



## **On-line Professional Aromatherapy Training Aromatherapy Course Outline**

The course is taught on-line in 3 modules which you complete at your own pace.

On-line learning allows you to learn when it is convenient for you as a student. A down-loadable manual is supplied with each module along with videos, pod-casts, on-line seminars, suggested reading lists, tutorials and relevant information to enrich your learning experience making it a truly interactive, enriching and life enhancing experience.

More information and to start your aromatic journey:

### **Module One**

The first module starts you on your aromatic journey.

You will be introduced to the wonderful world of:

What is defined as aromatherapy

The History and Folklore of aromatherapy

How Essential oils are produced and the different ways they are extracted

The Principles used when blending Essential oils

The chemical structure of Essential oils

Base & Carrier oils

The 'holistic' approach to Health and Well-being

How to use essential oils safely and effectively

An introduction to case studies

### **Module Two**

In this module we continue the journey and studies

Plant Science, Botany and the classification of plants

Design and planning a treatment / work area

Chemistry of Essential Oils

The Process of Olfaction

Consultation techniques, Client Care and Communication

Essential Oils profiles and study

Completing Case Studies

### **Module Three**

The final module of your journey. This includes:

The importance of quality control

First Aid

Research and the Professional Aromatherapist

Pharmakinetics/skin

The Reticulo-endothelial system

Formulating a Business Plan

Health and Safety

Essential Oil profiles and studies

Additional Case Studies

Revision and assessing learning

### **Aromatherapy Exam**

This is a 3 hour on-line assessment which tests your knowledge.

It is a mixture of multi-choice questions, Short answers, labelling diagrams and a longer answer question

It's nothing to panic over!!