

Healing Fragrances School Aromatic Sciences

Certified Aromatherapy Health Professional Program

The following information contains the course outline for Healing Fragrances Aromatic S

Healing Fragrances School of Aromatherapy Certificate Program offers a program that will teach an in-depth study of Aromatherapy along with assignments that include:

EXAM REQUIREMENTS

150 hours of independent study hours that includes the following:

1. **Essential Oil Data Cards:** Essential Oil Data cards that include informational data on 60 essential oils
2. **Physiological & Treatment Data Cards:** Reference cards pertaining to Aromatherapy treatment for 120 physiological disorders.
3. **30 clinical case studies:** 30 Aromatherapy treatments that include assessments, essential oils used, and application of Aromatherapy. Student must have a second visit, in order receive feedback from client.
4. **2000 word Term Paper Based on Aromatherapy Researched Study:** that pertains to the community or other occupations (e.g. in the field of education, palliatives care workers, mid-wifery etc.) to acquire expertise in the field of Aromatherapy.

Upon completion of assignments and full attendance of program the student will be prepared to complete the program with:

1. *Practical Body Treatment Exam*
2. *Healing Fragrances School/Review Exam (Anatomy, Physiology and Aromatherapy).*
3. *CFA exam*

ANATOMY AND PHYSIOLOGY

1. An in class study of all the systems and structures according to the CFA CORE curriculum.
2. Power Point presentation for each system.

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3. Addressing the major pathologies according to the systems and aromatherapy treatments and applications. Pathologies pertaining to the following:
 - a. Infant and Children care
 - b. Male and Female care
 - c. Palliative Care
 - d. Geriatrics Care
 - e. Spa Treatments- Cellulite, Facial Care
4. Introduction to nutrition and importance to health and well-being.
5. Oriental approach – 5 elements and Yin & Yang.
 1. Pathology cards according to core curriculum lists - definition, treatments and limitations.
 2. Healing Fragrances Review exam
 3. CFA Anatomy and physiology exam

CLINICAL APPLICATIONS

1. Anti Viral and Anti bacterial activity on Infections and dosages
2. Sedative activity on the nervous system and dosages
3. Anti-spasmodic and spasmogenic on involuntary/voluntary muscles

Introduction to Aromatherapy

1. Orientation with students and why they are interested in Aromatherapy.
2. What is Aromatherapy?
3. What are essential oils?
4. Terminology.
5. History of Aromatherapy and Fragrances
 - a. Ancient History
 - b. 1st generation Aromatherapy
 - c. 2nd generation Aromatherapy/Essential oil therapeutics
 - d. The future of Aromatherapy/Essential Oils and utilization in industry

Plant Pathology

1. First metabolism (Synthesis of carbohydrates, proteins and fats in a plant)
2. Second metabolism (Synthesis of Aromatic molecules)
3. Plant morphology
4. Why plants create aromatic chemicals
5. Cellular structures of aromatic molecules.
6. Environmental influences on different crops.
7. Endangered species in the plant kingdom.

BOTANY

1. History of Botany

2. Taxonomy
3. Classification of a plant and their families. Genus, varieties, cultivars and chemo types.
4. Similarities in chemical compounds within the families.

CHEMISTRY OF ESSENTIAL OIL

1. Introduction to basic chemistry. (atomic theory, defining, elements, atoms, molecules, compounds chemical bonding, structure of the atom)
2. Defining and looking at the fundamentals of Organic Chemistry.
3. What is Aromatic Chemistry
4. Functional chemical groups in essential oils.
5. Common chemical components in essential oil.
6. Chemistry of carrier oils and explaining the difference between their molecular structure and the essential oil structure.

DISTILLATION & EXTRACTIONS

1. Types of Distillations
2. Expression
3. Solvent extractions
4. Quality control
5. Gas chromo graphic testing.
6. Understanding the ratios and toxic levels.

METABOLISM AND ABSORPTION OF ESSENTIAL OILS

1. Methods of application and their effects on the mind and body.
2. Absorption and components found in blood brain barrier.
3. Skin types and absorption levels.
4. Traumatized skin
5. Toxicity
6. Dilutions for applications
7. Contraindications on high-risk pathologies.

