

## Aromatherapy

Aromatherapy is an increasingly sought after therapy for people wanting to enhance their daily wellbeing and obtain relief from stress.

While massage therapy is beneficial in itself, combining the use of essential oils in aromatherapy massage creates enhanced benefits and can be synergistically beneficial than massage alone.

Students completing the course will be able to confidently combine and enhance their massage practice through the use of essential oils.



### OVERVIEW

A hands-on course of 10 x 3.5 hour lectures.

### CERTIFICATE

A certificate of completion will be awarded upon meeting attendance requirements and successful completion of theory and practical assessments

### COST

**\$675** including work manual and the use of essential oils.

### PRE-REQUISITES

Completion of the Swedish course.

**Important Note:** *It is not recommended that pregnant students undertake the Aromatherapy course if they are in their 1st trimester. Pregnant women in their 2nd trimester will be considered if they have approval from their doctor, but acceptance will still require individual consideration*

### TERM DATES

*Please see timetable for class dates and times*

***Book into this course by completing an enrolment form, or ask a staff member for more details about this course***

## What is Aromatherapy?

Aromatherapy is the use of essential oils to relieve stress and enhance wellbeing.

## About the course

This course covers the practical, therapeutic and psychological aspects of aromatherapy.

Aromatherapy is an ancient science, which has been used throughout history in the medical practices of the world's great civilisations. It evolved out of the herbalism of the middle ages, but in fact aromatic plants have been used in religious ceremonies and for medical purposes since the time of the Egyptian.

Essential oils are the Aromatherapist's tools. They are pure essences extracted from the flowers, leaves and roots of plants and have their own unique properties based on complex chemical structures. Massage is an effective medium of application for essential oils. They are correctly diluted in vegetable carrier oils (i.e. sweet almond oil) before being used. The skin, the body's largest organ, absorbs the essential oils and distributes them via the circulatory and lymphatic systems. Specific massage techniques combining shiatsu pressure points and lymphatic drainage for the face and body will taught along with other methods of application.

Oral ingestion of essential oils is not taught in this module.

This modality is recognised by orthodox and complimentary health professionals to be one of the most beneficial natural therapies. Aromatherapy makes use to two of the senses; smell and touch. At its lowest level it is simply a pleasant experience, but the essential oils have therapeutic benefits including anti-microbial and anti-viral. Some essential oils have properties which are effective for relieving the symptoms of stress related disorders and can be uplifting / stimulating or calming / soothing. The deep sense of relaxation commonly resulting Aromatherapy treatments encourage a balancing effect on an emotional level; enabling the body to heal.

Emphasis is placed not only on the high standard of theory and practical work, but also on the health and wellbeing of the therapist.

**Course Teacher:** Julie Thompson-Moltzen

Julie's training in natural therapies began in the early 1980's gaining her Diploma in Beauty Therapy. Since then she has obtained Diplomas in Remedial Massage and Clinical Aromatherapy; has also undertaken studies in Oncology Massage, Hot Stone Massage, Lomi Lomi Facilitator's training and Level 6 in Hawaiian Massage. Julie is a full member and accredited teacher with the International Aromatherapy & Aromatic Medicine Association and has been incorporating her passion for Aromatherapy into other modalities and operating her own clinic since 2001.



**Certificate course in  
Aromatherapy**

**Course Outline**

16 essential oils will be studied in depth

- Lecture 1**      What is Aromatherapy?  
What is an Essential Oil?  
Methods of using essential oils  
Differences between Swedish and Aromatherapy Massage  
Study of Lavender and Rosemary Essential Oils  
Practical: Aromatherapy back sequence
- Lecture 2**      History of Aromatics  
Essential oil suppliers  
Quality Variables of Essential oils  
Contraindications  
How to treat an allergic reaction to the application of essential oil(s)  
Study of Geranium and Bergamot Essential oils  
Revision: Aromatherapy back sequence  
Practical: Aromatherapy leg and feet sequence (posterior)
- Lecture 3**      Distillation methods  
Basic chemistry of Essential Oils  
Requirements for a cold pressed carrier oil, types of carrier oils and storage  
Study of German and Roman Chamomile Essential oils  
Revision: Aromatherapy leg sequence (posterior)  
Practical: Aromatherapy head, face and neck sequence
- Lecture 4**      Properties of Essential Oils  
Sources of Essential Oils  
Adulteration and purity of Essential Oils  
Importance of documenting Client Health /Treatment Details  
Consultation Sheets  
Effective listening  
Study of Clary Sage and Eucalyptus Radiata & Globulus  
Revision: Aromatherapy head, face and neck sequence  
Practical: Aromatherapy sequence of the abdomen
- Lecture 5**      Anatomy of skin and smell  
Penetration of Essential oils through the skin  
Blending theory  
Study of Eucalyptus Citriodora and Frankincense  
Revision: Aromatherapy abdomen sequence  
Practical: Aromatherapy arm and hand sequence
- Lecture 6**      Revision: blending theory  
Blending Practical  
Study of Juniper and Mandarin Essential Oils  
Revision: Aromatherapy arm and hand sequence  
Practical: Aromatherapy leg and feet sequence (anterior)
- Lecture 7**      Toxic oils: oils to be avoided under certain conditions  
Study of Sweet Marjoram, Neroli and Peppermint Essential Oils  
Revision: Aromatherapy leg and feet sequence (anterior)  
Practical: 1.5 hour full body massage using Aromatherapy sequence / techniques (Group 1)
- Lecture 8**      **Assignments Due**  
Essential oil for pregnancy  
Study of Sandalwood (Australian and Indian), Tea Tree and Ylang Ylang Essential Oils  
Practical: 1.5 hour full body massage using Aromatherapy sequence / techniques (Group 2)
- Lecture 9**      **Theory assessment**
- Lecture 10**      **Practical assessment**

Compulsory Lectures