

J A M U W O R K S H O P S



What a great way to spend 2 hours to learn to make something for you and your family's wellbeing. We offer a choice of workshops on making various products you can do yourself at home.

Each session will cover historical background and discussion on ingredients and benefits. Our special recipes come from ancient knowledge that has been passed down from generation to generation.

- **2 HOURS JAMU HERBAL TONIC MAKING WORKSHOP, All Levels** 2 hours

Make your own herbal tonic at home.

Learn how to make these powerful drinks that gives you energy and helps health maintenance, such as:
Jamu Kunyit Asam | Jamu Beras Kencur | Jamu Kunci Sirih | Wedang Jahe.
- **2 HOURS BALINESE THERAPEUTIC OIL MAKING WORKSHOP, All Levels** 2 hours

Make various of traditional oils:

 - Aromatic Oil and Traditional Healing Oil
 - Candle nut Oil
 - Onion Oil.
- **2 HOURS JAMU BODY SCRUBS MAKING WORKSHOP** 2 hours

Learn how to make traditional body scrubs product with the ingredients and its benefits.
- **4 HOURS AROMATHERAPY OIL BLENDING** 4 hours

Learn how to easily begin blending essential oils. Use this guide to customize your own personal scent.