

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. Students completing AT101 only are not qualified as a Certified Aromatherapists. A student must successfully complete both AT101 and AT201 in order to become a Certified Aromatherapist. However, if you are interested in aromatherapy for personal knowledge or to supplement an existing modality such as Registered Massage Therapist; Esthetician; Reflexologist or Health Care Provider, this level might be sufficient for your needs.

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 monographs is detailed and includes the chemistry of the essential oil, precautions, indications and applications. The history of aromatherapy is also covered 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 monographs, 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.

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 and also as a study guide for your exams.

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 VoIP 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.

Essence of Thyme has a Student Forum which is open to all students and grads of the program. We are also affiliated with Lab Aroma which offers an exclusive benefit to students of Essence of Thyme. Other exclusive benefits include an aromatherapy database at a 95% discount for EOT students.

Aromatherapy 101 is a pre-requisite to Aromatherapy 201 Aromatherapy 101

AT101 - Curriculum

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

44 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 CT Estragole *Ocimum basilicum*

The Essential Oil Profile of Basil CT Linalool *Ocimum basilicum*

The Essential Oil Profile of Bergamot *Citrus bergamia*

The Essential Oils Profile of Clary Sage *Salvia sclarea*

Module 2:

Essential Oil Safety

Universal Precautions

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:

Case Study Guidelines

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 *Prunus armeniaca*

Profile of Calendula Carrier Oil *Calendula officinalis*

Profile of Coconut Oil *Cocos nucifera*

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 *Vitis vinifera*

Profile of Jojoba Carrier Oil *Simmondsia chinensis*

Essential Oil Profile of Pine *Pinus sylvestris*

Essential Oil Profile of Sage, common *Salvia officinalis*

Essential Oil Profile of Tea Tree *Melaleuca alternifolia*

Essential Oil Profile of Thyme, CT Limonene, *Thymus vulgaris*

Essential Oil Profile of Thyme, CT Linalool, *Thymus vulgaris*

Essential Oil Profile of Thyme, CT Thujanol, *Thymus vulgaris*

Essential Oil Profile of Thyme, CT Geraniol, *Thymus vulgaris*

Essential Oil Profile of Thyme, CT Carvacrol, *Thymus vulgaris*

Assessment - Midterm Exam Modules 1 – 6 and Ten Case Studies

Module 7:

Anatomy and Physiology of the Immune System

Essential Oils and the Immune System

Profile of Rosehip Carrier Oil *Rosa rubiginosa/Rosa eglanteria*

Profile of Sweet Almond Carrier Oil *Prunus amygdalus*

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 *Lavandula angustifolia/Lavandula officinalis/Lavandula vera*

Essential Oil Profile of Lavandin *Lavandula x intermedia*

Essential Oil Profile of Lavender, Spike *Lavandula stoechas*

Essential Oil Profile of Lavender, Maritime *Lavandula latifolia*

Module 9:

Anatomy and Physiology of the Integument System

Essential Oils and the Integument System

General Knowledge of Hydrosols

Chamomile Hydrosol *Chamaemelum nobile*

Lavender Hydrosol *Lavandula Angustifolia*

Essential Oil Profile of Marjoram, sweet *Origanum marjorana*

Essential Oil Profile of Peppermint *Mentha piperita*

Essential Oil Profile of Rosemary CT Camphor, *Rosmarinus officinalis*

Essential Oil Profile of Rosemary CT Cineole, *Rosmarinus officinalis*

Essential Oil Profile of Rosemary CT Verbenone, *Rosmarinus officinalis*

Module 10:

Performing an Aromatherapy Facial

Orange Blossom Hydrosol *Citrus aurantium*

Peppermint Hydrosol *Mentha piperita*

Rose Hydrosol *Rosa damascena*

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*

Once you have completed Module 11, you will complete your final exam and case studies for AT101.

Assessment: Final Exam Modules 1 – 11 and Ten Case Studies.

