

DJAMU HERBAL DRINK CLASS



Djamu is a mixture of traditional herbs and spices, which are used for healing and rejuvenation. Traditional 'Djamoe' comes from the island of Jawa, and have evolved since hundred years of through generations. The djamoos consist of leafs, roots, flowers, seeds and barks of significant trees. This class covers the traditional know-how of the making and preparation of Jamu Kunir Asam, a traditional natural elixir drink that is believed to help digestion and weight loss. Beras Kencur, made of Galangal (aromatic ginger), Cinnamon and Rice is a popular JAMU drink and natural remedy for a variety of common ailments, including lack of energy and a cold or cough.

IDR 500.000++ / class
maximum for 2 persons

Learn the traditional way of preparing 4 kinds of the mixture for several uses, such as:

- * Djamoe for weight loss and fat reduction**
Djamoe Mengkudu or Djamoe Cabe Puyang
- * Djamoe for energy and to cure muscle aches**
Djamoe Beras Kencur
- * Djamoe for smoothen skin**
Djamoe Kunir Asem
- * Djamoe for cholesterol reduction**
Djamoe Daun Salam
- * Djamoe for diabetes reduction**
Djamoe Daun Papaya
- * Djamoe to cure stomach ache, diarrhea**
Djamoe Daun Jambu Biji
- * Djamoe for men stamina**
Djamoe Kuat Lelaki
- * Djamoe for women after giving birth**
Djamoe Sehat Setelah Melahirkan
- * Djamoe to eliminate sprue/mouth ulcer,refresh the body**
Djamoe Kayu Manis
- * Djamoe to regulate feminine hormones in general**
Djamoe Kunci Sirih
- * Djamoe to recover influenza, fever and cold**
Djamoe Flu