

# *Aroma101: Foundations:*

## *Cultivating an aromatic path to health and healing*

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### **Core topics:**

- Discovering Aromatic Plant Medicine: An Introduction
- Discover the therapeutic properties of 22 Essential oils\*\*
- Aromatic Skincare: The Integumentary System
- The basics of olfaction and the psychology of essential oils
- Methods of Application and Blending Techniques
- Homecare and Healthcare with aromatherapy
- Basic Chemistry of Essential Oils
- Basic Case study for family, friends and existing healthcare professionals
- What to do next? Advanced Aromatic plant medicine studies.

### **\*\* You will learn about the following essential oils:**

**Ylang ylang** (*Cananga odorata*),  
**Clary sage** (*Salvia sclarea*),  
**Ginger** (*Zingiber officinale*),  
**Cypress** (*Cupressus sempervirens*),  
**Fennel** (*Foeniculum vulgare*),  
**Frankincense** (*Boswellia thurifera*),  
**Grapefruit** (*Citrus paradisi*),  
**Mandarin** (*Citrus reticulata*),  
**Patchouli** (*Pogostemon cablin*),  
**Vetiver** (*Vetiveria zizanioides*),

**Roman chamomile** (*Anthemis nobilis*),  
**Lemon** (*Citrus limon*),  
**Orange** (*Citrus sinensis*),  
**Eucalyptus** (*Eucalyptus globulus*),  
**Lavender** (*Lavandula angustifolia*),  
**Tea tree** (*Melaleuca alternifolia*),  
**Peppermint** (*Mentha x piperita*),  
**Geranium** (*Pelargonium graveolens*),  
**Tangerine** (*Citrus reticulata*),  
**Rosemary** (*Rosmarinus officinale*),

### **Upon successful completion of Aroma101: Foundations you will be able to:**

- ♦ Discuss the history of aromatherapy and its modern development.
- ♦ Compare and contrast true therapeutic aromatherapy with retail marketed aromatherapy.
- ♦ Compare and contrast a true essential oil with a fragrance oil.
- ♦ Identify key elements in determining the quality of an essential oil .
- ♦ Understand and discuss methods of production and the various end products these methods produce.
- ♦ Identify the origins and purpose of an essence in a plant.
- ♦ Define what an essential oil is and how it is produced.
- ♦ Demonstrate knowledge of 20 essential oils, including Latin binomial, safety information, and 5 key therapeutic properties of each individual essential oil.
- ♦ Understand current up-to-date information on safety and essential oils.
- ♦ Describe the basic physiology of the skin and its key functions.
- ♦ Design an effective blend for a basic skincare.
- ♦ Describe the basic anatomy & physiology of the sense of smell.
- ♦ Specify key parts of the limbic system and their function.
- ♦ Create a blend of essential oils for an emotional purpose.
- ♦ List and describe various methods of application techniques and delivery systems.
- ♦ Demonstrate basic knowledge of the chemistry of essential oils.
- ♦ Provide a brief overview of key systems of the body and best methods of application.
- ♦ Design aromatic blends for a range of common household ailments.
- ♦ Assess your needs for education in aromatherapy.
- ♦ Develop clear career goals and a path to become an Aromatherapist.

### **Answers to Commonly Asked Questions:**

#### **Who is this program for?**

This program has been written for those who have a general interest in aromatherapy as well as for those who desire to have a foundation of aromatherapy knowledge prior to moving to a more indepth training program.

**This program will benefit:** Massage therapists, Healthcare professionals, Spa practitioners, Retail owners or employees and for general interest/self enhancement. This program provides valuable knowledge to women who would like to be empowered in health care options for themselves, family and friends.

#### **Is this a certificate program?**

Yes. Aroma101: Foundations is approved by the National Association for Holistic Aromatherapy as a Level One training program.

#### **Are there Prerequisites?**

Only a commitment and the desire to learn.

#### **Credit Hours:**

40 credit hours

#### **Continuing Education Credit:**

#### **What are the course requirements for successful completion?**

Course book & Homework  
5 practical hours (5 case studies)

#### **Materials and Tuition:**

Please see enrollment form.

# *Aroma201: Masters Apprenticeship program for Aromatic Studies*

This challenging & rewarding comprehensive course is one of the most unique and empowering courses currently available in aromatherapy. The Masters Apprenticeship program will empower you to fully integrate aromatherapy into your existing profession (massage therapists, estheticians, herbalists, and other healthcare professionals) or firmly establish an independent practice as an Aromatherapy Consultant. The Masters Apprenticeship program will empower you to care for your own family and friends. The College aromatherapy apprenticeship program offers you the opportunity to work at your own pace and on your own time, delving deeply into the heart of aromatherapy.

