About the Course

Advanced Aromatherapy Practitioner Graduate Program

The Advanced Aromatherapy Practitioner Graduate Program combines AT101 and AT201. Students purchasing the full program will save $115.00 plus the shipping cost of the second manual.

Once a student has completed the Advanced Aromatherapy Practitioner Graduate Program, they will be eligible to join the following associations and to use their trademarked designations.

BCAOA: Registered Aromatherapist ® and Essential Oil Therapist ® - RA® and EOT®

CFA: Certified Aromatherapy Health Professional ™ - CAHP

AIA: Clinical Aromatherapist – Advance Aromatherapy Practitioner (formerly Clinical Aromatherapist)

NAHA: Professional Aromatherapist

With each association, you will need to have professional liability insurance and with the CFA and AIA, you are required to have your First Aid as well.
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 and 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 reticulate/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 Butyrosperum parkii Origin
Profile of Dead Sea Salts; Profile of Himalayan Sea Salts
Profile of Breton Sea Salts; Profile of Ceara Sea Salts
Profile of Epson 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 Angustofolia
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 damascena
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.
Aromatherapy 201 builds on the information covered in 101. This course is required for those wanting to become certified in Aromatherapy.

The combination of Aromatherapy 101 and 201 equate to the Advanced Aromatherapy Practitioner Graduate Program, and have been audited and subsequently recognized as meeting and exceeding the requirements outlined by the Core Curriculum of the following associations:

Upon successful completion of the Advanced Aromatherapy Practitioner Graduate Program 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)

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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 galbaniflua
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 Oil 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 recutitita
Essential Oil Profile of Cinnamon Leaf Cinnamomum zeylanicum
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 Myrisitca 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 zeylanicum
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 Helichrysum/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.

B List Essential Oils. The following essential oils are covered in the course but not examined.

- Copaiba *Copaifera reticulata*
- Fragonia™ *Agonis fragrans*
- Kunzea *Kunzea ambigu*
- Oregano *Origanum vulgare*
- Plai *Zingiber cassumunar*
- Palo Santo *Bursera graveolens*
- Rosalina *Melaleuca ericifolia*
- Vitex *Vitex angus castus*