

Self-Assessment Questions for Module 1

1. Essential oils applied to the skin penetrate the extra-cellular liquids. In which body systems are they then transported around the body?
 - a. Digestive and lymphatic
 - b. Blood and lymphatic
 - c. Digestive and blood
 - d. Blood and nervous
2. Which body system is effectively by-passed by essential oils, providing an advantage over many conventional medicines?
3. True or False? Essential oils are generally applied to the skin in their concentrated form.
4. Lavender takes 60-80 minutes to be absorbed through the skin. How long in a normal healthy body does it take to expel?
 - a. 0-2 hours
 - b. 3-6 hours
 - c. 7-13 hours
 - d. More than 14 hours
5. True or False? Inhalation is only used as a method of administering essential oils if it is unsuitable to apply them to the skin.
6. What nerve, linked to the part of the brain concerned with memory and emotion, is stimulated by aromas?
7. What is the best definition of the word pharmacological?
 - a. The chemical changes which take place when an oil enters the blood and reacts with hormones and enzymes
 - b. The way in which the oil affects individual organs or body systems e.g. whether they are sedated or stimulated
 - c. The emotional reaction that takes place when the oil is inhaled, often caused by the stimulation of the memory
8. What is the best definition of the word psychological?
 - a. The chemical changes which take place when an oil enters the blood and reacts with hormones and enzymes
 - b. The way in which the oil affects individual organs or body systems e.g. whether they are sedated or stimulated
 - c. The emotional reaction that takes place when the oil is inhaled, often caused by the stimulation of the memory

9. What is the best definition of the word physiological?
- a. The chemical changes which take place when an oil enters the blood and reacts with hormones and enzymes
 - b. The way in which the oil affects individual organs or body systems e.g. whether they are sedated or stimulated
 - c. The emotional reaction that takes place when the oil is inhaled, often caused by the stimulation of the memory
10. True or False? In general, holistic therapies including aromatherapy, tend to create a sense of wellbeing, both physically and emotionally, balancing the mind, body and spirit

Module 1 – An Introduction to Aromatherapy

Answer Sheet to be completed and then inserted into your portfolio for future inspection.
Please answer all questions with complete sentences.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Now check your answers and correct any that were incorrect.

Keep this completed sheet safe to use for revision purposes.

5 of these questions are in the final theory written paper!