## ***Core topics:***

- Review of Foundations
- Advanced Aromatic Medicine for the Skin
- Advanced Psychotherapeutic Affects of Essential Oils -
- Becoming an Aromatherapist: The Practice & Business of Aromatherapy
- Advanced Chemistry -
- Integrating Aromatic Medicine in Home and Traditional Healthcare settings
- Integrating Aromatic Medicine in Home and Traditional Healthcare settings: Part II
- Aromatherapy Clinic
- Aromatherapy Research Project\*
- Final Class: Research papers and Examination & Potluck Celebration and Graduation!!

## ***Upon successful completion of Aroma201:***

### ***Masters Apprenticeship program you will be able to:***

- ◆ Discuss the general structure and function of: the respiratory, digestive, and muscular/skeletal systems.
- ◆ Discuss how essential oils interact with the above systems.
- ◆ Create aromatherapy blends and synergies for therapeutic purposes for the above systems.
- ◆ Make herbal throat lozenges, aromatic/herbal salves, synergies, frictions and suppositories
- ◆ Discuss the general structure and function of: the reproductive, circulatory and urinary systems.
- ◆ Discuss how essential oils interact with the above systems.
- ◆ Create aromatherapy blends and synergies for therapeutic purposes for the above systems.
- ◆ Make medicinal gels, frictions and tea's for the above systems.

## ***Required Texts:\*\****

Structure & Function of the body

Authors: Gary A. Thisbodeau, PhD and Keven T. Patton, PhD

## ***Recommended Reading:\*\****

How Aromatherapy Works

Author: Michael Alexander

## ***Answers to Commonly Asked Questions:***

### ***Who is this program for?***

Aromatherapists, Massage therapists, Healthcare professionals, Spa practitioners, Retail owners or employees and individuals who would like to pursue their knowledge and applications of aromatherapy. This program is also incredibly valuable for women who would like to be empowered in health care options for themselves, family and friends.

### ***Is this a certificate program?***

Yes. The Masters Apprenticeship program is an approved Level Two Professional Training program by the National Association for Holistic Aromatherapy. You will issued a Diploma in Aromatherapy upon completion of this program.

### ***Are there Prerequisites?***

Yes. Foundations Certificate from the College or equivalent training with an aromatherapy educator or school. 30 hours minimum. \* Some students may be admitted to Aroma201 by approval of Instructor. Please inquire.

### ***Credit Hours:***

300 credit hours

### ***Continuing Education Credit:***

### ***What are the course requirements for successful completion?***

Course book & Homework

36 clinic hours (12 case studies)

Research/General Interest Paper

Exam

\* On or Off Campus Clinic hours are required by all Certificate students. Non-Certificate students are not required to complete clinic hours or as agreed upon between the College and Student.

# *Aromatic Plant applications for the Skin*

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## ***Core topics:***

- Anatomy of the skin: A review & additional studies
- Skin analysis
- Aromatic plant medicine for the Skin: Essential oils and Hydrosols
- Advanced delivery systems: Vegetable & Herbal oils
- Disorders of the skin
- Caring for the skin
- Aromatic plant medicine and the skin: Experiential work/Mock case studies
- Experiential clinic work for friends and family

## ***Upon successful completion of Aromatic plant medicine for the Skin, you will be able to:***

- ♦ Describe the physiology of the skin including the epidermis, dermis and subcutaneous layers.
- ♦ Describe how essential oils can affect the immune system and the cells responsible for this potential action.
- ♦ Specify key physiological, chemical and psychological functions of the skin.
- ♦ Explain how primary wound healing occurs and the 10 most important factors which influence the skin's health.
- ♦ List and discuss 8 analytical categories of the skin.
- ♦ Describe the unique characteristics of the 7 'skin types' from oily & dry to dehydrated and lacking oil.
- ♦ Apply essential oils to the skin safely.
- ♦ Identify the key therapeutic actions of essential oils and hydrosols on the skin.
- ♦ Create an herbal oil.
- ♦ Demonstrate knowledge of over 6 herbal oils for the skin and muscular/skeletal system.
- ♦ Demonstrate knowledge of various vegetable oils and the importance of quality.
- ♦ List and discuss the therapeutic benefits of the main nutrients found in vegetable carrier oils used for skincare and massage.
- ♦ List and define 5 common issues of the skin.
- ♦ Apply your knowledge of essential oils to the skin for 5 common skin issues.
- ♦ Make a therapeutic salve, skincare cream, salt scrub, cleanser, toner and massage oil.
- ♦ List and describe the 3 aspects of a basic facial care regime.
- ♦ Perform a case study.

