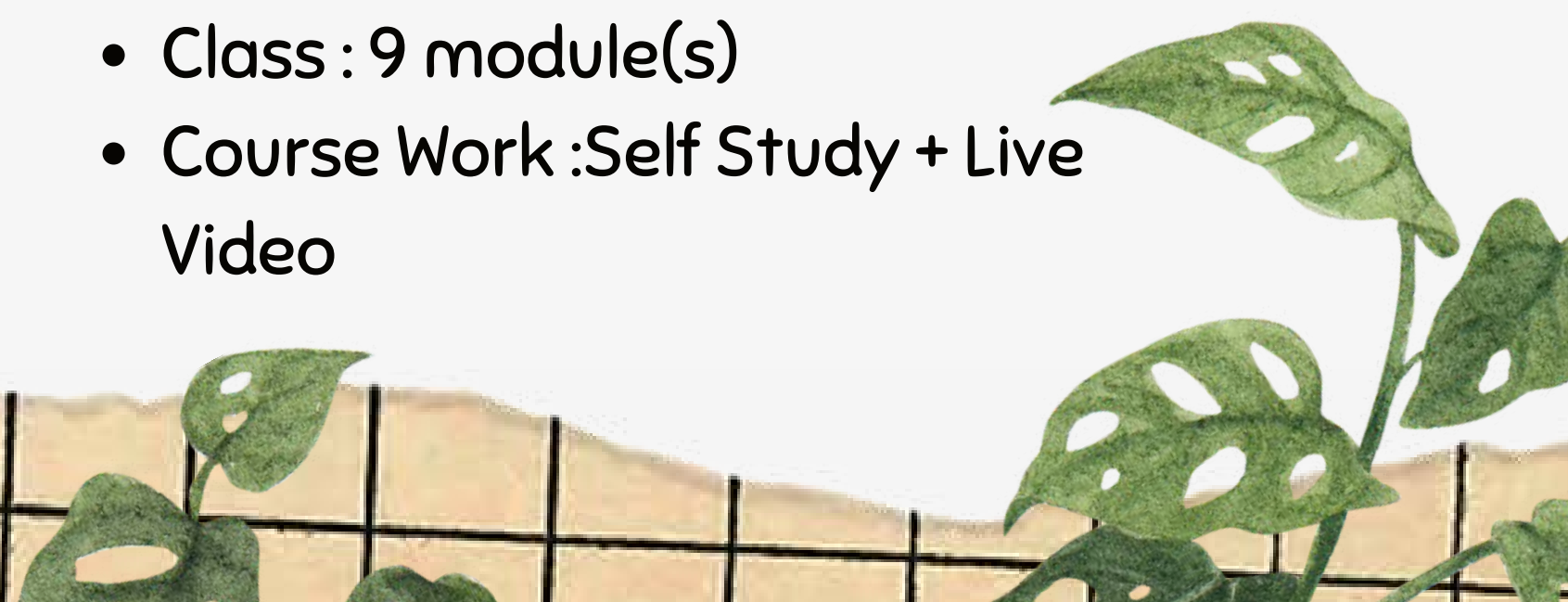


Diploma in Basic Aromatherapy



Course Fee: 200 USD

- Time : 60 study hours
- Class : 9 module(s)
- Course Work : Self Study + Live Video



Essential Oils



- **Introduction to Essential Oils**
- **History of Essential Oils**
- **Composition of Essential Oils**
- **Classification of Essential Oils**
- **What determines the Quality**
- **Storing Essential Oils**

Benefits Of Essential Oils



- **Benefits of Essential Oil**
- **Three Essential Oil Aroma Notes**
- **Eight Essential Aroma Families**
- **Blending of Essential Oils**
- **Essential Oils Side Effects**

Extraction of Essential Oils



- **Extraction Methods of Essential Oils**
- **Steam Distillation**
- **Solvent Extraction**
- **CO2 Extraction**
- **Maceration Process**
- **ENFLEURAGE**
- **Cold Process Extraction**
- **Water Distillation**



Mechanism of Action

Aromatherapy



- Origin of Aromatherapy
- Therapeutic Guidelines of Aromatherapy
- Therapeutic Benefits of Essential Oils
- Safety Guidelines of Aromatherapy



- How do they Act
- Action on Skin
- Action on Circulation, Muscles & Joints
- Action on The Respiratory System
- Action on The Digestive System
- Action on The Genito Urinary & Endocrine System
- Action on The Immune System
- Action on The Nervous System

Blending of Essential Oils



- Introduction to Blending Essential Oils
- Process of Blending
- Classification based on Scent family
- Classification Based On Evaporation Note
- Classification Based On Therapeutic Properties

- Essential Oils for Cosmetics
- Essential Oil for Acne
- Essential Oil for Anti Ageing
- Essential Oil for Lip Care



- Essential Oil for Dry Skin
- Essential Oil for Oily Skin
- Essential Oil for Exfoliation
- Essential Oil for Hair

Basic Blends of Essential Oils for Skin & Hair

Essential Oil Blends for Therapeutic Conditions



- **Essential Oil for Anxiety**
- **Essential Oil for Allergies**
- **Essential Oils for Colds**
- **Essential Oils for Headache**
- **Essential Oils for Asthma**
- **Essential Oil for Water Retention**
- **Essential Oils For Detox**
- **Essential Oil for Cough**
- **Essential Oils for Body Odor**
- **Essential Oil for Constipation**
- **Essential Oil for Menstrual Cramps**
- **Essential Oil for Foot Odor**
- **Essential Oil for Fever**
- **Essential Oil for Eczema**
- **Essential Oil for Hypertension**

Aromatherapy Massage



- **Benefits of Aromatherapy Massage**
- **Using Carrier Oils & Essential Oils in Aromatherapy**
- **Aromatherapy Massage Techniques**
- **Aromatherapy Massage Procedure**
- **Dilution Guidelines**
- **Contraindications**