

# HERBS FOR WELLBEING

## AN INTRODUCTORY COURSE

Traditional herbalism is one of the oldest professions in Ireland. For centuries we have been gathering and medicine-making with the herbs that grew in our villages, woods and farmlands. We have traditionally used these herbs to feed our families, protect our homes and heal our sick.

In this 10 week course we will:

- Learn the basics of traditional herbalism.
- Learn how to identify herbs that grow locally.
- Explore the use of herbs in the home as a way of cleaning and reducing our chemical load. We will
- Learn how process tea's and tonics to boost our health
- Learn how to create natural skincare treatments and body lotions in the form of creams, balms & butters.

Tutor: **Deborah Tiernan** - practising Herbalist with Diploma in Traditional Herbalism.