

Essential Oils for Herbalists – April 5-7, 2024

Date and Time	Topic	Description	Location
Friday, April 5 8:00-8:30	Registration, Breakfast		Breakfast Nook
8:30-9:00	Intro to course, Welcoming	Intro, training, location, intention	Classroom
9:00-10:30	Intro to EO: Part I	In this lecture, we will be going through the history and philosophy of essential oils. We will introduce a variety of concepts, including distillation, processing, blending and dilution, safety and more. From an herbalist perspective, we will discuss plant parts and chemotypes. We will also break down the groups of essential oils that we will be further discussing in Materia Medica.	Classroom
10:30-11:00	Break		
11:00-1:00	Intro to EO: Part II	In this lecture, we will be going through the history and philosophy of essential oils. We will introduce a variety of concepts, including distillation, processing, blending and dilution, safety and more. From an herbalist perspective, we will discuss plant parts and chemotypes.	Classroom
1:00-2:30	Lunch		
2:30-4:30	Ancillary Products: Carrier Oils,	Distilling essential oils produces the ancillary product of	Classroom

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	Hydrosols, clays, etc.	hydrosols. Working with essential oils requires dilution in carrier oils, clays or other products. This lecture will discuss the categories of ancillary products and many specific examples of products. There will be an organoleptic component to this lecture.	
Saturday, April 6 8:00-8:30	Breakfast		Breakfast Nook
8:30-10:00	MM: Monoterpenes	Monographs of 8-12 monoterpene essential oils will be presented. There will also be an organoleptic component to this lecture.	Classroom
10:00-10:30	Break		
10:30-12:00	MM: Sesquiterpenes	Monographs of 8-12 sesquiterpene essential oils will be presented. There will also be an organoleptic component to this lecture.	Classroom
12:00-1:30	Lunch		
1:30-3:00	MM: Monoterpenols and Sesquiterpenols	Monographs of 8-12 monoterpenol and sesquiterpenol essential oils will be presented. There are fewer of these groups of essential oils, so they will be presented together. There will also be an organoleptic component to this lecture.	Classroom
3:00-3:30	Break		

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3:30-5:00	Lab I	In this lab, we will practice diluting and blending essential oils. We will also make some products with either essential oils or hydrosols that can safely be used for animals.	Kitchen Classroom
Sunday, April 7 8:00-8:30	Breakfast		Breakfast Nook
8:30-10:00	MM: Phenols/Aldehydes/ Ethers	Monographs of 8-12 phenol, aldehyde and ether essential oils will be presented. There are fewer of these groups of essential oils, so they will be presented together. There will also be an organoleptic component to this lecture.	Classroom
10:00-10:30	Break		
10:30-12:00	MM: Esters/Oxides/Ethers/ Lactones/Coumarins	Monographs of 8-12 of the remaining groups of essential oils (esters, oxides, ethers and more) will be presented. There are fewer of these groups of essential oils, so they will be presented together. There will also be an organoleptic component to this lecture.	Classroom
12:00-1:30	Lunch		
1:30-3:30	Lab II	In this lab, we will learn to make healthy self-care products to support ourselves as veterinarians and as people.	Kitchen Classroom
3:30	Closing		Kitchen Classroom