



AROMATHERAPY CERTIFICATION

Level One – Foundations Aromatherapy
 50 hours Curriculum



Week One: Exploring the Fragrance Gardens



- Course Goals. Supply List.
- Introduction to Aromatherapy
- Aroma-history—focus on ancient cultures.
- Holistic approach - Modern Aromatherapy
- Visiting Fragrance Gardens
- Lavender (*Lavandula angustifolia*)
- Review Quiz

Week Two: The Power of the Aromatic Plants



- What are Essential Oils
- Biological Role of Essential Oils
- How are Essential Oils extracted : Distillation-
- Expression - Absolutes and CO2 Extracts The Importance of Quality
- Safety Use of Essential Oils
- Lemon (*Citrus limon*)
- Sweet Orange (*Citrus sinensis*)
- Review Quiz



WEEK THREE: OUR SENSE OF SMELL

- Introduction to Olfaction
- Anatomy of Olfaction
- The Limbic System
- How Essential Oils Interact on Physical and Emotional Levels
- Peppermint (*Mentha x piperita*)
- Spearmint (*Mentha spicata*)
- Rosemary (*Rosmarinus officinalis*)
- Digestive System
- Review Quiz



WEEK FOUR: AROMATIC USE

- Schools of Thoughts
- Aromatic Use: Inhalation, Diffusion, Aromatic
- Spritzers. Blending guide.
- Respiratory System
- Eucalyptus (*Eucalyptus globulus*)
- Frankincense (*Boswellia Sacra*)
- Sandalwood (*Santalum album*)
- Review Quiz



WEEK FIVE: TOPICAL USE

- Topical Use: Carrier Oils. Recommended Dilutions. Use of Essential Oils for Massages.
- How to Create a Blend with Carrier oils.
- Compress, Aromatic Baths, Scrubs .
- Undiluted/Neat Application
- Circulatory System
- Cypress (*Cupressus sempervirens*)
- Lemongrass (*Cymbopogon flexuosus*)
- Review Quiz



WEEK SIX: AROMATHERAPY AND THE SKIN

- Understanding the Skin
- Essential Oils for the Skin
- Body Care Product Recipes: Facial Cleanser, Facial Toner, Facial Serum, Body Butter, Exfoliant Mask.
- German Chamomile (*Matricaria recutita*)
- Ginger (*Zingiber officinale*)
- Review Quiz



WEEK SEVEN: CHEMISTRY OF ESSENTIAL OILS

- Introduction to the Chemistry of Essential Oils
- Monoterpenes and Sesquiterpenes
- Alcohols and Esters
- Aldehydes and Ketones
- Phenols and Phenylpropanoids
- Oxides and Other Families
- Contraindications of Certain Essential Oils
- Digestive System
- Cinnamon (*Cinnamomum verum*)
- Clove (*Syzygium aromaticum*)
- Review Quiz



WEEK EIGHT: AROMATHERAPY FOR PREGNANCY AND CHILDREN

- Aromatherapy for Women's Health
- Aromatherapy for pregnancy and children.
- Geranium (*Pelargonium graveolens*)
- Rose (*Rosa damascena*)
- Clary Sage (*Salvia sclarea*)
- Ylang Ylang (*Cananga odorata*).
- Review Quiz



WEEK NINE: THE PRACTICE OF AROMATHERAPY

- Aromatherapy Consultation. Considering physical and emotional levels. Developing an Aromatic Blend. Observations.
- Promoting the Use of Essential Oils- The Importance of the Language.
- Home Recipes for Common Discomforts: Vapor Rub to Alleviate Cold Symptoms, Rescue
- Relieves Headache Blend, Salve to Calm
- Muscle Pain, and More.
- Musculoskeletal System
- Basil (*Ocimum basilicum*)
- Thyme (*Thymus vulgaris* ct. thymol)
- Oregano (*Origanum vulgare*)
- Review Quiz



WEEK TEN: CREATE YOUR NATURAL CLEANING PRODUCTS

- Why Make your Own Products for Home Cleaning?
- Essential Oils Recommended for Cleaning.
- Other Materials Needed to Create Natural and Non Toxic Cleaning Products.
- Home Recipes: Multipurpose Disinfectant, Degreasing Cleaner, Floor Cleaning.
- Window Cleaner, Stainless Steel and Furniture Polishers.
- Deodorant Carpet. Tablet Detergent for Dishwashers.
- Tea Tree (*Melaleuca alternifolia*)
- Patchouli
- Palo Santo
- Review Quiz



How to Complete the Program

- Complete all Review Quiz**
- Complete a 5-10 Pages Research Paper**
- 5 Study Cases**
- Final Exam**

