



Nature Care College

Advanced Aromatherapy DISTANCE/BLENDED LEARNING

DESCRIPTION	An expansion of Aromatherapy Studies, this unit of study considers the more exotic essential oils, advanced blending techniques, skin type analysis and the many rewarding applications of aromatherapy as a healing discipline.
DURATION	One term (12 weeks) approximately 24 learning hours.
LEARNING OUTCOMES	<p>By the conclusion of the unit of study, students should be able to:</p> <ol style="list-style-type: none"> 1. Describe the structure and function of the Integumentary System and how Essential Oils penetrate the epidermis. 2. Describe principles of skin Analysis and explained how to introduce Essential Oils compatible with the variety of skin types e.g. Oily, dry. 3. Describe more advanced principles of Blending (Practical & Theory) 4. Explain why Essential Oils are on our toxic list. 5. Explain how to treat the variety of different types of clients e.g. teenagers, elderly (frail) 6. Describe the more exotic Essential Oils – Blackpepper, ginger 7. Comprehend the “In Care” programme – working with AIDS and HIV patients and friends
TEACHING METHOD	<p>This subject will be studied by the method known as “Distance/Blended Learning”. This form of study involves your completion of all learning outcomes without formal attendance at lectures or other types of classes.</p> <p>The benefits of this system are considerable as it contributes significant flexibility to your study programme. It also encourages students to take responsibility for their own learning, enhancing those mandatory skills of self-education. There will be considerable support from the College to aid you in your studies.</p> <p>A tutor will be available to answer any academic questions students may have. Details regarding this will be in the information and instruction sheet that will be sent to you upon enrolment. Please note that Tutor contact is not available during College breaks.</p>
ASSESSMENT	<p>An Assessment Pack will be included in your Distance/Blended Learning folder.</p> <p>Pass mark : 60%</p>
COMPETENCIES PARTIAL COMPLETION	<p>Successful completion of this unit of study is in partial completion of the following Health Training Package HLT07 Units of Competency</p> <p>HLTARO402A - Plan aromatherapy treatment</p> <p>HLTARO403A - Provide aromatherapy treatment</p> <p>HLTARO404A - Develop aromatherapy products</p> <p>HLTARO406A- -Perform aromatherapy health assessment</p>

ENROLMENT	You may enrol into this subject at any time. Unit of study fees must be paid in full when you enrol. All fees are <i>non-transferable and non-refundable</i> . You can enrol in person, over the telephone using a credit card, or by mail. Once you have enrolled you will be sent the Distance/Blended Learning Workbook together with a detailed instruction and information sheet.
PRE-REQUISITES	Anatomy & Physiology 1A Aromatherapy Studies
CO-REQUISITES	Anatomy & Physiology 1B
TEXTBOOKS	<p>(a) Compulsory: Battaglia S. The Complete Guide to Aromatherapy. 2nd ed. International Centre of Holistic Aromatherapy 2003</p> <p>(b) Recommended Reading / References: Price S. Aromatherapy workbook. Thorsons 2000 Price S. & Price, L. Aromatherapy for Health Professionals. 3rd ed. Churchill Livingstone. 1999 Mojay G. Aromatherapy for Healing the Spirit. Healing Arts Press 1997 Worwood V. The Fragrant Mind. Bantom Books. 1996</p>

SUGGESTED HOME STUDY PLAN:

WEEK 1	Integumentary system revised – How Essential Oils penetrate this system
WEEK 2	Skin analysis classifying skin types – suggested Essential Oils and carrier oils
WEEK 3	How to treat a variety of different types of clients eg. Frail, young, etc
WEEK 4	Consultations, active listening techniques, how to take a consultation, consultation charts
WEEK 5	How to blend Essential Oils (Theory & Practical)
WEEK 6	Blending, Perfume Blending and Subtle Aromatherapy
WEEK 7	More on toxic oils eg. Clove
WEEK 8	Home suggestion chart, how to use sprays
WEEK 9	Hospital care using essential oils
WEEK 10	In care programme, includes HIV and AIDS patients
WEEK 11	Essential oils
WEEK 12	Assessment due