

Herbal Remedies from the Kitchen

Workshop



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Learn how to use everyday kitchen ingredients, such as herbs, spices, vinegars and oils, to make simple home remedies for you and your family. Take home the remedies you have made.

Make an Infused oil (for a muscle/joint pain rub, or for healing)

Tincture (medicine) making

Make an ointment (using the infused oils made earlier)

Poultice making

Herbal teas and their medicinal uses

Book a date & time to suit your own group

3 hour workshop
£10 per person* (all materials included)
Minimum 4 people



***Venue is flexible**

Most people prefer to have the workshop in the kitchen of one of the participants. However, a venue can be hired if preferred, or for larger groups, at extra cost.