

Online Advanced Certificate Course

An Introduction Aromatic Herbal Medicine: Combining Essential Oils and Herbal Medicines Safely and Effectively

with Vivienne Campbell, BSc, Medical Herbalist



13-hr Advanced Certificate (13 CEs) Seminar (Online)

October 21 & 22, 2023
9 am-5:00 am (MT)

DAY 1: Applying Herbs

Making herbal extracts and combining them into aromatherapy treatments

Learn about five key herbs in detail that Vivienne recommends Aromatherapists start to use in their aromatherapy treatments (there's so much more available than Arnica, Comfrey, Calendula, and St John's Wort). A live lecture (slide show with photos) looking in detail at the medicinal uses of these herbs as topical extracts used in Aromatherapy. Which conditions and ailments these herbs can be used as treatments for. Includes recommendations for blending these herbs with essential oils and carrier oils for different treatments. Why and when you would select these herbal treatments over other more commonly available ingredients. Basic chemistry of topical herbal extracts (oils, water treatments, poultices etc.) Q&A on this topic.

Learn how to properly make your own herbal infused/macerated oils for use in your treatments.

In this practical video lesson, Vivienne takes you through the whole process of making your own infused oils from herbs. This technique can be used to extract any herb or spice that you want to apply to the skin (assuming that the herb or spice is safe to use see the safety lesson for this). You do not need to grow, collect, or harvest the herbs yourself: they are easily made using dried herbs that you buy from herb suppliers (check out your herbal class kit and supplier list for more details). These oils can be used neat for massage or blended with other base oils, fixed oils, and essential oils. They can also be used in ointments, balms, and emulsions. Have you tried to do this before and did your oil go wrong? This lesson includes troubleshooting problems with infused oils so that you understand what went wrong and why. Vivienne shares guidelines to prevent oils from going wrong so that you can confidently make consistent, safe, reliable, and beautiful herbal-infused oils of your own. Q&A on this topic.

Making balms, ointments & salves

How to make these using herbal-infused oils. How to make these (with beeswax or vegan wax). Creating different textures: adjusting your recipe for different uses. Combining herbal oils and essential oils. Q&A on this topic.

How to properly keep records of extracts that you make.

Vivienne talks you through the information that you need to record and shows you examples of how to do this. Includes templates for record-keeping that you can use or adapt for your work. Q&A on this topic.

GMP & Cleanliness

Vivienne explains the standard of hygiene and organization required for making your own topical extracts (don't be intimidated: this is very straightforward and much easier than food safety hygiene.) Vivienne's guide to GMP for practitioners making their own oil extracts & ointments. Q&A on this topic.

Safety of topical herbal extracts

How do I know if the herb or spice I want to use is safe to make an extract from? Is it safe during pregnancy? For children? For babies? etc. Vivienne shares her guide to recommended herbs for topical use.

DAY 2: Taking Herbs

Learning about internal uses of herbs: an introductory day. How do they work? When can you use them for yourself? Options for suggesting them to clients to enhance your aromatherapy treatments with them.

An Introduction to Common Core Medicinal Herbs: their properties and uses.

Why learn about herbal medicine if you are an aromatherapist? How knowing more about plant medicine can benefit your work as a professional aromatherapist. An introduction to the core herbal medicine cabinet: Cleavers, Daisy, Calendula, Elderflower, Meadowsweet, Plantain, Oat Straw, Roses, Lemon Balm, Red Clover, Rosemary, and Thyme.

How herbal medicine supports the body: how herbal medicines 'work'

Theory about how herbs support the body. How they exert their actions. General info about a time scale for helping the body and easing various conditions.

Key areas herbal medicine treatments can often help with that topical aromatherapy treatments might be limited by. What can herbal medicine treat that we can't usually treat using aromatherapy? Where these areas overlap. When one method might be more beneficial than the other e.g., might be quicker acting, might be more convenient, etc.

Safety of internal herbal medicines

Is it safe during pregnancy? For children? For babies? etc. What to do if someone is on medication or has an underlying health condition.

An overview of different methods of taking herbal medicines internally. What these extract types are and the benefits and drawbacks of each.

Infusions & decoctions, tinctures, infused vinegar, glycerites, infused honey, syrups, and cordials

Making your own tea blends: Practical session

Watch Vivienne demonstrate how to blend and brew an herbal tea. Now make your own from your herbal class kit: this will include blending examples 'Tea of Happiness' (a lovely uplifting brew for the emotions, to help to lift stress and improve the mood); Digestive Tea (a blend of natural antacid herbs that help to soothe the digestive tract and can often ease IBS). Vivienne will help you select ingredients (if you need help) and will be there to answer your questions. Storing teas, best-before dates, etc. Keeping records of what you have made.

Drying herbs: for those of you who want to grow your own herbs and use what you harvest yourself.

A short video showing how to dry herbs that you have grown and collected. A guide to drying herbs properly. The equipment Vivienne recommends and doesn't recommend (and why).

Herbal baths: These are made with herbal teas and absorbed via the skin.

A guide to herbal baths, foot baths, body, and hand baths.

Can I recommend or make these herbal medicines for my clients? The difference between making and taking herbal medicines at home for yourself (DIY) and the issues encountered with clients.

Safety (Medical), legal (which rules apply if you are a qualified herbalist and which rules about using herbs apply if you are not). Insurance. Food safety & hygiene rules. Working/collaborating with reliable professional colleagues. Training in professional herbal medicine. Options for you to consider so that you can work with herbs in the way that best suits you (including other professionals taking responsibility for all the above.)

Fee: \$450 - \$399 Early Bird Rate through August 20, 2023

There will be a class kit available for purchase to make products alongside Vivienne during the class. However, students will be provided with a list of materials to have on hand should they wish to purchase their own materials.

Biography

Vivienne Campbell BSc (Hons) MNIMH qualified as a medical herbalist in 2003 and has worked as an herbalist since then, initially setting up and running her herbal medicine clinic in the west of Ireland. In 2004, she started to teach classes for the public at an organic garden, and over the years these have expanded in all sorts of unforeseen directions. Vivienne loves to help people learn how to use herbs simply, effectively, sustainably, and joyfully. She is equally happy showing a beginner how to make their own cough syrup at home or training a group of experienced professionals in how to correctly incorporate herbs into their work. She teaches herbal medicine, wild food foraging, and natural cosmetic making in Ireland, Portugal & the UK as well as worldwide via her online courses. She has given lectures, talks, and herb walks at various events including the Botanica conferences, Aromatica Australia, The Lab Aroma podcast, Formula Botanica, The American Herbalist Guild, The AromaSummit, etc. as well as introductory sessions for the public at health shows, heritage events, organic gardens, etc. Whatever level of experience people have, Vivienne loves to help them to discover and work with local herbs. It's the key to working truly sustainably and it also brings people great pleasure to start to recognise what is growing around them and the various ways they can work with this, then becoming a positive, active part of nature.