

Level 1 Aromatherapy Certification

Sandra Sorbin Instructor

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

216-832-4710

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. Black Pepper - *piper nigrum*
2. Cinnamon bark- *Cinnamomum verum*
3. Copaiba- *copaifera officinalis*, *C. reticulata*
4. Frankincense - *Boswellia carterii* or *serrata* or *frareana*
5. Galbanum- *Ferula gummosa*
6. Grapefruit - *Citrus paradisi*
7. Lavandin- *Lavandula x hybrida*
8. Lemon- *Citrus limonum*
9. Lavender - *Lavandula angustifolia* or *officinale*
10. Lemongrass
11. Lime- *Citrus aurantifolia*
12. Marjoram- *Origanum majorana*
13. Orange-*Citrus sinensis*
14. Oregano- *Origanum vulgare* var.*Carvacrol*
15. Peppermint- *Mentha piperita*
16. Rosemary - *Rosmarinus officinalis*
17. Sage- *Salvia officinalis*
18. Spearmint - *Mentha spicata*
19. Tea Tree- *Melaleuca alternifolia*
20. Thyme - *Thymus vulgaris* var.*Linalool*
21. Wintergreen- *Gaultheria procumbens*