



AROMATHERAPY

Level 3

○ Student Profile

This programme is designed for people who wish to gain an understanding of principles and practice of Aromatherapy Healing techniques. No prior knowledge is required.

○ Objectives

- Introduce the development and practice of aromatherapy from its origins to modern day use and application
- Explain the chemical composition of carrier oils used in aromatherapy treatments
- Investigate the extraction use and effect of essential oils
- Demonstrate the importance of the sense of smell to aromatherapy treatments
- Explain the limitations, contra indications and toxicities associated with essential oils
- Present guidelines for the use of essential oils
- Demonstrate methods of application and use of essential oils
- Explain a range of complimentary therapies commonly use in conjunction with aromatherapy

○ Accreditation

The course is designed for personal development and is not externally accredited. When you have successfully completed the assignments you will receive a Certificate of Completion.

○ Assessment

Each element is followed by a written assignment, which is submitted and marked by your tutor. There is no external examination required.

○ Study Method

The course is designed for study by distance learning at work or at home. You receive course manual, assignments and study guide plus tutor support by mail and email. You can start at any time and have up to one year to complete the course.

Cost-effective tutor-supported home study from The Distance Learning Partnership

○ Course Duration

The course will take an average student around 120 hours of study to complete.

○ Pack/Course Contents

- Study guide
- Comprehensive lessons for each element of the course
- Self-assessment activities
- Assignments
- Tutor support
- Assignment marking & feedback
- Completion certificate

○ Price £175

Or £65 deposit & 4 monthly payments of £30 (£185 total)

Overseas: EU postage included. World £20 airmail signed for delivery:

Course Provider



info@study-house.com

○ Enrolment

Complete the enrolment form and send with payment (or with deposit & standing order) to:

The Distance Learning Partnership
FREEPOST SEA9262

West Horsley
LEATHERHEAD KT24 6YQ

Or tel 01483 28 5626 to enrol by phone

Or Enrol online on our website

www.distancelearningpartnership.co.uk

We will register you with Study House when you enrol.

The Distance Learning Partnership is a member of the **Association of British Correspondence Colleges** to whose Code of Ethics we subscribe.

www.homestudy.org.uk



AROMATHERAPY - COURSE CONTENT:

Unit 1 Introduction to Aromatherapy

- What is a aromatherapy
- How does it work?

History of Aromatherapy.

- Historical development of aromatherapy since 3000 BC
- Aromatherapy today

Unit 2 Chemical Components in Essential Oils

- Acids
- Alcohols
- Aldehydes
- Esters
- Hydrocarbons
- Teripins
- Lactones
- Phenols
- Ketones
- Ethers
- Oxides

What are Essential Oils

- Understanding how essential oil is extracted
- The uses for essential oils
- The effects of essential oils
- The importance of quality of essential oils

Unit 3 The Power of Smell

- How the sense of smell works
- The importance of smell
- The effects of smell

Unit 4 Cautions

- How toxicity occurs
- Which essential oils to use and avoid in pregnancy
- Contra indications, including ones in people with learning difficulties.
- The basic guidelines in using essential oils and how to deal with any problems that may occur

Unit 5 Carrier Oils

- Commonly used carrier oils to carry and dilute massage oil.
- Correct storage for carrier and essential oils.
- Handling carrier and essential oils.
- Health and safety issues.
- Brief descriptions of carrier oils.

Applying Essential Oils

- Inhalation
- Bathing
- Compress
- Massage

Massage

- the different effects of massage
- the benefits of massage
- Make up basic massage oil for face, hair, moods and use in the home using basic recipes.
- a basic Knowledge of Reflexology.

Symptoms

- Emotional Symptoms
- Physical symptoms
- Prohibited essential oils

Common Essential Oils

- Cedar wood
- Chamomile
- Clary sage
- Cypress
- Eucalyptus
- Frankincense
- Geranium
- Juniper
- Lavender
- Lemon
- Marjoram
- Mint
- Orange
- Rosewood
- Sandalwood
- Tangerine
- Tea tree
- Ylang Ylang

Unit 6 Introduction to Other Alternative Therapies

- Herbalism
- Bach Flowers
- Homeopathy
- Colour Therapy, including Chakras
- Crystal Therapy
- Meditation, including Yin and Yang