

MICHAEL ISTEAD (UK)

“21ST CENTURY PHYTOTHERAPY & CONTEMPORARY ALCHEMY : AROMATHERAPY & HERBALISM”



Workshop descriptor

Integrating plant extractions such as CO₂'s, Hydrosols & Oils into everyday life for health and happiness.

During this hands-on workshop Michael will discuss his use of plant extractions, looking at the history of our use of these plant extracts and his inspirations, showcasing how to integrate a variety of plant based preparations such as hydrosols, CO₂'s and oils, along with raw plant material to create magical healing potions, scents and elixirs. During this workshop we will explore, taste, touch, smell and engage with:

- The relationship between humankind and plants, and the history of plant extraction and our uses of these extractions
- Basics of CO₂ extraction including a live demonstration of the extraction process.
- Explore how to process the plants to create plant preparations using distilled and extracted plants, how to create drinks, potions, tonics and elixirs.
- Highlight key plants, their biochemical makeup, their principal health benefits, and how to best utilise them to create delicious plant-based preparations.
- Discuss, taste and smell polypharmic distillations / multi plant distillates and the synergy between plants, capturing the synergy and essence of these plants.
- Each participant will take home his or her own bottled potion.

Michael Isted is a trained phytotherapist (BSc Hons) and nutritionist who started up his company The Herball in 2013. Michael set up The Herball as a portal to promote and celebrate the many ways in which we can integrate plants and plant preparations to invigorate and enrich our lives. Michael distils in traditional copper and extracts plants with CO₂, he also works closely with a number of small independent organic growers and plant workers in the UK, Europe & India to source, produce and sell authentic, artisanal plant based products, such as infusions, hydrosols, spices, extracts, and oils.

www.theherball.com