

About The Course

Aromatherapy 101

Aromatherapy 101 is a stand- alone course which prepares one to work in the Aromatherapy industry. Some areas of employment are the retail aromatherapy business, product development, custom blending and consultation.

Aromatherapy 101 can also supplement an existing modality such as Registered Massage Therapist; Esthetician; Reflexologist; Health Care Provider.

I have structured this course in a way which first lays the foundation and then gradually introduces new information. You will begin at the beginning, which is the definition of aromatherapy and essential oils. The information covered in the essential oil profiles is explained and contraindications are covered. The history of aromatherapy is also discussed and while some may find history boring, it is interesting to follow the centuries, decades and years of aromatherapy use along with new developments along the way.

I have categorized the essential oils under top, middle and base notes. First the top notes are covered in alphabetical order, then the middle and finally the base notes. My purpose for doing this is so that you can remember what note an essential oil is by the process of association. For example, if you remember that lavender is a middle note and that you learned about rosemary in one of the next modules my hope is that you will then be able to remember that it is also a middle note.

The Latin binomial for each essential oil is important to know – this is explained in greater detail under essential oil profiles, but the importance of this cannot be stressed enough. Also important is organic chemistry relating to the essential oils.

Essential oil safety is probably one of the most important aspects of this course. Each essential oil and hydrosol covered will include safety or precautionary information. Safety is covered in detail in Module 2

In Module 9, hydrosols are introduced and after that, you will find that I have recommended specific hydrosols for various conditions. In Aromatherapy 101, the hydrosols are listed under their Latin binomial. If you decide to take Aromatherapy 201, you will find them under their common English names. This was done deliberately to assist in remembering the Latin binomials.

The conditions covered in Aromatherapy 101 are some of the most common conditions a person might encounter. Along with each condition is a list of essential oils and modes of use.

Each module includes review questions and I highly recommend that you take advantage of this resource to assist you in remembering key points in the module.

At the back of the manual there is a glossary of terms, a description of anatomical directions and a quick reference guide to dilutions. As well, there are blank Cross

Reference Charts, Client Intake Forms and Client Intake Forms for Facials – these are for the case studies required to complete this level.

A correspondence course can be a solitary endeavour and so I offer monthly Skype meetings for all students to attend on an optional basis. There are benefits to discussing the course material with other students who may have questions you hadn't thought of or tips for learning the material.

Aromatherapy 101 is a pre-requisite to Aromatherapy 201

Aromatherapy 101

Essence of Thyme College of Holistic Studies

This Level is approximately 300 hours (including exams and case studies)

37 Essential Oils

500 + Pages

Cost: \$555.00

Exam Fee: \$75.00

Course Outline

Module 1:

Introduction to Aromatherapy

What are Essential Oils?

How Essential Oils Enter the Body

Aromatherapy as a Healing Art

Understanding Essential Oil Profiles

Contraindications

The Essential Oil Profile of Basil *Ocimum basilicum*

The Essential Oil Profile of Bergamot *Citrus bergamia*

The Essential Oils Profile of Clary Sage *Salvia sclarea*

Module 2:

Essential Oil Safety

Module 3:

Therapeutic Actions of Essential Oils

Quality of Essential Oils

History of Aromatherapy

Methods of Extracting Essential Oils

The Essential Oil Profile of Eucalyptus *Eucalyptus globulus*

The Essential Oil Profile of Eucalyptus *Eucalyptus citriodora*

The Essential Oil Profile of Eucalyptus *Eucalyptus smithii*

The Essential Oil Profile of Eucalyptus *Eucalyptus radiata*

The Essential Oil Profile of Eucalyptus *Eucalyptus dives*

Module 4:

Chemistry of Essential Oils

Plant Families

Botany

Essential Oil Profile of Grapefruit *Citrus paradisi*

Essential Oil Profile of Lemon *Citrus limon*

Essential Oil Profile of Lime *Citrus aurantifolia/Citrus medica*

Module 5:

