



# **Course Information, Curriculum and Modules**

## **Diploma in Clinical Aromatherapy**

**27 Craigs Avenue, Corstorphine,  
Edinburgh, EH12 8HS**

**Telephone: 08454-757871 Mobile: 07917-757871**

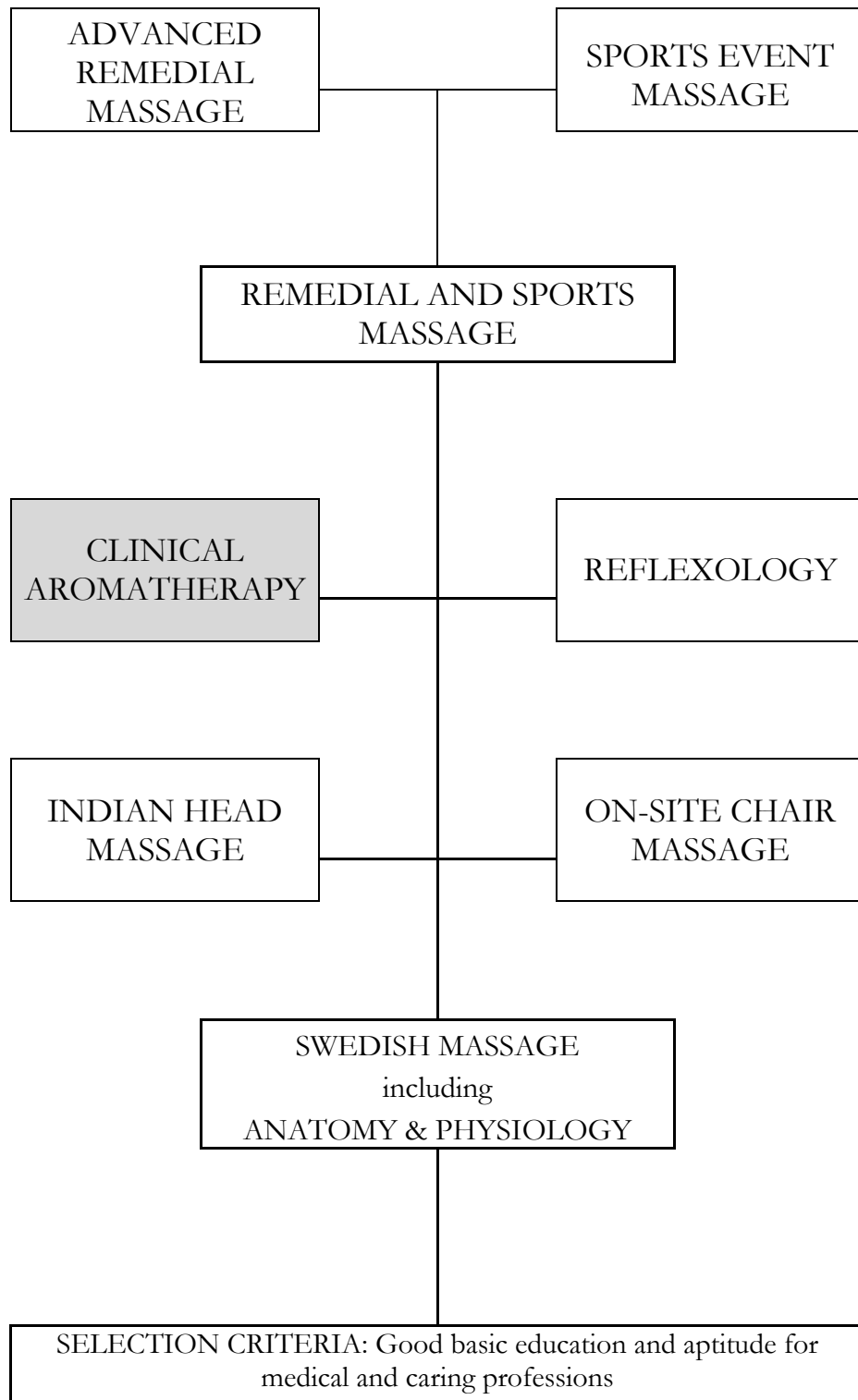
**Email: [info@scottishmassage.co.uk](mailto:info@scottishmassage.co.uk)**

**Website: [www.scottishmassage.co.uk](http://www.scottishmassage.co.uk)**

## CAREER PROGRESSION

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The courses run by Scottish Massage Schools are intended to provide the serious student with a complete career structure.





