**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**