

# 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, and pomades

##### Practical Demonstrations

- Distilling a spirituous water
- Making an infused oil, a pomade an ointment, a cream, a lotion
- Making an aromatic syrup
- Making an aromatic tincture
- Extracting the herb's hydro-ethanolic soluble minerals
- Percolating a dry herb

- **DATE** – Saturday 15 & Sunday 16 AUGUST 2020
- **VENUE** – AVICENNA, BIDARREN, CILCENNIN, WEST WALES, SA48 8RL
- **FEES** – £225 including refreshments & VAT (Students: £175 including refreshments & VAT)

**FOR FURTHER INFORMATION AND A BOOKING FORM PLEASE CONTACT**

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herbs