

Pre-quiz is on carrier/base oils .pptx, the salves, chapter 18, poultices.pptx and chapter 24 and chapter 19 lotions & creams. The lab and post quiz are on making medicated oil and also the herbs, comfrey, calendula and chickweed.

PRE 2. Write approximate heating times for these plant parts in oil:

Roots _____

Mix of flowers & roots _____

Flowers _____

3. Describe three of base or carrier oils we reviewed in class and explain the benefits or reasons to use each oil. (2 pts)

Summary of some oils to consider:

For medicated& healing preparations:

Olive

Coconut

For “lighter duty” skin nourishing preparations:

Safflower

Sweet almond

Grapeseed

PRE 5-10. Match the term to it’s best definition by putting the correct definition’s letter in column A

A	term	letter	definition
	5. ointment	a	Water preparations containing insoluble ingredients
	6. balm	b	A salve with a relatively higher amount of essential oils
	7. lotion	c	A type of infused oil taken internally
	8. poultice	d	Also called a salve, softens when applied to skin
	9. compress	e	Also called a fomentation, a type of poultice made with liquids & lotions soaked
	10. emulsion	f	Slow blending of water in oil until it is suspended evenly
		g	The laying of heated herbal pulp, a bandage on the skin

1. List four basic steps for making a salve. (2 pts)

2. Circle ALL the items that are true about skin:

- a) It is the third largest organ in the body.
- b) It has seven layers.
- c) It regenerates itself
- d) It synthesizes vitamin D
- e) It often expresses the nutritional state of its owner
- f) It is resistant to all toxins

3. What is so bad about heating the carrier/base oil too quickly?
4. The base for most salves is: (choose the best answer)
 - a. a base oil and a fixed oil
 - b. a base oil and wax
 - c. wax and an essential oil
 - d. herbs and oil base oil

4. Why do you always add dried flowers to oils rather than fresh flowers when making an infusion?

7. The main difference between a cold infused oil and a heated oil infusion in terms of time of preparation and time until it is ready to use is.....?



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