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Nature Care College

Aromatherapy Techniques 2

DESCRIPTION	This unit of study will add a new dimension to your aromatherapy techniques practice. You will learn about massage in pregnancy, poultices and compresses, skin care and masks, cellulite treatments and infant massage.	
DURATION	24 hours	
LEARNING OUTCOMES	By the conclusion of this unit of study, students should be able to: <ol style="list-style-type: none">1. Select and describe the appropriate equipment to be utilised.2. Perform aromatherapy massage to pregnant women.3. Comprehend the emotional aspects of the body changes occurring in pregnancy and select the appropriate essential oils which can be used.4. Comprehend the emotional aspect involved in miscarriages and other problems of pregnancy.5. Describe other aromatherapy techniques using essential oils, e.g. footbaths, compresses, cellulite treatments etc.6. Describe the use of skin products and the use of essential oils with these products.7. Observe baby massages and explain its benefits.8. Perform full body pregnancy massages.9. Describe problems in fertility.	
TEACHING METHOD	Modified lectures, practical demonstrations and video.	
ASSESSMENT	Practical Exam 30% Assignment 30% Written Exam 40% Pass mark 60% Each 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 addressed envelope. If no envelope is provided, assignments will be destroyed after results are recorded. Please also ensure you have a copy of your assignment before submission for your own records.	
ATTENDANCE	80% minimum.	
PRE-REQUISITES	Aromatherapy Studies – An Introduction Anatomy & Physiology 1A Swedish Massage Aromatherapy Techniques 1.	
CO-REQUISITES	Nil.	

Nature Care College Pty Ltd ABN 77 105 282 264
46 Nicholson Street, St Leonards NSW 2065
Tel: +61 (0)2 8423 8333 Fax: +61 (0)2 9436 0503
email: info@naturecare.com.au website: www.naturecare.com.au

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: Barnes B, Bradley SG. 1994. <i>Planning for a Healthy Baby</i>. Vermillion, London. Dye J. 1993. <i>Aromatherapy for Women and Children: Pregnancy and Birth</i>. CW Daniel CO Ltd. England A. <i>Aromatherapy for Mother and Baby</i>. Gosden C, Nicolaidis K, Whitting V. 1994. <i>Is My Baby Alright</i>. Oxford University Press. McClure V S. 2000. <i>Infant Massage: A Handbook for Loving Parents, Revised ed</i>. Bantam McLeod JA. 1992. <i>Natural Health and Beauty from Australian Plants</i>. Simon & Schuster. Tiran D, 1996. <i>Aromatherapy in Midwifery Practice</i>. Churchill Livingstone. Trickey R, 2004. <i>Women, Hormones & the Menstrual Cycle</i>, 2nd ed. Allen & Unwin. Stoppard M. 2000. <i>Conception, Pregnancy and Birth</i>, 2nd ed. Dorling Kindersley. Tisserand M. <i>Aromatherapy for Women: How to use essential oils for health, beauty and your emotions</i>. Thorsons Publishing. Worwood VA. 2001. <i>Aromatherapy for Your Child</i>. Thorsons Publishing.</p>
MESSAGE TABLE HIRE	Massage tables are available for hire to both students and practitioners needing them for their practice, workshops or events. To make a booking or inquire about massage table hire, please call NCC Clinic 8423 8444.

WEEK-BY-WEEK OUTLINE

WEEK 1	Discussion on problems associated with falling pregnant, normal births, IVF, Foresight Video - follow-up discussion. Gift programs.
WEEK 2	Pregnancy Theory – Trimesters and Essential Oils used. Using essential oils on an emotional level.
WEEK 3	Pregnancy massage 1 - back.
WEEK 4	Pregnancy massage 1 - front.
WEEK 5	Pregnancy massage 1 – back and front.
WEEK 6	Pregnancy massage 2 – on the side.
WEEK 7	Compresses and lymphatic drainage to hands and feet.
WEEK 8	Video on baby massage and benefits of baby massage. Aromatherapy for children and babies. Hair and scalp care.
WEEK 9	Post partum depression and anxiety. Foot bath.
WEEK 10	Demonstration of cellulite treatment and linseed poultices. Masks-clays-creams.
WEEK 11	Pregnancy Massage 2 – practice.
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.