

AVICENNA WEEKEND SEMINAR IN WEST WALES

FRAGRANT PHARMACY

Principles and Practice

with **JOE NASR** *DPhyt, DO, MNIMH*

SEMINAR OBJECTIVES

- Appreciate the historical uses and therapeutic values of aromatic plants
- Revisit the basic chemistry of aromatic molecules
- Understand the principles and techniques of the extraction of herbs
- Learn how best to integrate herbal extracts into remedies
- Observe practical demonstrations of making herbal remedies

SEMINAR CONTENTS

Lectures

- Aromatic herbs past and present
- Basic chemistry of essential oils, fixed oils, emulsifiers, aromatic waters & spirits
- Physical and chemical properties of ethanol and ethanol-water mixtures
- Principles of distillation of aromatic & spirituous waters & fractional distillation
- Production of aromatic & spagyric tinctures, percolates, syrups, & infused oils
- Production of ointments, balms, creams, lotions, pomades, & herbal shampoos

Practical Demonstrations

- Field distillation of lemon balm (gathered by seminar participants) in a 200L still
- Distilling a spirituous water
- Making an infused oil, an ointment, a cream, a lotion, a pomade, & a shampoo
- Making an aromatic syrup
- Making an aromatic tincture with addition of the herb's soluble minerals
- Percolating a dry herb

- **DATE** – Saturday 14 & Sunday 15 JULY 2018
- **VENUE** – AVICENNA, BIDARREN, CILCENNIN, WEST WATES, SA48 8RL
- **FEES** – £195 including refreshments & VAT (Students: £155 including refreshments & VAT)

FOR FURTHER INFORMATION AND A BOOKING FORM PLEASE CONTACT

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Avicenna
herbs