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Scotland's leading provider of complementary therapies training

## DIPLOMA IN CLINICAL AROMATHERAPY

**Welcome to the Scottish Massage Schools'**

**Clinical Aromatherapy Diploma course held in Aberdeen and Edinburgh.**

This leaflet contains information about our course, an outline of the weekends and the contents of the modules.

If anything requires clarification, do not hesitate to get in touch.

The course is a lot of fun, and as the use of essential oils is so beneficial to health, you will not only be learning new skills, but also maintaining and restoring your own health!

We include a brochure, which contains the dates of the current course, and an application form.

We look forward to hearing from you.

Best wishes,

A handwritten signature in dark ink that reads "Lorna Forrester". The signature is fluid and cursive, with a small checkmark-like flourish at the end.

Lorna Forrester  
Principal

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## DIPLOMA IN CLINICAL AROMATHERAPY

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To gain a Diploma in Clinical Aromatherapy the student must attend 200+ hours of training over 15 weekends.

This Course is divided into two parts: Part I and Part II.

**Part I:** consists of eight (8) weekends (120 hours) of anatomy, physiology, practice management and Swedish Massage to Diploma level.

**Part II:** follows on after successful completion of Part I or a similar standard course and consists of seven (7) weekends (105 hours) of study in Clinical Aromatherapy.

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## ENTRY REQUIREMENTS

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**Part I:** a good basic education and an interest and enthusiasm for the caring professions. Time and motivation are necessary for the home study required, as well as a reasonable level of fitness! (More information on the Swedish Massage course is available on request).

**Part II:** completion of the Diploma in Swedish Massage, or equivalent qualification. *If you are not sure whether you satisfy the criteria for joining Part II, please write or phone the office for clarification.*

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## AFFILIATION

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This course is affiliated to the Scottish Massage Therapists Organisation (SMTO), the pre-eminent Organisation in Scotland working to unite Scotland's Massage Therapists, Clinical Aromatherapists and Reflexologists. The course follows the guidelines as set by the Aromatherapy Organisations Council (AOC).

Graduates are invited to join the SMTO for membership and insurance to practice.

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## SCOTTISH MASSAGE SCHOOLS

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**Aberdeen:** **Curl Aberdeen**, Eday Walk, Summerhill, Aberdeen AB15 6LN

**Inverness:** **Jurys Inn Hotel**, Millburn Road, Inverness, IV2 3TR.

**Perth:** **10<sup>th</sup> Perthshire Scout Hall**, Murray Place, Perth, PH1 1NJ.

**Edinburgh:** **Edinburgh Academy Junior School**, 10 Arboretum Road, Edinburgh EH3 5PL

**Borders:** **St Boswell's Village Hall**, Jenny Moore's Rd, St Boswells, Melrose TD6 0AA

For course details at all schools, please contact: Lorna Forrester, Principal, Scottish Massage Schools,  
on 08454-757871, [info@scottishmassage.co.uk](mailto:info@scottishmassage.co.uk)

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## PART II – CLINICAL AROMATHERAPY

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### FEES

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Please see individual course brochures from your local School for further details.

There is a non-refundable registration fee to be paid. Then tuition fees can either be paid at the beginning of the course or by monthly by banker's. Should a course not run, the registration fee and any tuition fees paid, will be returned.

All fees must be paid by weekend five (5).

### REGISTRATION

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Please complete an application form and return to the School of your choice, along with your non-refundable registration fee, as soon as possible to avoid disappointment.

### DATES

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These are found enclosed in the course letter. Start dates for all courses can be found on Scottish Massage Schools website [www.scottishmassage.co.uk](http://www.scottishmassage.co.uk) or each School's website (links from Scottish Massage Schools' website).

### DURATION

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Seven (7) weekends; 8.30am – 5pm both days.

### VENUE

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**Aberdeen:** Curl Aberdeen, Eday Walk, Summerhill, Aberdeen AB15 6LN

**Edinburgh:** Edinburgh Academy Junior School, Edinburgh EH3 5PL

### B&B

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A list of bed and breakfast establishments is available on request.

### ATTENDANCE

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100% is recommended. Minimum requirement is 90%, but students are advised to attend the full course.

### ABSENCE

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Please discuss any planned absences before the start of the course. Make-ups can be arranged with course tutors for weekends missed.

### COURSE CONTENT

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The modules and curriculum comply with those set by the Aromatherapy Organisations Council (AOC).

