

Aromatic Scholars Curriculum

Module One: Introduction

- Lesson 1: Getting Started
- Lesson 2: Complete Supply List and Resources
- Lesson 3: About Your Paper
- Lesson 4: Additional Books

Module Two: Botanical Explorations

- Lesson 1: Advanced Botanical Nomenclature
- Lesson 2: Botanical Specificity
- Lesson 3: Morphological Specificity
- Lesson 4: Biochemical Specificity
- Botany Quiz

Module Three: Essential Oil Monographs

- Lesson 1: Pinaceae
- Lesson 2: Cupressaceae
- Lesson 3: Annonaceae
- Lesson 4: Apiaceae
- Lesson 5: Asteraceae
- Lesson 6: Betulaceae
- Lesson 7: Burseraceae
- Lesson 8: Canellaceae and Cistaceae
- Lesson 9: Ericaceae and Geraniaceae
- Lesson 10: Lamiaceae/Labiatae
- Lesson 11: Lauraceae and Myristicaceae
- Lesson 12: Myrtaceae
- Lesson 13: Oleaceae and Piperaceae
- Lesson 14: Poaceae syn. Gramineae
- Lesson 15: Rosaceae
- Lesson 16: Rutaceae
- Lesson 17: Santalaceae
- Lesson 18: Valerianaceae and Zingiberaceae

Module Four: Aromatics and the Skin

- Lesson 1: Anatomy and Physiology of the Skin
- Lesson 1b: The Health of the Skin
- Review Quiz: Skin
- Lesson 2: Aromatherapy and the Skin
- Review Quiz: Aromatherapy and the Skin
- Lesson 3: Essential Therapeutics and the Skin
- Lesson 3b: Essential Oils for the Skin
- Lesson 4: Vegetable Oils
- Lesson 5: Herbal Oils
- Lesson 6: Hydrosols
- Lesson 7: Other Ingredients
- Review Quiz: Base Ingredients
- Lesson 8: Cleansers and Toners
- Lesson 9: Oils and Creams
- Lesson 10: Gels and Salves
- Lesson 11: Exfoliants and Scrubs
- Lesson 12: Clays and Baths
- Lesson 13: Western Skin Types
- Lesson 14: Disorders of the Skin
- Lesson 15: Acne
- Lesson 16: Psoriasis
- Lesson 17: Eczema and Rosacea
- Lesson 18: Bruises and Pruritus
- Lesson 19: Wounds/Scars, Sunburn, Cellulite
- Lesson 20: Boils
- Lesson 21: Viral Skin Conditions
- Sprout: Seasonal Skincare (Autumn and Winter)
- Skincare Consultations

Module Five: Aromas and the Mind

- Lesson 1: Introduction to Aromas and the Mind
- Lesson 1B: Overview
- Lesson 2: Introduction to the Nervous System
- REVIEW QUIZ: Nervous System
- Lesson 3: The Central Nervous System
- Lesson 4: The Peripheral Nervous System
- Review Quiz: CNS/PNS
- Lesson 5: The Endocrine System
- Lesson 6: The Immune System
- Review Quiz: Endocrine/Immune
- Lesson 7: All About Stress
- Lesson 8: Aromatic Solutions for Stress
- Review Quiz: Stress
- Lesson 9: The Anatomy of Olfaction
- Lesson 10: The Nature of Olfaction
- Review Quiz: Olfaction
- Lesson 11: Aromatics for Neuroendocrine system
- Lesson 12: Aromatics for Immunity
- Lesson 13: Morphology Blending Technique
- Lesson 14: Aromas and the Mind Consultation

Module Six: Aromatic Phytochemistry with Jade Shutes and Nicholas Zemp

- Lesson 1: Basics of Organic Chemistry
- Lesson 1b: Organic Chemistry and Essential Oils
- Lesson 2: The Chemical Families
- Lesson 2b: Understanding what you are about to learn about!
- Lesson 3: Monoterpenes
- Lesson 4: Sesquiterpenes
- Lesson 5: Monoterpene Alcohols
- Lesson 6: Sesquiterpene Alcohols
- Lesson 7: Esters
- Lesson 8: Aldehydes
- Lesson 9: Ketones
- Lesson 10: Phenols
- Lesson 11: Phenylpropanoids
- Lesson 12: Oxides
- Lesson 13: Lactones and Furanocoumarins
- Lesson 14: Structure Function Charts
- Lesson 15: Experiential Project: Structure Energy Charts
- Upload Structure Charts
- Resources
- Sprout
- Aromatic Chemistry Quiz

Module Seven: Healthcare and Self Care

- Lesson 1: Holistic Framework
- Lesson 2: A&P of the Musculoskeletal System
- Lesson 2b: Essential Therapeutics for the Musculoskeletal System
- Lesson 2c: Herbal Oils for the Musculoskeletal System
- Lesson 2d: Aromatic Remedies for the Musculoskeletal System
- Lesson 3: A&P of the Respiratory System
- Lesson 3b: Essential Therapeutics for the Respiratory System
- Lesson 3c: Aromatic Remedies for the Respiratory System
- Lesson 4: The Digestive System
- Lesson 4b: Essential Therapeutics for the Digestive System
- Lesson 4c: Aromatic Remedies for the Digestive System
- Lesson 5: The Reproductive System
- Lesson 5b: Essential Therapeutics for the Reproductive System
- Lesson 5c: Aromatic Remedies for the Female Reproductive System
- Sprout: BONUS! Aromatherapy and the Female Reproductive System by Cathy Skipper
- Lesson 6: A&P of the Cardiovascular System
- Lesson 6b: Essential Therapeutics for the Cardiovascular System
- Lesson 6c: Aromatic Remedies for the Cardiovascular System
- Lesson 7: A&P of the Lymphatic System
- Lesson 7b: Essential Oils and Aromatic Remedies for the Lymphatic System
- Lesson 8: The Urinary System
- Lesson 8b: Essential Therapeutics for the Urinary System
- Lesson 8c: Aromatic Remedies for the Urinary System
- Healthcare and Self Care with Aromatherapy Quiz

Module Eight: The Practice of Aromatherapy

- Lesson 1: Dynamic Aromatherapy
- Lesson 2: A Holistic Framework
- Lesson 3: The Practice of Aromatherapy
- Sprout: Legalities of Practice

Module Nine: Course Completion

- How to Complete Course
- How to Complete Your Case Studies
- Submit Case Studies
- Research Paper