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Nature Care College

Advanced Aromatherapy

DESCRIPTION	An expansion of Aromatherapy Studies, this module considers the more exotic essential oils, advanced blending techniques, skin type analysis and the many rewarding applications of aromatherapy as a healing discipline.	
DURATION	24 hours	
LEARNING OUTCOMES	<p>By the conclusion of this module, students should be able to:</p> <ol style="list-style-type: none"> 1. Describe how Essential Oils penetrate the epidermis and are metabolised. 2. Describe principles of Skin Analysis and explain 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 – Black pepper, ginger. 7. Comprehend the "in care" programme - working with AIDS and HIV patients and friends. 	
TEACHING METHOD	Modified lectures Group discussion and exercises Demonstrations Overheads Interviewing	
ASSESSMENT	Theory exam 80% Assignment 20% Pass mark 60%	<p>Both components must be completed and passed at 60% in order to pass this subject satisfactorily.</p> <p>Note: To facilitate the return of your assignment you will need to provide a stamped addressed envelope. If no envelope is provided assignments will be destroyed after results are recorded. Please also make a copy of your assignment before submission for your own records.</p>
COMPETENCIES PARTIAL COMPLETION	Successful completion of this unit of study is in partial completion of the following Health Training Package HLT07 Units of Competency HLTARO402A - Plan aromatherapy treatment HLTARO403A - Provide aromatherapy treatment HLTARO404A - Develop aromatherapy products HLTARO406A- -Perform aromatherapy health assessment	
ATTENDANCE	80% minimum.	

PRE-REQUISITES	Aromatherapy Studies – An Introduction Anatomy & Physiology 1A.
CO-REQUISITES	Anatomy & Physiology 1B.
MATERIALS REQUIRED	Notebook, pen.
TEXTBOOKS	<p>Compulsory: Battaglia S, 2004. <i>The Complete Guide to Aromatherapy</i>, 2nd ed. The Perfect Potion</p> <p>Recommended Reading / References: Mojay G, 2000. <i>Aromatherapy for Healing the Spirit: restoring emotional and mental balance with essential oils</i>. Inner Traditions International. Price, 1999. <i>Aromatherapy for Health Professionals</i>, 2nd ed. Churchill Livingstone. Price & Price, 2004. <i>Understanding Hydrosols – The Specific Hydrosols for Aromatherapy - Guide for Health Professionals</i>. Churchill Livingstone. Schnaubelt K, 1999. <i>Medical Aromatherapy: healing with essential oils</i>. North Atlantic Books Worwood V. 1996. <i>The Fragrant Mind: Aromatherapy for personality, mind, mood and emotion.</i>, New World Library</p>

WEEK-BY-WEEK OUTLINE

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 e.g., 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 - practical - Perfume Blending and Subtle Aromatherapy.
WEEK 7	More on toxic oils e.g. Clove.
WEEK 8	Home suggestion chart, how to use sprays.
WEEK 9	Guest Speaker – Hospital care using essential oils.
WEEK 10	Guest Speaker – In care programme, includes HIV and AIDS patients.
WEEK 11	Essential oils and revision.
WEEK 12	Exam

Assignment due.

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.