### REQUIREMENTS

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Portable couch (preferable), towels – two (2) bath towels, pillows – three (3), non-metallic bowls for oils

### MATERIALS

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Oils used for teaching, and other consumables used on the course weekends, will be provided by the School.

### COURSE BOOKS

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<b>“Aromatherapy an A-Z”</b>	<b>Patricia Davis</b>	<b>ISBN 085207185X – recommended core reading</b>
Medical Dictionary		ISBN 0192800019
“Aromatherapy Workbook”	Shirley Price	ISBN 0722526458

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## HANDOUTS

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You will receive handouts, which we hope will help you in your studying.

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## HOME STUDY & PRACTICE

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It is estimated that home study will involve five hours per week though this will obviously vary from student to student. Students are encouraged to meet between weekends to study and practice. In addition it is expected that a student practises the practical skills taught a minimum of five hours per week.

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## HOMEWORK

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There will be homework set at the end of weekends 1-4; this will vary from an essay to question sheets. Homework forms part of the course. This is posted to the Course Leader within 14 days of each course weekend.

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## STANDARDS

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A programme of Continuous Assessment is in situ and will contribute to the final mark.

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## COURSE TUTORS

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**Lorna Forrester RMT DCA DIR DOSM SMTO** - Principal of Scottish Massage Schools. Lorna is a practising Remedial and Sports Massage Therapist, Clinical Aromatherapist, Reflexologist and On-Site Massage Therapist in Edinburgh, and runs her own company offering Massage in the Workplace to businesses throughout the UK.

**Jill Tees RMT DCA DARM DIR** - leader of the Reflexology and Clinical Aromatherapy courses in Aberdeen and Edinburgh. Jill runs her own therapy practice in Cowdenbeath, Fife and incorporates the oils into a variety of her other therapies, to enhance treatment effects of remedial work. Jill is currently studying Herbal Medicine.

**Maggie Brooks-Carter DO RGN SMTO**

Founder of Scottish Massage Schools, Maggie practises as a Registered Osteopath, Remedial Massage Therapist, Clinical Aromatherapist and Reflexologist at the Brooks-Carter Clinic in Aberdeen. Maggie continues to be involved and acts as a consultant to Scottish Massage Schools.

Other speakers, experts in their own fields, will be invited to give lectures at appropriate points during the course. These include Doctors, Aromatherapists, Herbalists, a Counsellor and Nurse Tutors.

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## MODULES – DIPLOMA IN CLINICAL AROMATHERAPY

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Module 1:	Anatomy, Physiology and Pathology
Module 2:	Chemistry
Module 3:	Clinical Aromatherapy
Module 4:	Aromatherapy Massage
Module 5:	Practice Management
Module 6:	First Aid
Module 7:	Miscellaneous / Other related topics

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## TEACHING METHODS

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Though beginners are catered for, the range of knowledge and background obviously varies. With this in mind the course is structured to include a variety of teaching methods.

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## FORMAL TEACHING

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The theoretical part of the course tends to take place in the mornings. Practical in the afternoons.

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## GROUP LEARNING

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Group work is encouraged in the afternoon practical sessions, when students can also refer to charts and models under the auspices of a practical tutor.

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## SMALL GROUP TUTORIALS

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These are arranged on some of the review subjects. Tutorial requirements vary from class to class. Assistance is given to those students who require help in setting up a study programme.

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## SPECIAL NEEDS

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Many of our students have included people with physical, auditory, visual and learning impediments. They have all been very successfully in their achievements. If you wish to discuss your special needs and how we can help you, please call the office at Scottish Massage Schools on 08454-757871 or either of the associated schools (contact details on page 1).

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## ASSESSMENTS

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Written examination on the theory of Clinical Aromatherapy.

Practical examination to include a consultation, blending and massage on a member of the public.

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## EXTERNAL EXAMINER

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An external examiner presides to ensure that standards are upheld.

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## RESITS

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If the required standard is not reached and the examinations are not passed; resits will be organised within onece months of the examination date. Resit fee £50.

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## CASE STUDIES

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50 hours of case studies are required to be submitted during the course.

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## APPEALS

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There is an appeals procedure.

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## DIPLOMA

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A Diploma in Clinical Aromatherapy is awarded to graduates who successfully complete the course, satisfy all the criteria, have submitted case studies (50 hours), and are considered to be professional Clinical Aromatherapists. Graduates are entitled to use the letters D.C.A. (Diploma in Clinical Aromatherapy) after their name.

