

# AROMA ZONE™ THERAPY

Combining the  
essence of  
aromatherapy with  
the Zone protocols of  
the spine.



Aroma zone therapy follows a series of protocols for specific ailments using the zones and reflex points on the spine and associated essential oils and blends to assist in the body's natural healing abilities.

The techniques used are of a light pressure, which enables many with pain associated conditions to tolerate this gentle therapy.

Study this unique and trademarked therapy programme only at The Training Centre of Wellbeing.

## CONTACT US

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# THE TRAINING CENTER OF WELLBEING

AROMA ZONE™ THERAPY  
TRAINING BROCHURE





# CURRICULUM

Zone Therapy  
The Spinal Reflex Points  
Pathologies  
Protocols  
Essential Oils  
Essential Oils Blends  
Contraindications  
The Therapy Sessions: putting it all together  
Applications  
Case Studies and Research

Please contact us to ensure that you meet the minimum requirements for this course. We will need to see your certification. A minimum of level 3 (or equivalent) reflexology and aromatherapy including Anatomy and Physiology is required. Your previous study must have been classroom based training.

## ABOUT THE COURSE

Pre-requisite: Aromatherapy including AP level 3 or equivalent. Reflexology  
Duration of training: 1 Day  
Cost: £125  
Independent Learning Hours: 10  
Case Studies: 3 with 2 follow ups on each

## IS THIS COURSE FOR YOU?

This course is ideal for the experienced aromatherapist and reflexologist practitioner who would like to offer a new therapy to their clients.

## MORE INFORMATION

This system is only available to study at The Training Centre of Wellbeing or at an approved training centre.

## WHATS INCLUDED?

Your training includes:  
Full printed manual, classroom sessions, support with case studies.

Accredited by the Complementary Medicine Association