

Personal Remedy Jar

Inspired by "Remedies - Exploring Healing Practices"
with Art Care and Salisbury Healthcare History Collection.

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Make a personal remedy jar.

You will need:

A clean empty jar of any size, or you could draw an empty jar on a piece of paper...

Small objects that have meaning for you, or words and pictures drawn on paper...

Think about things that connect with all of your senses; touch, sight, hearing, taste and smell!

Ideas for your remedy jar.

Vitamin Sea

Fill the bottom of your jar with a layer of sand and pebbles from your favourite beach. Add a shell or two. Make some little paper starfish and draw a glowing yellow sun. Fold a tiny origami boat...

Frosty Mornings

Fill your jar with warmth and light! Spicy smells, a picture of a woolly jumper, some crackly paper, some shiny glass beads, and how about a "jump around" playlist...?

Nurturing Nature

Write down a description of your favourite nature walk. Draw the shape of the bird song you notice. Draw the leaves of your houseplant in colour. Gather some fragrant herbs and flowers.

You could even take your jar for a walk and fill it with nature finds along the way!



During the "Remedies" course we learned about personalised treatments throughout history; from prescriptions based on your star sign in the 1700's to genetically targetted chemotherapy today. We learned about herbal medicine and modern drugs made from plants. We discovered that medical Leeches remain useful in Plastic Surgery. We explored folk cures and protective talismans and we heard about "Poetry Prescriptions" and contemporary art responses to healthcare.

