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Nature Care College

Aromatherapy Studies - An Introduction

DESCRIPTION	A great lifestyle subject, from our popular Certificate IV in Aromatherapy, providing an in-depth study of over 25 essential oils, including their history, chemical constituents, actions and therapeutic use. You will also learn blending techniques with carrier oils and extraction methods.	
DURATION	24 hours	
LEARNING OUTCOMES	<p>By the conclusion of the module, students should be able to:</p> <ul style="list-style-type: none"> • Describe the external therapeutic use of essential oil. • Describe the occurrence, extraction, therapeutic use and contra-indications of essential oils. • Describe carrier oils and blending techniques. • Demonstrate the practical skills required for blending. <p>Describe relevant information pertaining to quality control and adulteration of purchasing essential oil.</p>	
TEACHING METHOD	<ol style="list-style-type: none"> 1. Modified lectures 2. Group discussions and exercises 3. Demonstrations in classroom environment 4. Handouts 5. Cross reference to Aromatherapy manual 6. Practical blending by students 	
ASSESSMENT	Exam	45%
	Exam	45%
	Assignment– 1 Essential Oil	10%
	Pass mark	60%
	Both components must be passed at 60% in order to pass this subject satisfactorily.	
	NOTE: To facilitate the return of your assignment you will need to provide a stamped self 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 our own records.	
ATTENDANCE	90% minimum	
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>	

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PRE-REQUISITES	Nil.
CO-REQUISITES	Nil.
MATERIALS REQUIRED	Notebook, pen.
TEXTBOOKS	<p>Compulsory: <i>Nature Care Aromatherapy Manual (Workbook).</i> Battaglia S, 2004. <i>The Complete Guide to Aromatherapy, 2nd ed.</i> The Perfect Potion.</p> <p>Recommended Reading / References: Caddy, R. 1997. <i>Essential Oils in Colour.</i> Amberwood Publishing, UK. Davis, Patricia, 1999. <i>Aromatherapy An A-Z.</i> The C.W. Daniel Company Ltd 1995, UK Lawless, J. 1995. <i>The Illustrated Encyclopaedia of Essential Oils.</i> Element Books Ltd. Lawless J. 1995. <i>The Complete Illustrated Guide to Aromatherapy.</i> Element Books Ltd. Mojay, G. 2000. <i>Aromatherapy and Healing the Spirit.</i> London, Gaia Books. Price, S and Price, L. 1999. <i>Aromatherapy for Health Professionals.</i> Edinburgh, Churchill Livingstone, 1995. (Advanced Level Reading). Price, Shirley. 1998. <i>Aromatherapy Workbook.</i> Thorsons, London.</p>

WEEK-BY-WEEK OUTLINE

Essential oils are taught in depth each week, a minimum of 25 essential oils are covered over the duration of the course.

WEEK 1	Introduction and history of essential oils. Overview of Integumentary system and olfaction.
WEEK 2	What are essential oils? Properties of essential oils.
WEEK 3	Extraction of essential oils, absolutes and resins (steam distillation, enfleurage, expression).
WEEK 4	Toxic oils (including IFA list). Oils to be avoided under certain conditions and why, e.g., pregnancy, hypertension, epilepsy.
WEEK 5	Carrier oils: types, their properties, vitamin content.
WEEK 6	Two essential oils. Theory. Exam
WEEK 7	Blending Theory. Practical: Students blend their own individual formula to take home.
WEEK 8	How to use the essential oils correctly for bathing, footbaths, etc.
WEEK 9	Poultices. The use of essential oils in pregnancy.
WEEK 10	Buying and selecting essential oils: quality control, adulteration. Assignment Due
WEEK 11	Revision. Examination discussion.
WEEK 12	Exam

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.