## ***Recommended Reading:***

Liquid Sunshine by Jan Kasmirek

## ***Answers to Commonly Asked Questions:***

### **Who is this program for?**

Estheticians, Aromatherapists, Massage therapists, Healthcare professionals, Hospice professionals, Spa practitioners and individuals who would like to advance their knowledge and applications of aromatherapy.

### **Is this a certificate program?**

Yes. You will be awarded a Certificate for Aromatic Applications for the Skin - 25 hours.

### **Are there Prerequisites?**

Yes. Foundations Certificate from the College or equivalent training with an aromatherapy educator or school. 30 hours minimum or by approval of Instructor.

### **Credit Hours:**

25 credit hours

### **Continuing Education Credit:**

### **What are the course requirements for successful completion?**

Course book & Homework  
5 clinic hours (5 case studies)  
Exam

# *Aromas and the mind*

## *Explorations into the psychological and physiological impact of aroma*

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### **Core topics:**

- Review of basic olfaction
- The Cultural History of the Senses and Advanced Olfaction
- Understanding the Nervous and Endocrine systems
- Understanding the nature of stress and its overall impact on our health
- Psychoneuroimmunology - Aromatic plant medicine and Immunity
- Dynamic Blending Techniques for Emotional Well being
- Aromatherapy Clinic - Case studies

### **Upon successful completion of Aromas and the Mind you will be able to:**

- ♦ Explain and diagram the sense of smell.
- ♦ Define the terms: Memory based and Learned response.
- ♦ Discuss the role of the senses throughout history.
- ♦ Develop an understanding of the impact the senses have on health and culture.
- ♦ Examine the impact of 'fragrance' on natural aromas in public perception.
- ♦ Identify key structures of the limbic system and their functions.
- ♦ Explain the pathway of aroma molecule takes when inhaled.
- ♦ Discuss the implications of research articles on our understanding of olfaction and its potential in supporting health.
- ♦ Describe 6 disorders of olfaction.
- ♦ Discuss the general structure and functions of the endocrine and nervous system.
- ♦ Discuss the two branches of the Autonomic nervous system and their role in allostasis.
- ♦ Discuss the impact of stress on the Autonomic nervous system and its functions.
- ♦ Design an aromatic program for 4 common disorders of the nervous system.
- ♦ Relate the endocrine and nervous system to the sense of smell.
- ♦ Define the term Stress and provide three characteristics of.
- ♦ List and discuss 3 theories of stress.
- ♦ Explain the physiological and psychological responses to stress.
- ♦ Identify symptoms of stress.
- ♦ Understand the different types of stress.
- ♦ Discuss the importance of utilizing the senses to enhance the immune system.
- ♦ Develop an understanding of the correlation between the mind and body.
- ♦ Explore the development of the senses
- ♦ Discuss the theory of Morphology blending.
- ♦ Create an aromatic massage oil or synergy based upon the morphology blending technique.
- ♦ To perform a consultation with a focus on stress and emotional states.
- ♦ Create an aromatic program to support relaxation and emotional well-being.

### **Recommended Reading:**

Aroma: The Cultural History of Smell  
Authors: Constance Classen, David Howes  
& Anthony Synnot

A Natural History of the Senses  
Author: Diane Ackerman

How Aromatherapy Works  
Author: Michael Alexander

Worlds of Sense  
Author: Constance Classen

### **Required Textbook:**

Why Zebra's don't get ulcers  
Author: Robert M. Sapolsky

### **Answers to Commonly Asked Questions:**

#### **Who is this program for?**

Aromatherapists, Massage therapists, Healthcare professionals, Spa practitioners, Retail owners or employees and individuals who would like to pursue their knowledge and applications of aromatherapy. This program is designed for those interested in understanding the relationship between aroma's and emotions as well as their impact on immunity.

#### **Is this a certificate program?**

Yes. You will be awarded a Certificate for Aromas & the Mind - 25 hours.

#### **Are there Prerequisites?**

Yes. Foundations Certificate from the College or equivalent training with an aromatherapy educator or school. 30 hours minimum or by approval of Instructor.

