

# ADVANCED EXTERNAL HERBAL MEDICINE PREPARATIONS: SYLLABUS

In this 24-hour herbal intensive, students get advanced step-by-step training in making external botanical formulations as well as lectures and guided study for product safety, materials used in topical preparations, herbal skin care, packaging and pricing products and more.

All preparations are unique to the intensive and are *NOT* already covered in the main online courses.

Students will be sent materials in an herbal care package, to make herbal formulations that are a step beyond common-place recipes, and using many herbs that students may not have been previously exposed to – expanding the medicine making toolkit!

All herbs and ingredients to make formulations will be sent out, although students may have to provide perishable items that can not be shipped such as honey or alcohol.

This intensive is geared towards the serious home apothecarist or budding professional – so that all preparations can be made from your own home. We will send out a ‘gear list’ of kitchen or apothecary equipment that you will want on hand to make these formulations prior to the shipping date.

The herbal care package will ship out on July 13, 2020.

## ADVANCED PREPARATIONS

1. Analgesic Topical Liniment
2. Nervine Hydrotherapy Formulation
3. Rehydrating Botanical Hydrotherapy Skin Treatment
4. Botanical Skin Product: Tonic Skin Bracer
5. Infused Herbal Healing Solid Lotion
6. Herbal Dental Care: Tooth Powder
7. Sexual Health Products: Herbal lubricant
8. Neuro-Regenerative Skin Oil
9. Hydrating Herbal Skin Butter Formulation

Students will also receive a thumb drive with lectures and step-by-step tutorials on processes and topics that the advanced Apothecarist will need as part of their medicine making arsenal!

## LESSON MODULES

1. Advanced Apothecary Safety/mise en place
2. A detailed ‘Herbal Skin Care Primer’ for Apothecarists
  - a. Linoleic v. Oleic Oils
  - b. Blending Oils and Specialty Oils
3. EO Safety Basics and Dilution for Topical Applications
4. Packaging Considerations for External Botanical Products

5. Branding and Labeling Guidelines for External Herbal Products
6. How to Price and Sell Your Own Products As A Business
7. Wholesalers & External Supplies: the Apothecarist Sourcing Guide
8. Using DMSO as a solvent and a carrier

An additional live interactive lecture will be scheduled for the second half of July, to be scheduled closer to the date of the course.

This advanced intensive counts for 24 contact hours.

Students seeking the course completion certificate for this advanced intensive will need to photograph their nine formulations and submit them via email for credit. Phone camera submissions are fine, and students have 60 days after the herbal care box ships (July 13<sup>th</sup>) to submit for credit.