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## DISCONTINUATION OF TRAINING

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The Principal and/or Head of Studies reserve the right to discontinue the training with any trainee therapist who is likely to bring disrepute to the profession.

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## INSURANCE

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Insurance to practice can be obtained through various organisations, including the SMTO. All students on this course require insurance, including student cover while studying Clinical Aromatherapy, and should bring a copy of their insurance certificate with them on the first weekend.

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## FIRST AID

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All students must have a valid First Aid certificate. Certificates are valid for 3 years. This must be produced on the course. Arrangements can be made to update your certificate along side the Swedish Massage Diploma students, at a nominal fee.

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## PROFESSIONAL BODY

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Graduates are actively encouraged to join the dynamic and pre-eminent organisation for Scotland – the Scottish Massage Therapists Organisation (SMTO) – and be listed on their register.

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## POST-GRADUATE TRAINING

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Post-graduate workshops and training days will be arranged and graduates will be informed. To further develop confidence and competence it is important to update skills and attend anatomy and pathology lectures. These are available through Scottish Massage Schools, SMTO and each of the individual schools. Details are publicised in *'On The Massage Scene'* magazine and websites [www.scotmass.co.uk](http://www.scotmass.co.uk), [www.scottishmassage.co.uk](http://www.scottishmassage.co.uk), [www.highlandmassage.co.uk](http://www.highlandmassage.co.uk) and [www.essencemassagetherapy.co.uk](http://www.essencemassagetherapy.co.uk)

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## FURTHER TRAINING

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Remedial and Sports Massage Diploma:	Courses held in Aberdeen, Perth, Edinburgh, Inverness and Borders
Advanced Remedial Massage Diploma:	Courses held in Aberdeen and Edinburgh
Sports Event Massage Diploma:	Courses held in Aberdeen, Edinburgh and Borders
Reflexology Diploma:	Courses held in Aberdeen, Edinburgh, and Inverness
On-Site Massage Diploma:	Courses held in Aberdeen, Perth, Edinburgh, Inverness, and Borders
Indian Head Massage Diploma:	Courses held in Aberdeen, Perth, Edinburgh, Inverness, and Borders

Please ask for course dates, details and modules.



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## CONTENTS OF MODULES

### MODULE 1 – ANATOMY, PHYSIOLOGY AND PATHOLOGY

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- (a) Anatomy and physiology will be reviewed, as necessary, as per the modules of the Swedish Massage Diploma course
- (b) The effects of the environment, lifestyle, social factors, heredity, age, diet and stress on health
- (c) Olfaction
- (d) Respiration
- (e) Homeostasis versus pathology
- (f) Essential oils and pathological conditions
- (g) Skin types and disorders
- (h) Pregnancy, labour and the puerperium

### MODULE 2 – CHEMISTRY

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- (a) Definition of atom, molecule, organic and inorganic compounds
- (b) Definition and recognition of the significant constituents found in essential oils; a minimum of two examples of oils will be studied in each category: terpenes, alcohols and phenols, aldehydes, ketones, oxides, esters and ethers
- (c) Introduction to understanding chemotypes; natural variations in plants
- (d) Introduction to plant chemistry: photosynthesis and biosynthesis

### MODULE 3 – CLINICAL AROMATHERAPY

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- (a) The philosophy of Clinical Aromatherapy and the holistic approach
- (b) History and development of the use of plants and their essential oils:
  - (i) From the earliest times – biblical references, Egyptian/Greek/Roman records, ancient Chinese medical text;
  - (ii) Middle ages – distillation, Avicenna, renaissance spread of knowledge, influence and work of leading herbalists;
  - (iii) 18th to 20th centuries – development of modern medical symptomatic/pharmaceutical approach and social influences;
  - (iv) Founding of ‘modern’ Aromatherapy – the influence of Gattefosse, Valnet and Maury and of current leading practitioners
- (c) Therapeutic properties and safety considerations
  - (i) Contra-indications;
  - (ii) Prescriptive safety and precautionary advice;
  - (iii) Potential toxicity of essential and base oils;
  - (iv) Labelling requirements;
  - (v) Care in pregnancy
- (d) Pharmacology
  - (i) How chemicals are introduced to the body;
  - (ii) Absorption and excretion
- (e) Classification of essential oils; introduction to plant families
- (f) Chemical properties and their effects
- (g) Terminology

