

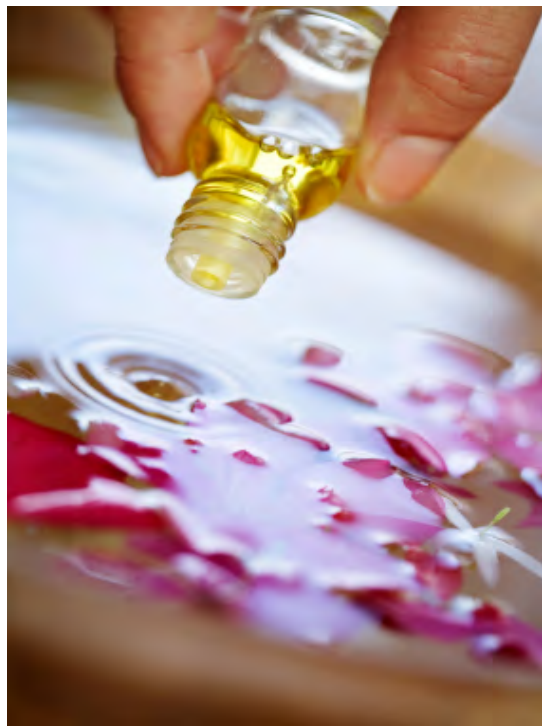


Certified
Aromatherapy
Course
2020



*"From the beginning of all beginnings
heavenly fragrances enter eternal thoughts"*

"Danielle Sade"



Healing Fragrances

School of Aromatherapy

The mission of the school is to teach professional, up-to-date Courses in Aromatherapy and other certified educational courses in the field of Natural Health and well-being. Knowledge of the most current researched materials, combined with practical hands on experience, will assist students in their goal towards becoming a Professional Health Practitioner in Aromatherapy.

Aromatherapy Certification Course

The following information contains the course outline for 425 hour Healing Fragrances Aromatherapy program in collaboration with the CFA core curriculum.

Healing Fragrances School of Aromatherapy Certificate Program offers a program that will teach an in-depth study of Aromatherapy

COURSE REQUIREMENTS

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 physiological disorders.
3. **30 clinical case studies:** 30 Aromatherapy consultations 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. Healing Fragrances School/Review Exam (Anatomy, Physiology and Aromatherapy.
2. CFA exam

ANATOMY & PHYSIOLOGY

1. An in class study of all the systems and structures according to the CFA CORE curriculum.
2. Addressing the major pathologies according to the systems and aromatherapy treatments and applications.



Pathology cards according to core curriculum lists - definition, treatments and limitations. Healing Fragrances Review exam CFA Anatomy and physiology exam.

CLINICAL APPLICATIONS

1. Assessments for clinic
2. Scope of practice
3. Pain Management
4. Anti Viral and Anti bacterial activity on Infections and dosages
5. Sedative activity on the nervous system and dosages
6. 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. Taxonomy
2. Classification of a plant and their families. Genus, varieties, cultivars and chemo types.
3. Similarities in chemical compounds within the families.

CHEMISTRY OF ESSENTIAL OILS

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. CO₂ Extractions
3. Expression
4. Solvent extractions
5. Quality control
6. Gas chromatographic testing.
7. Understanding the ratios and toxic levels.

METABOLISM & ABSORPTION

1. Methods of application and their effects on the mind and body.
2. Absorption and components found in blood brain barrier.
3. Internal vs. external use and safety.
4. Skin types and absorption levels.
5. Disrupted Skin Barrier
6. Toxicity
7. Dilutions for applications
8. Contraindications on high-risk pathologies.



AROMACOLOGY

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)

FORMULATIONS OF ESSENTIAL OILS

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

CARRIER OILS

1. Carrier oils according to CFA
 - 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
2. Butters
3. Macerated Oils
4. Creating gels
5. Creating Balms

ESSENTIAL OIL MONOGRAPHS (60 ESSENTIAL OILS)

1. Botany
 - a. Botanical name and Family and Habitat.
 - b. Extraction method
 - c. Description

d. Precautions.

2. History:

Discussion of how the herb and essential oils were utilized throughout history. How they are used today in different industries.

3. 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.

4. Therapeutic applications and dilutions for different systems and the pathologies associated with them.

- a. Cardiovascular
- b. Respiratory
- c. Muscular / skeletal
- d. Digestive
- e. Skin and cosmetics
- f. Reproductive system
- g. Nervous system

YOUR INSTRUCTOR



Danielle Sade B.Sc & CAHP

Is the founder of Healing Fragrances School of Aromatherapy and the Author of The Aromatherapy Beauty Guide. With three decades of teaching and product development experience, she offers a sound and proven approach when it comes to understanding plant based medicine and the science behind essential oils and their unique properties. She is committed to promoting health, nutrition and lifestyle awareness.