AROMACOLOGY

This component of the course is to teach a basic understanding of Human Behavior and patterns. It will include understanding types of emotions, characteristic of an individual to be able to be equipped with knowledge of how to handle traumatic situations and extreme behaviors when practicing with essential oils.

1. Olfactory system
2. The limbic system
3. Guided visualization with essential oils
4. The interpretation of scent

5. The colors of scent
6. How scent effects the Autonomic Nervous system (Para sympathetic- sympathetic states)

FORMULATION OF ESSENTIAL OILS

Assessments and observations of clients or environment.

1. Synergistic formulations
2. Breaking down a formulation to achieve therapeutic understanding and activity of oil.
3. Contraindications and safety measures.

CARRIERS

1. Carrier oils according to CFA curriculum.

Sweet Almond	Apricot	Wheat germ	Coconut, Fractionated
Evening Primrose	Coconut Butter	Jojoba	Sesame Seed
Olive	Rose hip Seed	Avocado	Grape seed
Sunflower	Hazelnut	Macadamia Nut	Safflower
Soya	Kuku	Borage	Castor
Calendula Infused	Carrot Infused	St Johns Wort Infused	

- a. Botanical name
- b. Family name
- c. Nutritional value, saturated and unsaturated fat content, acid content.
- d. Oxidization and shelf life
- e. Influence of carrier oil on essential oils
- f. Creating a lotion

ESSENTIAL OIL MONOGRAPHS: 60 ESSENTIAL OILS

Understand the uses of 60 essential oils through an in-depth study of their therapeutic & psychological effects. Safety of Essential Oils and the use of Herbs and extracts with essential oils. All oils will be taught according to their main chemical group.

1. Oils that fall under Chemo types and different species will be discussed.

Eucalyptus Globulus Eucalyptus radiata Eucalyptus dives	Basil Comero Basil Linalol	Rosmary 1,8 Cineole Rosmary verbenone type	Geranium Reunion Geranium Borbone	Spruce Canadian Black Spruce (Hemlock)
Cinnamon Bark Cinnamon Leaf	Spanish Marjoram Sweet marjoram	Helichrysum angus. Helichrysum italicum	Ravensara Ravensara	Thyme Linalool Thyme Geraniol type Thyme Chavicol Type Thyme Thymol type

2. Each oil will be reviewed with guided visualization. (2-3 minute introduction of the oil with guided visualization.
3. Botany
 - a. Botanical name and Family and Habitat.
 - b. Extraction method
 - c. Description
 - d. Precautions.
4. History:

Discussion of how the herb and essential oils were utilized throughout history. How they are used today in different industries.
5. Chemistry:
 - a. Major chemical components in the essential oils and the functional group they come from.
 - b. How the chemicals influence the clinical activity of the oil.
 - c. Continuous updated research on a chemical being discussed.
6. Therapeutic applications and dilutions for different systems and the pathologies associated with them.
 - a. Cardiovascular
 - b. Respiratory
 - c. Muscular / skeletal
 - d. Digestive
 - e. Integumentary System
 - f. Reproductive system
 - g. Nervous system

BODY WORK AND TREATMENTS

1. Massage Applications
 - a. Strokes (effleurage, petrissage, kneading, acupressure points etc)
 - b. Contraindications
 - c. Lymphatic drainage/Detox
 - d. Sequences
 - e. Alignment
 - f. Breathing techniques
 - g. Guided visualization
 - h. Blending a formulation for treatment
2. Personal Technique:
 - a. Hygiene/precautions (practitioner and client)
 - b. Preparing setting – effects, music, massage bed and sheets.
 - c. Physical and emotional ethics
 - d. Defining boundaries between client and practitioner.

- e. Self care – Nutrition, exercise etc.
3. The client:
- a. Professional ethics between client and therapist
 - b. Aromatherapy boundaries.
 - c. Knowing when not to treat/and having a referral network.
 - d. Assessment/body language.
 - e. Health records – (Importance)

BUSINESS PRACTICE

Business Management – Vision Statement, Short essay on business plan.
Marketing: Ideas on how to market and philosophy behind business.