- (h) Extraction of essential oils
- (i) A good working knowledge of 40 essential oils:
  - basil, bergamot, black pepper, cedarwood, clary sage, German chamomile, Roman chamomile, coriander, cypress, eucalyptus, fennel, frankincense, geranium, ginger, grapefruit, jasmine, juniper, true lavender, lemon, lemongrass, lime, mandarin, sweet marjoram, melissa, peppermint, myrrh, neroli, niaouli, palmarosa, patchouli, petitgrain, pine, ravensara, rose, rosemary, sandalwood, tea tree, thyme, vetiver, and ylang-ylang
- (j) Essential oil profile: botanical/family name, common name, countries of origin, method of extraction, main chemical component of each oil, therapeutic properties of oil to assist with condition, uses/applications, and contra-indications specific to oil
- (k) Carrier oils
- (l) The blending of essential oils:
  - (i) selection and therapeutic application;
  - (ii) blending, percentage concentration and dilutions;
  - (iii) methods of mixing creams, lotions, cleansers, face masks, shampoos, bath gels, room sprays etc.
  - (iv) methods of administration
- (m) Efficiency with oils in regard to buying, storage, safety, bottling and pricing
- (n) Aromatherapy with Complementary and Orthodox Medicine
- (o) When to refer

#### MODULE 4 – PRACTICE MANAGEMENT

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- (b) Codes of conduct and ethical considerations
- (c) How to set up, develop and promote a Clinical Aromatherapy practice
- (d) Business organisation: advantages and disadvantages of the different types of employment
- (e) The business plan
- (f) Legal aspects:
  - (i) National laws and common law in relation to Clinical Aromatherapy and the dispensing of oils
  - (ii) Bylaws, local authority licensing, record keeping
  - (iii) Insurance
- (g) Professional organisations
- (h) Consultation procedures and record keeping relation to a Clinical Aromatherapy practice
- (i) How to prepare a case study; ***this module includes fifty (50) case studies to be presented before the course end.***
- (j) Care and safety of the client; developing the client/therapist relationship

#### MODULE 5 – FIRST AID

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- (a) Identifying the emergency condition
- (b) Emergency procedures and immediate action response
- (c) Cardio-Pulmonary Resuscitation (CPR)
- (d) First Aid management of burns, head injuries, strokes, heart attacks, fainting, choking, shock and haemorrhage
- (e) First Aid treatment of sprains and strains
- (f) Essential oils and First Aid

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## MODULE 6 – AROMATHERAPY MASSAGE

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- (a) Massage will be reviewed, as necessary, as per the Swedish Massage Diploma course modules. Modules available on request
- (b) Aromatherapy Massage:
  - (i) The student shall be competent to adapt a full body massage to suit client's needs when providing an Aromatherapy treatment;
  - (ii) The style and techniques, selected and employed, shall reflect and compliment the formulation blended;
  - (iii) As always, the emphasis shall be placed on meeting the individual needs of each client;
  - (iv) Care and safety practices will be re-emphasised

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## MODULE 7 – MISCELLANEOUS

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- (a) Referral options: other therapies
- (b) The role of counselling and psychotherapy
- (c) Posture of the therapist
- (d) The use of Aromatherapy in stress
- (e) Relaxation techniques
- (f) Nutrition and detoxification
- (g) Lymphatic Drainage techniques
- (h) Drugs in common use
- (i) Aromatherapy and beauty treatments
- (j) The Bach Flower Remedies
- (k) Colour and Aromatherapy
- (l) Introduction to Herbal Medicine
- (m) The use of Reflexology with oils

