**An Introduction to Herbs for Health & Home**

**A 10-week online course**

**This 10-week course will provide you with the foundations you need to begin to introduce herbs and wildflowers into your home and into your lifestyle.**

**Week 1: Herbal preparation – decoctions/infusions**

**Herbs for the nervous system**

**Wild plant identification: St. John’s Wort**

**Week 2: How to create a beverage blend – herbal tea**

 **Herbal Oils**

 **Herbal salves, ointments & balms**

 **Wild plant identification: Mullein**

**Week 3: Simple self-massage techiques,**

 **Face, hands & feet**

**Week 4: Herbs for the respiratory system**

 **The art of drying herbs**

 **Wild plant identification: Comfrey & Coltsfoot**

**Week 5: Herbs for children**

 **Which herbs are safe for children**

 **How to determine dosage**

**Week 6: Herbs for the urinary & digestive systems**

 **Healthy Kidneys**

 **Wild plant identification: Dandelion**

**Week 7: Natural cosmetics**

 **5 Steps to perfect skin**

**Week 8: Herbs for women’s health**

 **Herbal blends to help with reproductive cycle**

**Week 9: Herbs and essential oils for use around the home**

 **A chemical free home**

**Week 10: Basic aromatherapy**

 **Herbal pillows & tea blends for a great night’s sleep**

 **Ideas for creating herbal gift sets**