

Course Component	Specific Proficiency Outcomes (upon completion student will be able to...)
The Genesis of Aromatherapy (I. World History of Aromatics)	<p>Discuss the history of plant material used throughout history.</p> <p>Discuss the evolution of plants used throughout history and how the aromatherapy of today came about.</p> <p>Distinguish between historical events and myths in the aromatherapy world.</p> <p>Discuss how aromatics were used through ancient history through modern history.</p>
The Science of Aromatherapy (II. Anatomy and Physiology, III. Common Pathologies of the Body Systems, IV. Role of Olfaction on Human Psychology, V. PNI, VI. Holism, VII. Botany IX. Chemistry)	<p>Have a thorough understanding of the human body and it's systems.</p> <p>Understand how the systems work together.</p> <p>Understand how essential oils can impact each system.</p> <p>Know the some common pathologies of each system and how essential oils can play a role.</p> <p>Understand the role of olfaction.</p> <p>Understand how essential oils enter and exit the body.</p> <p>Understand the classification system.</p> <p>Understand the INCI system used in cosmetics.</p> <p>Understand what PNI and Holism are and how they related to aromatherapy.</p> <p>Have a sound knowledge of the chemistry of essential oils.</p> <p>Understand what the functional group hypothesis is and know the functional groups.</p> <p>Understand the methods of extraction of essential oils.</p> <p>Understand how to best store essential oils.</p> <p>Demonstrate ability to blend for therapeutic value for different body systems.</p>
The Art of Blending Essential Oils (X. Carrier Oils, XI. Blending Theory and Practice)	<p>Have a thorough understanding and knowledge of many carrier oils and butters.</p> <p>Understand the different dilution rates for a large range of personal care items, oils and candles.</p> <p>Understand and demonstrate multiple blending strategies and theories.</p> <p>Demonstrate blending technique for 3 methods of blending.</p> <p>Demonstrate an understanding of carrier oils.</p>
Practical Aromatherapy (XII. Applied Aromatherapy)	<p>Understand the role of aromatherapy in skin care.</p> <p>Understand good skin care practices.</p> <p>Demonstrate an understanding of blending for skin care.</p> <p>Demonstrate an understanding of safety standards for different demographics.</p>
The Business of Aromatherapy (XIII. Consultation Skills & Therapeutic Relationship, XV. Business Skills)	<p>Be able to tell their aromatherapy business story.</p> <p>Understand and demonstrate consultation skills.</p> <p>Create an intake assessment form.</p> <p>Understand the different kinds of products and methods of application that can be used to treat with aromatherapy.</p> <p>Demonstrate an understanding aromatherapy in spa and home products.</p>
Creating Aromatherapy Bath Products and Soap (XII. Applied Aromatherapy continued)	<p>Demonstrate the ability to make safe aromatherapy bath products.</p> <p>Understand the properties and value of various salts and additives.</p> <p>Understand how essential oils react in the soapmaking process.</p> <p>Demonstrate the ability to make basic personal care products.</p>
Building Your Brand (XV. Business Skills continued)	<p>Be able to tell their aromatherapy business story.</p> <p>Understand and demonstrate consultation skills.</p> <p>Create an intake assessment form.</p>

	<p>Understand the different kinds of products and methods of application that can be used to treat with aromatherapy.</p> <p>Demonstrate an understanding aromatherapy in spa and home products.</p>
<p>Navigating Industry Regulations (XV. Business Skills continued, XIV. Ethics)</p>	<p>Students will have a thorough understanding of the differences between fragrance oils and essential oils.</p> <p>Student will be aware of the fragrance exemption.</p> <p>Understand standards that pertain to aromatherapy in the EU and USA.</p> <p>Understand the code of ethics and standards of practice of NAHA.</p>
<p>Do Not Pass Go Without Collecting Safety Information (XV. Business Skills continued, VIII. Essential Oils)</p>	<p>Understand claims of essential oil grades.</p> <p>Know forms of adulterations of essential oils.</p> <p>Understand contraindications and warnings.</p> <p>Know IFRA warnings.</p> <p>Understand pregnancy warnings and cautions.</p> <p>Understand the role of MSDS sheets.</p> <p>Know the most important safety rules.</p> <p>Understand what to do when injured with essential oils.</p>
<p>Cosmetics, Drugs, and Soaps...Oh My! (XV. Business Skills continued)</p>	<p>Understand how drugs, cosmetics, soaps and aromatherapy products are regulated by the FDA in the USA.</p> <p>Understand what claims cannot be made on aromatherapy products.</p> <p>Understand advertising claims that cannot be made.</p> <p>Understand voluntary and self-regulating standards.</p>
<p>Essential Oil Profiles (VIII. Essential Oils)</p> <p>Bergamot, Cajeput, Cedarwood (<i>Cedrus deodora</i>), Blue Chamomile, Roman Chamomile, Cistus, Clary sage (<i>Salvia sclarea</i>), Eucalyptus, Frankincense , Geranium, Ginger, Grapefruit, Laurel Leaf, Lavender, Lemon, Myrrh, Neroli, Sweet Orange, Patchouli, Peppermint, Rose Absolute, Rosemary, Tea Tree, Ylang Ylang</p>	<p>Students will demonstrate knowledge of therapeutic properties, perfume notes, components, appearance, special precautions, IFRA usage, EU allergen declarations, specifications, storage, and shelf life of each essential oil.</p>
<p>Business Consultation</p>	<p>A 60 minute business consultation between the student and Kayla Fioravanti to discuss how best to implement their aromatherapy training into their business after the student completes all requirements and passes the program.</p>