



Course details

Course title

Toxic Free Living

Course code

Q00019933

Course date

Start: 08/01/25

End: 12/02/25

Number of classes

6 sessions

Timetable

Wed 8th Jan, 18:00 to 20:00

Wed 15th Jan, 18:00 to 20:00

Wed 22nd Jan, 18:00 to 20:00

Wed 29th Jan, 18:00 to 20:00

Wed 5th Feb, 18:00 to 20:00

Wed 12th Feb, 18:00 to 20:00

Tutor

Lisa Richards

Fee range

Free to £50.40

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

Join our 6 week toxin-free living course designed to empower you with the knowledge and skills to create your own natural home and skincare products. Each week, we'll explore essential topics, from understanding harmful ingredients to crafting DIY solutions. You'll learn about essential oils, natural cleansers, and personal care items, while engaging in hands-on activities to make your own products. By the end of the course, you'll have a personalized toxin-free living plan, equipping you to lead a healthier, more sustainable lifestyle. Embrace the journey to wellness and discover the joy of creating safe, effective alternatives! This course is funded by the Education Skills and Funding Agency.

Course description

Welcome to the 6-week toxin-free living course, where you'll embark on a transformative journey towards a healthier lifestyle! This course is designed for anyone looking to reduce their exposure to harmful chemicals found in everyday products. Each week, we'll delve into essential topics, starting with an introduction to the toxins commonly found in skincare and household items. You'll learn how to identify these harmful ingredients and understand their effects on your health.

Throughout the course, you'll engage in hands-on activities, creating your own natural products, including moisturizers, cleansers, and deodorants. We'll explore the benefits of essential oils, the importance of sustainable practices, and how to adapt your skincare routine for different seasons. By the end of the course, you'll not only have a collection of DIY recipes but also a personalized plan for toxin-free living that fits your lifestyle.

Join a supportive community of like-minded individuals, share your experiences, and celebrate your progress. Together, we'll cultivate a deeper understanding of natural alternatives, empowering you to make informed choices for yourself and your family. Let's embrace a healthier, toxin-free future together.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

Source URL: <https://www.wea.org.uk/courses/humanities-science/environment/8-january-toxic-free-living>