The *Herschel*-SPIRE Spectral Feature Finder Catalogue is the result of an automated run of the Spectral Feature Finder (FF). The FF is designed to extract significant spectral features from SPIRE Fourier-Transform Spectrometer data products. The *Herschel* ESA Datalab was created as a jupyterlab demo of python methods to access the FF catalogue and to do further scientific analysis with URL access to the Herschel Science Archive. In this hands-on demo I will demonstrate one of the possible workflows with *Herschel* data in the ESA Datalab environment.