About the Course

Aromatherapy 201

Aromatherapy 201 builds on the information covered in 101. This course is required for those wanting to become certified in Aromatherapy.

The combination of AT 101 and AT201 equate to the Full Professional/Advanced Practitioner Level Aromatherapy Course and have been audited and subsequently recognized as meeting and exceeding the requirements outlined by the Core Curriculums of the following associations:

Upon successful completion of Aromatherapy 201, the student will be recognized as a Certified Aromatherapist and is eligible to join the following associations:

- British Columbia Alliance of Aromatherapists which grants the right to use the designation of Registered Aromatherapist- RA ®; (RA®) and Essential Oil Therapist - EOT®; (EOT®). The Registered Aromatherapist title also holds an Occupation Title within the Province of British Columbia.
- The Alliance of International Aromatherapists and following application approval may use the trademarked designation of Advanced Aromatherapy Practitioner (formerly Clinical Member).
- The Canadian Federation of Aromatherapists, which grants the right to use the designation of Certified Aromatherapy Practitioner (CAP).

The National Association for Holistic Aromatherapy (NAHA) with the designation of Professional Aromatherapist.

The student is also eligible for membership in the British Columbia Association of Practicing Aromatherapists.

AT201 - Curriculum

AT201 is approximately 300 hours (including exams and case studies)

44 Essential Oils

500 + Pages

Cost: \$555.00

Exam Fee: \$75.00

46 Essential Oils

700 + Pages

Cost: \$555.00

Exam Fee: \$75.00

Course Outline

Module 1:

The Nervous System

Essential Oils for the Nervous System

Profile of Tea Tree Hydrosol *Melaleuca alternifolia*

Profile of Avocado Oil *Persea americana*

Profile of Evening Primrose Carrier Oil *Oenothera biennis*

Profile of St. John's Wort Carrier Oil *Hypericum perforatum*

Essential Oil Profile of Balsam Fir *Abies balsamea*

Essential Oil Profile of Cajeput *Melaleuca cajeputi*

Essential Oil Profile of Galbanum *Ferula galbanifula*

Essential Oil Profile of Hyssop *Hyssopus officinalis*

Module 2:

Anatomy and Physiology – Skeletal System

Essential Oils and the Skeletal System

Profile of Eucalyptus Hydrosol *Eucalyptus globulus*

Profile of Olive Oil *Olea europaea*

Profile of Hazelnut Oil *Corylus ayellana*

Profile of Wheatgerm Oil *Triticum vulgare*

Essential Oil Profile of Laurel *Laurus nobilis*

Essential Oil Profile of Lemongrass *Cymbopogon citrates*

Essential of Profile of Litsea Cubeba *Litsea cubeba* (May Chang)

Essential Oil Profile of Manuka *Leptospermum scoparium*

Module 3:

Anatomy and Physiology – Muscular System

Essential Oils and the Muscular System

Profile of Rosemary Hydrosol *Rosemary officinalis CT1/Rosemary Camphor*

Profile of Rosemary Hydrosol *Rosemary officinalis CT1/Rosemary Camphor*

Profile of Rosemary Hydrosol *Officinalis CT3/Rosemary Verbenone*

Profile of Sunflower Oil *Helianthus annus*

Profile of Macadamia Nut Oil *Macadamia integrifolia and M. ternifolia.*

Profile of Soya Oil *Glycine soja*

Essential Oil Profile of Myrtle *Myrtus communis*

Essential Oil Profile of Niaouli *Melaleuca viridiflora Melaleuca quinquenervia*

Essential Oil Profile of Orange – Bitter *Citrus aurantium var. amara*

Module 4:

Anatomy and Physiology -Circulatory System

Essential Oils and the Circulatory System

Anatomy and Physiology – Respiratory System

Essential Oils and the Respiratory System

Profile of Geranium Hydrosol *Pelargonium graveolens*

Profile of Sesame Oil *Sesamum indicum*

Profile of Safflower Oil *Carthamus tinctorius*

Profile of Carrot Root/Tissue Oil *Daucus carota*

Essential Oil Profile of Anise *Pimpinella anisum*

Essential Oil Profile of Bay *Pimenta racemosa*

Essential Oil Profile of Black Pepper *Piper nigrum*

Essential Oil Profile of Camphor *Cinnamomum camphora*

Essential Oil Profile of Cardamom *Elettaria cardamomum*

Essential Oil Profile of Carrot Seed *Daucus carota*

Module 5:

Anatomy and Physiology – Endocrine System

Essential Oils for the Endocrine System

Anatomy and Physiology – Female Reproductive System

Essential Oils for the Female Reproductive System

Anatomy and Physiology of the Male Reproductive System

Essential Oils for the Male Reproductive System

Profile of Borage Oil *Borago officinalis*

Profile of Calophyllum Oil *Calophyllum inophyllum*

Essential Oil Profile of Chamomile/German *Matricaria recutita*

Essential Oil Profile of Cinnamon Leaf *Cinnamomum zeylancium*

Essential Oil Profile of Coriander Seed *Coriander sativum*

Essential Oil Profile of Fennel (sweet) *Foeniculum vulgare var. dulce*

Essential Oil Profile of White Fir *Abies alba*

Assessment: Midterm Exam Modules 1 –5 and Five Cases Studies

Module 6:

Anatomy and Physiology – Digestive System

Essential Oils for the Digestive System

Anatomy and Physiology – The Urinary System

Essential Oils for the Urinary System

Profile of Kukui Oil *Aleurites moluccans*

Profile of Castor Oil *Ricinus communis*

Essential Oil Profile of Linden Blossom *Tilia vulgaris / Tilia europaea*

Essential Oil Profile of Melissa, true *Melissa officinalis*

Essential Oil Profile of Nutmeg *Myristica fragrans*

Essential Oil Profile of Palmarosa *Cymbopogon martini*

Module 7:

Aromatherapy and Cancer

Aromatherapy and HIV/Aids

Aromatherapy and the Dying/Palliative Care

Support for the Caregiver

Essential Oil Profile of Ravensara *Ravensara aromatica*

Essential Oil Profile of Ravintsara *Cinnamomum camphora*

Essential Oil Profile of Rosewood *Aniba rosaeodora* var. *amazonica*

Essential Oil Profile of Spruce Hemlock *Tsuga canadensis*

Essential Oil Profile of Tarragon *Artemisia dracunculus*

Module 8:

Essential Oils and the Mind

Pregnancy, Childbirth, Children and the Elderly

Essential Oil Profile of Angelica Seed *Angelica archangelica*

Essential Oil Profile of Black Seed *Nigella sativa* L

Essential Oil Profile of Cedarwood *Cedrus atlantica*

Essential Oil Profile of Cedarwood Juniperus *Juniperus virginiana*

Essential Oil Profile of Cinnamon Bark *Cinnamomum zeylancium*

Module 9:

Subtle Aromatherapy

Essential Oil Profile of Clove Bud *Eugenia caryophyllata* *Syzygium aromaticum* *Eugenia aromaticum*

Essential Oil Profile of Ginger *Zingiber officinalis*

Essential Profile of Helichysum/Immortelle *Helichrysum italicum*/*Helichrysum angustifolium*

Essential Oil Profile of Jasmine *Jasminum officinale*/*J. officinalis*/*J. grandiflorum*

Essential Oil Profile of Neroli *Citrus aurantium* var. *Amara*

Module 10:

Ethics in Business

Business and Marketing

Essential Oil Profile of Spikenard *Nardostachys jatamansi*

Essential Oil Profile of Vetiver *Vetiveria zizanioides*

Essential Oil Profile of Ylang Ylang *Cananga odorata* *forma genuine*

Essential Oil Profile of Yarrow *Achillea millefolium*

Assessment: Final Exam and Ten Case Studies

Research Project: As part of your Aromatherapy Certification, you are required to write a research paper on one of the aspects of aromatherapy. The paper should be a minimum of 8 – 10 pages in length.