

AROMATHERAPY

Aromatherapy is one of the fastest growing holistic modalities used today. It is incorporated in many health and home care products. All over the world, Aromatherapy is making its way into mainstream society. Corporations, educational facilities and hospitals are using aromatherapy. Did you know Lemon oil can reduce clerical errors by up to 65%? Research has shown that Lavender is excellent for stress and to help promote sleep. Essential oils can be used for many health issues. Most people in our society recognize aromatherapy as a valuable source of healing. Knowledge of Aromatherapy can allow you to add another component to your practice. Training in this program will allow you to also have a strong foundation in which to assist family and friends. You will learn the safe use of essential oils and specific applications for Aromatherapy in traditional health care and mental health care. You will learn how to develop specific health care products using essential oils.

Aromatherapy Certification

This program is designed for the individual who desires a well-rounded education in Aromatherapy. After completing this program, you will be able to:

- List several essential oils, their uses and safety precautions
- Perform a 30-minute bodywork procedure on your clients/patients using specific essential oils
- Prepare various chemical free products for health and skincare, using aromatherapy
- Prepare custom blends of essential oils for health and wellness

64 Contact (clock) hours - 4 Modules

Aromatherapy Level I (16 contact hours)

Aromatherapy Level II (16 contact hours)

Aromatherapy Level III (16 contact hours)

Aromatherapy Level IV (16 contact hours)



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AROMATHERAPY CERTIFICATION COURSE DESCRIPTIONS

Aromatherapy Level 1 (16 hours)

\$160

Have you ever heard that Lavender can help you relax? Did you know that Lemon can greatly enhance concentration? Are you aware that many essential oils can take place of the synthetic chemicals you use for first aid? Aromatherapy Level 1 will provide you with a foundation for the safe use of essential oils for you r self, family friends and your clients. **Prerequisites: None**

- Learn how to assure you are getting a pure essential oil
- Be able to discuss the history of aromatherapy
- Learn the safety issues of essential oils in regards to children, pregnant women, elderly adults, pets and individuals who are seriously ill
- Begin to create your own essential oil set for health and wellness

Aromatherapy Level 2 (16 contact hours)

\$160

Lavender, Lavandin, Spike Lavender? Roman Chamomile, German Chamomile? Are they the same? NO! This is the level of training where you learn the difference between groups of “confusing” oils. This knowledge can make a great difference in choosing the right oil for the right person or right health issue.

Prerequisite: Aromatherapy Level 1

- Learn the difference between “similar sounding” essential oils
- Be able to create a blend for specific issues – colds, stress, tennis elbow
- Become aware of basic “aroma chemistry” to allow you to blend safely
- Learn the uses of more essential oils

Aromatherapy Level 3 (16 contact hours)

\$160

Making a blend of several essential oils “custom designed” for the client/patient is an excellent way to promote wellness and empowers them to be a part of their health program. Having the knowledge of how essential oils can balance the charkas and what effects this can have for individuals can be of great benefit. This information plus additional blending techniques and the aromatherapy body work process is included in Level 3.

Prerequisite: Aromatherapy Level 2

- Learn how to benefit specified to a clients needs
- Gain more knowledge of aromatherapy in the workplace
- Learn the 30 minute application process for aromatherapy
- Understand which specific oils can balance the chakras

Aromatherapy Level 4 (16 contact hours)

\$160

Level 4 is where it all comes together. In addition, specifics of how to incorporate aromatherapy in a professional setting will be discussed. Ethics of helping individuals and working within a legal scope of practice is also presented in this course. **Prerequisite: Aromatherapy Level 3**

- Fine tune the aromatherapy application learned in Level 3
- Make various natural products (health, beauty, cooking) with aromatherapy
- Learn how to structure your “aromatherapy lab” for safety
- Learn how to use aromatherapy in the workplace