

Joe Nasr D Phyt., DO, MNIMH

## Medical Herbalist

Bidarren, Cilcennin, Lampeter, Ceredigion, SA48 8RL  
Tel/Fax: 01570 471 000 e-mail: joenasr@clara.co.uk

### C P D Certificate of Attendance

This is to confirm that Sheila Lee Thompson has attended a two-day seminar on the preparation, properties and uses of aromatic waters, spirituous waters, aromatic tinctures and creams.

**Topics covered at the seminar were as follows:**

Introduction to aromatic and spirituous waters.

Sampling some aromatic and spirituous waters.

Techniques of distillation.

The chemistry of aromatic waters.

Demonstration of the distillation process in the field.

Therapeutic applications of 20 aromatic waters.

Making aromatic tinctures, creams and lotions from aromatic waters.

Demonstration of tincture, cream and lotion making.

**Lecturer:**

Joe Nasr - Medical herbalist, senior lecturer in herbal medicine, and herb grower.

**Venue:**

Cilcennin Village Hall, Cilcennin, Ceredigion, West Wales SA48 8RL

**Dates and times attended:**

Saturday 1<sup>st</sup> August 2015 – 10am till 5pm

Sunday 2<sup>nd</sup> August 2015 – 10am till 4pm

Signed



Joe Nasr