

## **Aromatherapist - Course Outline**

Brief Course Description	<i>This extensive certificate program is designed for anyone seeking a professionally working knowledge of Aromatherapy. Students will gain an extensive knowledge on Aromatherapy products and how they are applied in both home therapy and clinical uses.</i>	
Course Prerequisites	<i>None</i>	
Certificate Requirements	<i>Aromatherapist, Intro to Anatomy/Physiology, Intro to Pathology, Open your own Business and European Lymph Drainage Massage</i>	
Textbooks Required for this Course	<i>Manual</i>	
Equipment/Supplies Required for this Course	<i>Essential Oil Kit (see spa supplies info)</i>	
Course Duration	<i>In class: 17 weeks</i>	<i>Correspondence: 6 Months</i>
Homework Hours	<i>Hours 39 25</i>	
Delivery Methods	<i>Indicate how the course is delivered:</i>	
	<input type="checkbox"/> <i>On-site delivery.</i> <input type="checkbox"/> <i>Distance delivery.</i>	
Instructional Method	<i>Method of Delivery.</i>	<i>Contact Hours.</i>
	<i>Classroom (Instructor Led.)</i>	<i>18</i>
	<i>Or Distance Education</i>	
Learning Objectives/Outcomes	<i>By the end of this course, students should be able to:</i> <input type="checkbox"/> <i>Define Aromatherapy, Essential oil, Carrier oil, Misc. carriers and Hydrosols</i> <input type="checkbox"/> <i>Know 70 essential oils, general use and there safety</i> <input type="checkbox"/> <i>Know how to do Therapeutic cross referencing and custom blending</i> <input type="checkbox"/> <i>Understand very basic Chemistry, Taxonomy and Botany</i> <input type="checkbox"/> <i>Olfaction</i> <input type="checkbox"/> <i>Know how to use Aromatherapy for stress, pregnancy, elderly and pets</i>	
Student Progress/Assessment Methods	<i>Exam: Written Passing Grade: 75% Case Studies: 50</i>	
Attendance Expectations	<i>If taking by on-site delivery / class room - attendance is <u>extremely</u> important because of the accelerated time frame. Students can only miss four classes (not days) and need a doctor's note or bereavement. Class time missed is not repeated in class and will be the responsibility</i>	

*of the students who may have to retake in a different term or by correspondence.*

**Dress Expectations (if applicable)** *In the class room students may dress to their comfort as long as when they bend over breast area is covered and if wearing a skirt or dress length is appropriate.*

*When doing case studies in our college;*

- *All Black: shirt, pants, socks and shoes*
- *Hair clean & fashioned*
- *No rings, arm bracelets or long necklaces*
- *Comfortable shoes (no bare feet or sock feet)*
- *Nails short & clean (light or clear nail polish is okay)*
- *No face piercing other then ears (anything else confirm first)*

**Course Details**

<b><u>Lesson #/Module</u></b>	<b><u>Topics Covered</u></b>
1.	History of Aromatherapy
2.	Introduction to Essential Oils
3.	Introduction to Clinical Studies
4.	Introduction to Botany
5.	How Essential Oils Work
6.	Therapy Room Set Up
7.	Essential Oils, Purity & Production
8.	Essential Oil Safety
9.	TCRS & Wellness Assessment
10.	Therapeutic Cross Referencing
11.	Carrier Oils
12.	Massage Benefits
13.	Massage Contra-indications
14.	Chemistry
15.	Olfactory
16.	Stress
17.	Therapist Safety
18.	Taxonomy/Botany
19.	Estrogens Mimics
20.	Pregnancy
21.	Aromatherapy and the Elderly
22.	Other Methods of Oil Selection
23.	Blending
24.	Introduction to Business & Ethics Pricing