**SCOTTISH MASSAGE SCHOOLS  
DIPLOMA IN CLINICAL AROMATHERAPY**



<u>Weekend 1</u>	<u>Weekend 2</u>	<u>Weekend 3</u>	<u>Weekend 4</u>	<u>Weekend 5</u>	<u>Weekend 6</u>	<u>Weekend 7</u>
<ul style="list-style-type: none"> <li>Philosophy and history of Aromatherapy</li> <li>Aims of treatment – uses of Aromatherapy</li> <li>The holistic approach</li> <li>Effects, benefits, cautions and contra-indications to oils</li> <li>First Aid/oil safety</li> <li>Introduction to essential oils – definitions, characteristics, absorption, excretion, and production</li> <li>Introduction to blending and carrier oils</li> <li>Notes and dilutions of essential oils</li> <li>The first visit: the consultation</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to plant chemistry</li> <li>Essential oils; chemical properties and effects</li> <li>Pharmacology – how chemicals are introduced to the body</li> <li>Production and extraction of essential oils</li> <li>Introduction to plant families</li> <li>Buying/storing oils</li> <li>The role of essential oils in healing and repair of tissue</li> <li>Methods of administration</li> <li>How to prepare a case study</li> </ul>	<ul style="list-style-type: none"> <li>Olfaction</li> <li>Treatment of acute inflammation</li> <li>Homeostasis vs. pathology</li> <li>A review of the skin and how it absorbs</li> <li>Skin conditions</li> <li>Skin types and related oils</li> <li>Absorption and excretion of essential oils</li> <li>Ageing and Aromatherapy</li> <li>Review of chemistry</li> </ul>	<ul style="list-style-type: none"> <li>The Respiratory system, common conditions and essential oils</li> <li>The Lymphatic and immune systems and the uses of Aromatherapy</li> <li>Detoxification</li> <li>The nervous and endocrine systems</li> <li>Essential oils and their psychological effects in conditions</li> <li>Stress: effects and management</li> <li>Relaxation</li> <li>Counselling and psychotherapy</li> <li>Candidate's instructions</li> </ul>	<ul style="list-style-type: none"> <li>The digestive system and common conditions</li> <li>Importance of diet and nutrition</li> <li>Essential oils for GI conditions</li> <li>Blending for pregnancy and labour</li> <li>Aromatherapy and Reflexology</li> <li>Review muscular system; blending for aches and pains</li> <li>Controversial and banned oils</li> <li>Review Mock exam</li> <li>Theory review</li> </ul>	<ul style="list-style-type: none"> <li>Relating oils to pathology</li> <li>Ethics and code of conduct</li> <li>Professionalism</li> <li>Practice management: the legal aspects</li> <li>Introduction to Bach Flower Remedies</li> <li><u>FINAL WRITTEN EXAM</u></li> </ul>	<ul style="list-style-type: none"> <li>Business awareness - how to set up in business</li> <li>Promoting the Aromatherapy practice</li> <li>Accounts, book-keeping and record keeping</li> <li>Health and safety</li> <li>Energies and colour therapy</li> <li>Introduction to Herbal Medicine</li> <li>Lotions and Potions</li> </ul>
<u>Oils</u>	<u>Oils</u>	<u>Oils</u>	<u>Oils</u>	<u>Oils</u>	<u>Oils</u>	<u>Oils</u>
<ul style="list-style-type: none"> <li>Bergamot, Roman chamomile, Frankincense, Lavender, Mandarin, Sweet marjoram, Sandalwood, Tea tree.</li> </ul>	<ul style="list-style-type: none"> <li>Grapefruit, Lime, Geranium, Cypress, Niaouli, Lemon, German chamomile, Juniper, Sweet Orange, Neroli..</li> </ul>	<ul style="list-style-type: none"> <li>Peppermint, Rosemary, Rose, Lemongrass, Cedarwood, Black pepper, Clary sage, Petitgrain, Melissa.</li> </ul>	<ul style="list-style-type: none"> <li>Basil, Pine, Myrrh, Eucalyptus, Thyme, Jasmine, Patchouli, Vetivert, Ylang ylang.</li> </ul>	<ul style="list-style-type: none"> <li>Ginger, Coriander, Fennel, Palmarosa, Ravensara, Clove, Benzoin, Sage, Camphor, Spike lavender, Rosewood, Spearmint, Hyssop.</li> </ul>	<ul style="list-style-type: none"> <li>Review of all oils</li> </ul>	
<u>Practical Assignment</u>	<u>Practical Assignment</u>	<u>Practical Assignment</u>	<u>Practical Assignment</u>	<u>Practical Assignment</u>	<u>Practical Assignment</u>	<u>Practical Assignment</u>
<ul style="list-style-type: none"> <li>Aromatherapy consultation</li> <li>Blending for leg massage</li> </ul>	<ul style="list-style-type: none"> <li>Blending</li> <li>Relaxing massage to the back, neck and shoulders</li> </ul>	<ul style="list-style-type: none"> <li>Arm massage</li> <li>Blending creams and lotions - Face massage</li> </ul>	<ul style="list-style-type: none"> <li>Lymphatic drainage</li> <li>Relaxation techniques</li> </ul>	<ul style="list-style-type: none"> <li>Massage to the abdomen</li> <li>Massage to the feet</li> </ul>	<ul style="list-style-type: none"> <li>Full body massage</li> <li><u>MOCK PRACTICAL EXAM</u></li> </ul>	<ul style="list-style-type: none"> <li><u>FINAL PRACTICAL EXAM</u></li> <li>Lotions &amp; potions</li> </ul>