

Aromatic and Spirituous Waters

with Joe Nasr DipPhyt,DO,MNIMH
Rhiannon Lewis (formerly Harris) FIFPA
and Gabriel Mojay LicAc,CertEd,FIFPA

on Saturday, 31st August & Sunday, 1st September 2013
at Llanerchaeron Country House and Avicenna's Herb Field

Avicenna - supplier of organic quality herbs, tinctures, Aromatic and Spirituous Waters, essential oils, herbal oils and herbal syrups - warmly invites you to a special weekend of learning, distilling and sampling with three of Aromatherapy's most knowledgeable and passionate educators.

In beautiful west Wales, explore the distillation, traditional therapeutics and clinical uses of **Aromatic Waters** such as rose, melissa and orange flower; and the ancient aromatic tonics or **Spirituous Waters** ~ the celebrated Queen of Hungary Water, Carmelite Water and Aqua Mirabilis.



Aromatic and Spirituous Waters are produced by master-distiller Joe Nasr through a special distillation process, and provide gentle yet effective therapeutic tools and cosmetic ingredients.

These precious healing Waters provide a safe synergistic medium through which essential oils and water-soluble volatiles can be prescribed internally and externally to great clinical advantage.

❖ SEMINAR COMPONENTS ❖

- ◆ Plant harvesting and demonstration of the distillation process in the field.
- ◆ Distillation techniques and basic chemistry of Aromatic and Spirituous Waters.
- ◆ The production of medicinal creams and spagyric tinctures from Aromatic Waters.
- ◆ Internal and external uses of Aromatic and Spirituous Waters in a range of clinical settings.
- ◆ The traditional symbolism and therapeutics of various aromatic plants and Aromatic Waters.
- ◆ Sampling, smelling, tasting Aromatic and Spirituous Waters in the green Welsh countryside.

❖ SEMINAR VENUES ❖



Llanerchaeron

A delightful 18th-century Welsh country estate
with house, walled gardens and home farm



Avicenna

Avicenna's herb field and aromatic plant distillery at
Bidarren, Cilcennin, Lampeter, Ceredigion, SA48 8RL

Seminar Fee

£120 incl. refreshments (Students: £80 incl. refreshments) ~ Lunch: £10 per day (optional)
CPD certificates issued to participants.

To book (places limited):

Contact **Charlotte Boyle** at Avicenna on 01570 471000 or at avicenna@clara.co.uk



Joe Nasr DipPhyt,DO,MNIMH

Joe Nasr is a widely-respected medical herbalist, osteopath and senior lecturer. With an enduring passion for aromatic plants, Joe cultivates a wide variety of botanicals on his herb farm, and is an expert plant distiller. Over the years he has developed innovative techniques for the production of high quality aromatic waters, tinctures and herbal spirits through his company Avicenna. These products are designed for and used by natural therapists the world over.



Rhiannon Lewis FIFPA

Rhiannon Lewis (formerly Harris) is Editor of the *International Journal of Clinical Aromatherapy* and Director of the Essential Oil Resource Consultants. Instructing practitioners in numerous countries as well as on her home ground of Provence, France, she is widely acknowledged as clinical aromatherapy's leading advanced educator. Rhiannon has been instrumental in promoting the ethical harvesting of wild lavender and mountain savory in her region.



Gabriel Mojay LicAc,CertEd,FIFPA

Gabriel Mojay is an aromatherapist, medical herbalist and acupuncturist, Principal of the Institute of Traditional Herbal Medicine and Aromatherapy, and author of *Aromatherapy for Healing the Spirit*. Gabriel lectures internationally on an approach to aromatic plant therapeutics that unites the diagnostic energetics of Chinese medicine, the plant wisdom of the classical and European traditions, and research-based clinical aromatherapy.