





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

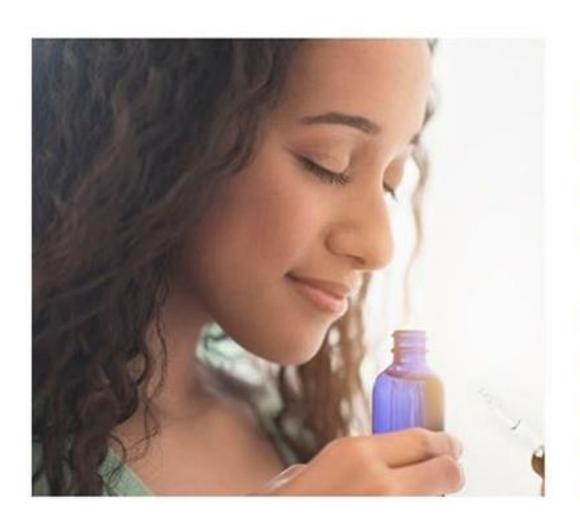
Week Two: The Power of the Aromatic Plants

- 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

