

Sandra Sorbin Instructor

**2 Summit Park Dr. Suite 125,
Independence, Oh 44131**

216-832-4710

www.aromaessenceinstitute.com

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
- Essential oil Terminology
- Olfaction & emotions
- Quality of essential oils
- Botanical families and plants
- Aromatherapy uses in the healing arts (massage, reflexology, reiki).
- Methods of Application
- Methods of Absorption
- Basic Physiology (the limbic system, lymphatic system, and immune system)
- Basic chemistry of essential oils (what are terpenes, phenols, alcohols, aldehydes, ketones, Hydrocarbons, terpene, monoterpene, sesquiterpenes.
- Methods of distillation
- Blending methods
- Carrier Oils
- Safety and Contraindications

- Children safety and essential oils
- Consultation/Communication Skills
- Aromatherapy Business Ethics and Standards
- Insurance, Disclaimers and proper communication
- Becoming a member of NAHA
- NAHA Code of Ethics

Mission and Objectives for Aromatherapy level 1 certification

By the end of the course the student will:

- Have confidence in the safe and therapeutic uses of essential oils.
- Identify essential oils and how they work
- Identify carrier oils and how they work
- Be instructed on consulting with clients and evaluating which essential oils would be appropriate to use and how to use them safely and effectively.
- Experience creating products, room sprays, roll-ons, products for self-care and professional use, make a body scrub, inhaler. Hand sanitizer all with essential oils
And how to create diffuser blends.
- Create and share essential oil recipes in classroom
- Will be able to differentiate between fragrance and essential oils.
- Receive a Certificate upon successful completion of this course.

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 75% or higher.
- Complete 5 case studies prior to receiving certification this can be done by email or fax instructions and practice during class.
- Pay tuition in full.

Prerequisites:

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

Essential Oils used in this course

1. Basil - *Ocimum basilicum* var. *Linalool*
2. Black Pepper - *piper nigrum*
3. Cassia - *cinnamomum cassia*
4. Clary Sage- *salvia sclarea*
5. Clove- *Syzygium aromaticum*
6. Cinnamon bark- *Cinnamomum verum*
7. Coriander- *Coriandrum savitum*
8. Copaiba- *copaifera officinalis*, *C. reticulata*
9. Dill – *Anethum graveolens*
10. Eucalyptus Globulus – *Eucalyptus globulus*
11. Fennel - *Foeniculum vulgare*
12. Fir Balsam- *Abies balsamea*
13. Frankincense - *Boswellia carterii* or *serrata* or *frareana*
14. Galbanum- *Ferula gummosa*
15. Ginger- *Zingiber officinale*
16. Grapefruit - *Citrus paradisi*
17. Hyssop- *Hyssopus officinalis*
18. Juniper Berry- *Juniperus communis*
19. Lavandin- *Lavandula x hybrida*
20. Lemon- *Citrus limonum*
21. Lavender - *Lavandula angustifolia* or *officinale*
22. Lime- *Citrus aurantifolia*
23. Marjoram- *Origanum majorana*
24. Neroli- *Citrus aurantium .Amara*
25. Orange-*Citrus sinensis*
26. Oregano- *Origanum vulgare* var. *Carvacrol*
27. Peppermint- *Mentha piperita*
28. Pine -*Pinus sylvestris*
29. Rose Damask Otto- *Rosa damascena*
30. Rosemary - *Rosmarinus officinalis*
31. Sage- *Salvia officinalis*
32. Spearmint - *Mentha spicata*
33. Sweet orange
34. Tangerine - *Citrus reticulata* or *nobilis*
35. Tarragon- *Artemisia dracunculus*
36. Tea Tree- *Melaleuca alternifolia*
37. Thyme - *Thymus vulgaris* var. *Linalool*
38. Vetiver- *Vetiveria zizanioides*
39. Wintergreen- *Gaultheria procumbens*
40. Ylang Ylang-*Cananga odorata* var. *Genuan*