



THE ESSENTIALS OF AROMATHERAPY

THE TRAINING CENTRE OF WELLBEING LTD  
THE ESSENTIALS OF AROMATHERAPY COURSE BROCHURE

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# INTRODUCTION

Begin your journey to becoming a fully accredited aromatherapist. Our essentials course is a fully accredited and certificated course.

This course qualifies you to attend our advanced training which then allows you to obtain insurance and practice professionally and is also suitable for those wishing to expand their knowledge and for their self development.

The course is accredited by The Complimentary Medicine Association.

This essentials course takes place over 2 classroom days

The cost of this course is £300 and includes a printed instruction manual, a set of 20 therapeutic essential oils, and a sign up to a wholesale account. Visit our website or facebook page for upcoming dates.



# THE COURSE

The course covers the following topics:

Wholistic Therapy

The History of Aromatherapy.

Codes of Conduct.

Human Anatomy & Physiology.

The Psychology of Oils.

Introduction to some of the most well-known Essential Oils.

Carrier Oils.

Properties of Essential Oils.

Their Therapeutic Uses.

Contra-indications.

Notes of the different Oils.

Blending Oils.

Massage Techniques.

Yin & Yang Meridians.

The Etheric Bodies and Aromatherapy

First Aid.



Some of the health benefits of aromatherapy include its ability to reduce anxiety, ease depression, boost energy levels, speed up the healing process, eliminate headaches, boost cognitive performance, induce sleep, strengthen the immune system, reduce pain, improve digestion, and increase circulation.

A selection of teaching techniques used including presentation slides, videos, interactive classroom exercises and demonstrations.

You will be required to take part in the Massage demonstration to enhance and reinforce your learning.

You are required to carry out three case studies with 2 follow ups before moving onto advanced training. An opportunity is given at the end of day 2 to complete the informal exam if studying by way of the intense study weekend, or you can choose to take this home and return with your case studies.

The course also includes a professional training manual with comprehensive notes, a set of essential oils to get you started and a free sign up to a wholesale account to purchase your own oils at 75% of retail value with a business opportunity.

There is a requirement for basic knowledge in human anatomy and physiology and we strongly recommend that if you intend to progress to our advanced aromatherapy course that you join one of our formal courses in this area of specialism. For the purpose of this course, a workbook is provided upon booking your place and full payment made. You must read through this booklet on the body's systems and confirm in writing to your tutor that you have completed it.

There is also a requirement to read fully and agree to the Training Centre of Wellbeing and The Complimentary Medicine Association's codes of conduct and ethics. These policies are provided upon your enrolment along with acceptance of terms documents.

# BREAKDOWN OF THE SYLLABUS

## Wholistic Therapy

Before we look at Aromatherapy, we look at holistic therapy as a whole and discuss social, political and economic influences in this area of specialism.

## The History of Aromatherapy.

We go far back into the mists of time for the origins of Aromatherapy.

## Codes of Conduct.

The Codes of Conduct and Ethics are intended to make you aware of the standards of professional conduct and practice that professional aromatherapists are required to follow and gives guidance in relation to the practice of aromatherapy on humans only.

## Human Anatomy & Physiology.

We review the body's systems and essential knowledge required for aromatherapists studying this beginners level.

## The Psychology of Oils.

Over many years, hundreds of essential oils have been studied and their effects on emotion and physiology recorded. This exciting and relatively unknown use of essential oils is introduced to students.

## Introduction to some of the most well-known Essential Oils.

Essential oils contain the true essence of the plants they are derived from. They are extracted from a single botanical source of wild or cultivated plant material. We look at the properties of 12 of the most well-known oils.

## Carrier Oils.

Before essential oils can be used in aromatherapy massage they must first be diluted in a suitable carrier or base oil since they are too powerful to use neat.

## Properties of Essential Oils.

Essential oils are usually sold individually in very small, bottles and can vary greatly in quality and price. Various factors that can affect the quality and price of the oil include the variety of the plant, the country and conditions in which the plant was grown, the quality standards of the distiller and how much oil is produced by the plant. Understanding the properties and process of extraction is essential to choosing quality and effective oils.

# BREAKDOWN OF THE SYLLABUS cont....

## Therapeutic Uses.

Aromatic substances have been used since the times of the ancients for their psychological effects and numerous records attest to their use as perfumes and in religious rituals by the Mesopotamian, Egyptian, Greek and Roman civilisations, uses to which they have continued to be applied throughout history. Exploring ways in which these oils can be used is an ever changing field of research in this area of study.

## Contra-indications.

Essential oils are very concentrated. Their safe use requires they be treated with care and respect. The user should be knowledgeable about their properties and actions before any use. The contraindications of essential oils are also provided in a comprehensive e-booklet for your reference after completing your classroom training.

## Notes of the different Oils.

Essential oils are categorised into three categories of notes: top note, middle note and base note. These terms relate to the rate at which the oils evaporate - or how long the fragrance will last.

## Blending Oils.

Oils can be purchased as pre-blended but it is essential to understand the process and rules of blending including dilution.

## Massage Techniques.

As part of the training you take part in a basic massage demonstration to teach you the process of giving hand and feet massage to friends and family.

## Yin & Yang Meridians.

What unifies most of the holistic therapies is the concept of a "life force" or "vital energy" which ensures health, becomes disrupted in disease and can be manipulated by various means. In this form of therapy there is the belief that there is a vital force or energy called "Chi" which flows freely through the body in twelve meridians or channels

## The Etheric Bodies and Aromatherapy

Learn chi poa massage and how aromatherapy can be used with the energetic body.

TO BOOK YOUR PLACE ON THIS COURSE YOU CAN CONTACT US BY EMAIL OR TELEPHONE.

## Further Courses on offer at The Training Centre of Wellbeing Ltd

Beginners Aromatherapy

Advanced Aromatherapy

Anatomy and Physiology Training Course

Colour Therapy Practitioner

Crystal Therapy

The professional holistic practitioner

Managing your Holistic Business

Meditation Master Practitioner

Nutritional Therapy

Listening Skills

Animal Reiki

Animal Tuning Fork Therapy Practitioner

Reiki Seichem

Vibrational Reiki

Tera Mai Seichem

Tuning Forks Level 1-8

Frequency of Essence, Frequency of Colour, Frequency of Angels and Crystals, Frequency of Auras and Chakras, Frequency of Elemental Reiki

Frequency of Mysticism: Fibonacci, Planets, Kabbalah, Solfeggio

Frequency of the human body: The Spine, The Endocrine System, The Brain, Digestion, The Senses

Sound Therapy

Advanced Sound Therapy: Himalayan Singing Bowls, The Drum, The Gong, Crystal Singing Bowls

Mediumship

Spiritual Healing

Tarot Reading

Rune Reading

Reflexology

Acupressure

Indian Head Massage

Hopi Ear Candling

For information on our courses, please visit our website [www.centrewellbeing.co.uk](http://www.centrewellbeing.co.uk)

# Accreditation and Insurance Approval