Blending Guidelines

Completing a Cross Reference Chart

Client Consultation and Completing a Client Intake Form Methods of Treatment

General Knowledge of Carrier Oils

Profile of Apricot Kernel Carrier Oil

Profile of Calendula Carrier Oil

Profile of Coconut Oil

Essential Oil Profile of Mandarin *Citrus reticulata/Citrus nobilis*

Essential Oil Profile of Orange, sweet *Citrus sinensis*

Essential Oil of Petitgrain *Citrus aurantium* var. *Amara*

Module 6:

Olfaction

Profile of Grapeseed Carrier Oil

Profile of Jojoba Carrier Oil

Essential Oil Profile of Pine *Pinus sylvertris*

Essential Oil Profile of Sage, common *Salvia officinalis*

Essential Oil Profile of Tea Tree *Melaleuca alternifolia*

Essential Oil Profile of Thyme, sweet and red *Thymus vulgaris*

Midterm Exam Modules 1 – 6

Case Studies 5 Case Studies using massage oils and/or misters and completing cross reference charts for each

Module 7:

Anatomy and Physiology of the Immune System

Essential Oils and the Immune System

Profile of Rosehip Carrier Oil

Profile of Sweet Almond Carrier Oil

Essential Oil Profile of Black Spruce *Picea mariana*

Essential Oil Profile of Chamomile *Chamaemelum nobile*

Essential Oil Profile of Cypress *Cupressus sempervirens*

Essential Oil Profile of Geranium *Pelargonium graveolens*

Module 8:

Anatomy and Physiology of the Lymphatic System

Essential Oils and the Lymphatic System

Profile of Aloe Vera Gel *Aloe barbadensis*

Profile of Witch Hazel *Hamamelis virginiana*

Profile of Cocoa Butter *Theobroma cacao*

Profile of Mango Butter *Mangifera indica*

Profile of Shea Butter *Butyrospermum parkii* Origin

Profile of Dead Sea Salts; Profile of Himalayan Sea Salts

Profile of Breton Sea Salts; Profile of Ceara Sea Salts

Profile of Epsom Salts

Profile of Dead Sea Mud

Profile of Glacial Clay

Profile of Green Clay; White Clay; Red Clay; Pink Clay; Yellow Clay

Salves and Ointments; Creams and Lotions

Essential Oil Profile of Juniper Berry *Juniperus communis*

Essential Oil Profile of Lavender *Lavender angustifolia/Lavender officinalis/Lavender vera* Essential Oil Profile of Lavadin *Lavendula x intermedia*

Essential Oil Profile of Lavender, Spike *Lavendula stoechas*

Essential Oil Profile of Lavender, Maritime *Lavendula latifolia*

Module 9:

Anatomy and Physiology of the Integument System

Essential Oils and the Integument System

General Knowledge of Hydrosols

Chamomile Hydrosol

Lavender Hydrosol

Essential Oil Profile of Marjoram, sweet *Origanum marjorana*

Essential Oil Profile of Peppermint *Mentha piperita*

Essential Oil Profile of Rosemary *Rosmarinus*

Module 10:

Performing an Aromatherapy Facial

Orange Blossom Hydrosol

Peppermint Hydrosol

Rose Hydrosol

Essential Oil Profile of Benzoin *Styrax benzoin*

Essential Oil Profile of Frankincense *Boswellia carteri*

Essential Oil Profile of Myrrh *Commiphora myrrha/Commiphora molmo*

Module 11: Stress

Essential Oils and Stress

Performing an Aromatherapy Lymphatic Facial

Essential Oil Profile of Patchouli *Pogostemon cabli/Pogostemon patchouli*

Essential Oil Profile of Rose *Rosa damascene*

Essential Oil Profile of Rose *Rosa centifolia*

Essential Oil Profile of Sandalwood *Santalum album*

Module 12:

Ten Case Studies to be completed with the focus on the Immune System, Lymphatic System, Skin Care and Stress

Final Exam Modules 1 – 11
