

Foundations of Aromatherapy Curriculum



Module One: Introduction

- Lesson 1: Getting Started
- Supply List and Recommended Books
- Lesson 2: Introduction to Aromatherapy
- Lesson 3: Holistic Health and Wellness
- Lesson 4: The Art of Language
- Review Quiz

Module Two: Plants and Essential Oils

- Lesson 1: Medicinal Plants
- Lesson 2: Biological Role of Essential Oils
- Lesson 3: From Plant to Essential Oil
- Lesson 4: Absolutes and CO2 Extracts
- Review Quiz
- Lesson 5: The Basics of Essential Oils
- Lesson 6: Quality Assurance
- Lesson 7: Safety and Essential Oils
- Review Quiz

Module Three: Exploring 24 Essential Oils

Lesson 1: How to Read Essential Oil Monographs

Lesson 2: Essential Therapeutics (24 essential oils)

Roman Chamomile, Clary sage, Cypress, Eucalyptus, Fennel, Frankincense, Geranium, Ginger, Grapefruit, Helichrysum, Juniper berry, Laurel, Lavender, Lemon, Lemongrass, Mandarin / Tangerine, Sweet Orange, Patchouli, Peppermint, Pine, Scots, Rosemary, Tea Tree, Vetiver, Ylang Ylang, Review Quiz, Sprout: Insight About Blending

Module Four: Essential Phytochemistry

Lesson 1: Introduction to the Chemistry of Essential Oils

Lesson 2: Monoterpenes and Sesquiterpenes

Lesson 3: Alcohols and Esters

Lesson 4: Aldehydes and Ketones

Lesson 5: Phenols and Phenylpropanoids

Lesson 6: Oxides and Other Families

Lesson 7: Chemistry in Practice

Review Quiz

Module Five: Methods of Application

Lesson 1: Body/Facial Oils and Creams

Lesson 2: Cleansers and Toners

Lesson 3: Aromatic Baths

Lesson 4: Spritzers and Scrubs

Lesson 5: Inhalation and Diffusion

Lesson 6: Gels and Salves

Lesson 7: Compress, Hot Towels, and Mouthwash

Lesson 8: Undiluted/Neat Application

Review Quiz

Module Six: Blending and Consultations

Lesson 1: The Aromatherapy Consultation

Lesson 2: Developing a 'Treatment' Framework

Lesson 3: Developing an Aromatic Blend

Lesson 4: Final Steps Blending

Lesson 5: Blending Observations

Aromatic Program Charts

Review Quiz

Module Seven: Aromatherapy and the Skin

Lesson 1: Understanding the Skin

Lesson 2: Essential Oils for the Skin

Lesson 3: Vegetable Oils

Lesson 4: Other Raw Material

Lesson 5: Hydrosols

Lesson 6: Common Skin Conditions

Sprout: Herbal Infused Oils and Salves

Review Quiz

Module Eight: Our Sense of Smell

Lesson 1: Introduction to Olfaction

Lesson 2: Anatomy of Olfaction

Lesson 3: The Limbic System

Lesson 4: Aromatherapy and Stress

Sprout: Flower Essences

Review Quiz

Module Nine: Aromatics in Health

Lesson 1: The Respiratory System

Lesson 2: The Digestive System

Lesson 3: The Musculoskeletal System

Lesson 4: Women's Health

Lesson 5: The Circulatory System

Sprout: Aromatherapy for Children

Review Quiz

Module Ten: Business and Aromatherapy

Lesson 1: The Business of Aromatherapy

Lesson 2: Business Development

Resources

Module Eleven: Completion

How to Complete Program

About Case Studies

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