



# As part of our Health & Wellness Events

**Clane GAA**  
are delighted to offer

GAA Healthy Club  
Project has big impact

Aims to help physical and mental wellbeing



## Teen Skincare Lesson & Relaxing Facial

(Open to Girls & Boys aged 13-18)

with Kerri Wells from

The  
Secret Beauty  
Company



As you do the facial together  
Kerri will talk about the  
cause of breakouts and how  
to prevent them, the  
importance of SPF and lots  
of skincare tips

**Camera ON or OFF – Your  
choice**

### What do you need?

- Cleanser
- Face Scrub
- Moisturiser

*(You can use whatever you have at home.  
If you don't have these you can pick them  
up in most chemists or supermarkets)*

- A bowl of warm water
- Small facial sponges or facecloth
- Hairband (to keep your hair off your face)
- Tissues
- Mirror

**Date:** Thursday 6<sup>th</sup> May.

**Time:** 6.00pm – 6.40pm