#### **Credit Hours:**

25 credit hours

#### **Continuing Education Credit:**

#### **What are the course requirements for successful completion?**

Course book & Homework  
5 clinic hours (5 case studies)  
Exam

# Chemistry by and for the Aromatherapist & Health Practitioner

## Core topics:

- The Plant, Plants in Medicine & Advanced Aromatic Plant botany
- The Basics of Human Pathology
- Organic Chemistry and the Biosynthesis of Essential oils in Plants
- The Biochemical Families of Essential Oils
- Structure/Function Blending
- Research on the known clinical and therapeutic benefits of essential oils
- Essential Oil Structure Charts Charts include:

**Basil** (*Ocimum basilicum*),

**Bergamot** (*Citrus bergamia*),

**Black pepper** (*Piper nigrum*),

**Cajuput** (*Melaleuca leucadendron*),

**Clary sage** (*Salvia sclarea*),

**Roman chamomile** (*Anthemis nobilis*),

**German chamomile** (*Matricaria chamomila*),

**Cypress** (*Cupressus sempervirens*),

**Eucalyptus** (*Eucalyptus globulus*),

**Fennel** (*Foeniculum vulgare*),

**Frankincense** (*Boswellia thurifera*),

**Geranium** (*Pelargonium graveolens*),

**Ginger** (*Zingiber officinale*),

**Juniper** (*Juniperus communis*),

**Lavender** (*Lavandula angustifolia*),

**Lemon** (*Citrus limon*),

**Mandarin** (*Citrus reticulata*),

**Marjoram** (*Origanum marjorana*),

**Melissa** (*Melissa officinalis*),

**Neroli** (*Citrus aurantium* var. amara),

**Niaouli** (*Melaleuca viridiflora*),

**Patchouli** (*Pogostemon patchouli*),

**Peppermint** (*Mentha x piperita*),

**Petitgrain** (*Citrus aurantium* var. amara),

**Pine** (*Pinus sylvestris*),

**Ravensara** (*Ravensara aromatica*),

**Rose** (*Rosa damascena*),

**Rosemary** (*Rosmarinus officinalis*),

**Sandalwood** (*Santalum album*),

**T-tree** (*Melaleuca alternifolia*),

**Thyme** (*Thymus vulgaris*),

**Vetiver** (*Vetiveria zizanioides*),

**Ylang ylang** (*Cananga odorata*)

## Upon successful completion of Aroma301: Chemistry by & for the Aromatherapist you will be able to:

- Define what a plant is.
- Understand and provide examples of how plants are utilized in modern medicine.
- Define key terms including: Pharmacology, Phytochemistry, Pharmacodynamics and Pharmacokinetics.
- Demonstrate an understanding of the importance of utilizing the whole plant matrix for optimal therapeutic affect.
- Discuss basic pathology including: bacteria, fungi, virus and animal parasites and list potential essential oils which have been shown to be effective for various pathology.
- Understand what the term "Natural" means and what constitutes a quality essential oil.
- Define the term Organic chemistry in relation to Aromatherapy.
- Explain the two main types of chemical bonding.
- List and describe the families of organic compounds and their general therapeutic properties.
- Specify the principal biosynthetic pathways which produce specific organic compounds.
- List examples of individual constituents under each chemical family and its potential therapeutic action.
- Map individual essential oils to create a Structure/Function chart .
- Develop a blend based upon the chemistry of essential oils.
- Explain why a specific essential oil was chosen based upon its chemistry.
- Identify key sites on the internet for research as well as instructions on how to utilize college libraries and Bastyr University to collect information and research articles.

## Answers to Commonly Asked Questions:

### Who is this program for?

Aromatherapists, Massage therapists, Healthcare professionals, Spa practitioners, Retail owners or employees and individuals who would like to pursue their knowledge and applications of aromatherapy. This program is designed to enhance one's understanding of the chemistry of essential oils and their therapeutic applications.

### Is this a certificate program?

Yes. You will be awarded a Certificate for Chemistry by and for the Aromatherapist & Health Practitioner - 25 hours.

### Are there Prerequisites?

Yes. Foundations Certificate from the College or equivalent training with an aromatherapy educator or school. 30 hours minimum or by approval of Instructor.

### Credit Hours:

25 credit hours

### Continuing Education Credit:

### What are the course requirements for successful completion?

Course book & Homework

Chemistry Project with Datasheets (10 hours)

Exam

### Recommended Textbook:

General, Organic, and Biochemistry 3rd Edition

Authors: Katherine J. Dniston, Joseph J.

Topping, and Robert L. Caret.