



Nature Care College

Aromatherapy Studies – An Introduction DISTANCE/BLENDED LEARNING

DESCRIPTION	A great lifestyle subject, from our popular Certificate IV in Aromatherapy, providing an in-depth study of over 30 essential oils, including their history, chemical constituents, actions and therapeutic use. You will also learn blending techniques with carrier oils and extraction methods.
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 external therapeutic use of essential oil. 2. Describe the occurrence, extraction, therapeutic use and contra-indications of essential oils. 3. Describe carrier oils and blending techniques. 4. Demonstrate the practical skills required for blending. 5. Describe relevant information pertaining to quality control and adulteration of purchasing essential oil.
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. 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.</p>
ASSESSMENT	<p>An Assessment Pack will be included in your Distance/Blended Learning folder.</p> <p>Pass mark: 60% All components must be passed at 60% in order to pass this subject.</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>HLTARO401A - Work within an aromatherapy framework HLTARO404A - Develop aromatherapy products</p>
ENROLMENT	<p>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.</p>

PRE-REQUISITES	Nil
CO-REQUISITES	Nil
TEXTBOOKS	<p>(a) Compulsory: Battaglia S. The Complete Guide to Aromatherapy. 2nd ed. International Centre of Holistic Therapy. 2003</p> <p>(b) Recommended Reading / References: Caddy R. Aromatherapy - Essential Oils in Colour. 2nd ed. Amberwood Guildford. 2000</p> <p>Davis P. Aromatherapy: An A-Z. CW Daniel Co Ltd. 2002</p> <p>Lawless J. The Encyclopedia of Essential oils. Thorsons. 2002</p> <p>Mojay G. Aromatherapy for Healing the Spirit. Healing Arts Press. 1997</p> <p>Price, S. Aromatherapy workbook. Thorsons. 2000</p> <p>Worwood V. The Fragrant Mind. Bantam Books. 1995</p>

SUGGESTED HOME STUDY PLAN:

WEEK 1	Introduction and history of Essential Oils
WEEK 2	Relevant Physiology: Overview of Integumentary System and Olfaction.
WEEK 3	What are Essential Oils
WEEK 4	Extraction of Essential Oils, Absolutes and Resins
WEEK 5	Toxic Oils (including IFA list). When to avoid using certain Essential Oils
WEEK 6	Four new Essential Oils
WEEK 7	Carrier Oils: types, their properties and vitamin content
WEEK 8	Blending theory
WEEK 9	Applying Essential Oils
WEEK 10	The use of Essential Oils in pregnancy
WEEK 11	Buying and selecting Essential Oils: quality control, adulteration
WEEK 12	Assessment due