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
Submit Case Studies
Foundations Final Exam
Upload Graduate Directory Information