

Course Overview

A variety of topics will be covered concerning the many aspects of aromatherapy including: essential oil usage, basic chemistry and science of aromatherapy and safe business practices.

- What is Aromatherapy
- Essential oils, what they are and how they work
- History of Essential Oils
- Olfaction & emotions
- Quality of essential oils
- Aromatherapy uses in the healing arts (massage, reflexology, reiki).
- Basic Physiology (the limbic system, lymphatic system, and immune system)
- Basic chemistry of essential oils
- Botanical families and plants
- Methods of distillation
- Methods of Application
- Methods of Absorption
- Blending methods
- Carrier Oils
- Safety and Contraindications
- Children and essential oils
- Consultation/Communication Skills
- Aromatherapy Business Ethics and Standards
- Insurance, Disclaimers and proper communication
- Becoming a member of NAHA

Mission and Objectives for Aromatherapy level 1 certification

- Students will have confidence in the safe and therapeutic uses of essential oils.
- Students will be instructed on consulting with clients and evaluating which essential oils would be appropriate to use and how to use them safely and effectively.
- Students will experience creating bath & body products, room sprays, roll-ons, products for self-care and professional use, make a body scrub, natural cleaning products, room sprays, inhaler. And how to create diffuser blends.
- Students will create and share essential oil recipes
- Students will be able to differentiate between fragrance and essential oils.
- Students will receive a Certificate upon successful completion of this course.
- Students will

Graduates will be certified as aromatherapists and receive a certificate of completion.

Requirements for Certification:

- Attend all classes, complete all quizzes and written assignments with a passing grade of 70% or higher.
- Write a 3-5 page research paper.
- Complete 10 studies prior to last class date
- Pay tuition in full.

Prerequisites:

Anyone may register for this class. No previous Aromatherapy training is required.

30 Essential Oils used in this course

Lemon (*Citrus limon*)

Peppermint (*Mentha x piperita*)

Rosemary (*Rosmarinus officinalis*)

Eucalyptus (*Eucalyptus globulus*) (*Eucalyptus Globulus*)

Tea tree (*Melaleuca alternifolia*)

Lavender (*Lavandula angustifolia*)

Cypress (*Cupressus sempervirens*)

Roman Chamomile (*Anthemis nobilis*)

Ylang Ylang (*Cananga odorata*)

Clary Sage (*Salvia sclarea*)

Geranium (*Pelargonium graveolens*)

Sweet Orange (*Citrus sinensis*)

Bergamot (*Citrus bergamia*)

Grapefruit (*Citrus x paradise*)

Cinnamon Bark (*Cinnamomum verum*)

Clove (*Syzygium aromaticum*)

Jasmine (*Jasminum officinale*)

Helichrysum (*Helichrysum Italicum*)

Marjoram (*origanum majorana*)

Frankincense (*Boswellia carteri*)

Cedarwood (*Cedrus atlantica*)

Melissa (*Melissa Officinalis*)

Angelica (*Angelica archangelica*)

Myrrh (*Commiphora myrrba*)

Oregano (*Origanum compactum*)

Black Pepper (*Piper nigrum*)

Thyme (*Thymus vulgaris*)

Spruce (*Picea mariana*)

Wintergreen (*Gaultheria procumbens*)

Vetiver (*Vetiveria zizanioides*)