHREE NAIR



with love

RELAXATION TEACHER
TINA STEPHENS