



Aromatherapy Skin Care & Products

Summary

Learn the rich benefits of essential oils for healthy skin care, make your own products and walk away with the skills & knowledge to create and apply skin care products made from the often complex nature of aromatherapy essential oils.

Home kits, Course notes and Recipes will be provided in this fun and engaging course.

Duration

6 hours

Learning Outcomes

By the conclusion of the subject, you should be able to:

1. Define holistic aesthetic aromatherapy
 2. Define the benefits of using natural skincare preparations
 3. Explain the benefits of essential oils in skin care
 4. Outline a skin care routine
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Assessment

There is no formal assessment for this practical workshop.

Attendance

You can attend the scheduled online lesson live in real time OR you can review the course content and live recording at your leisure in-line with your own weekly study schedule.

Pre-requisites

Nil

Resources

You will need a computer with reliable internet access to access your course materials through e-learning.

Recommended Textbook

Battaglia S, 2004. The Complete Guide to Aromatherapy, 3rd ed. The Perfect Potion.

Content

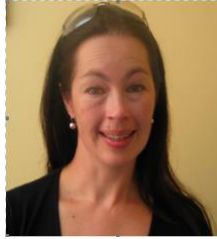
- The Benefit of Essential Oils in Skin Care
- Natural Skin Care Preparations
- Recipes and Treatments

About the Trainer

Tara Murray

Tara is an Aromatherapist & Trainer at Nature Care in Aromatherapy, Massage techniques, the making of natural cosmetics & more.

She has been manufacturing her own creams, lotions & potions for 10 years & is passionate about helping others make healthy choices & their own organic body products



Certificate of Completion

Participants receive a Certificate of Completion
