



Aromatherapy for Beginners – Essential Oils 101

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1 Course Credit

Course Synopsis:

The art of aromatherapy uses plants and the oils from plants to **help alter the mood, mental, emotional and physical health of humans and even animals**. If you are just starting to learn about aromatherapy and essential oils then this is a great report for you to read. You'll learn the basics of aromatherapy and you'll be in awe with the power of nature to help heal us.

Using the right essential oils can help you with many parts of your life and improve your environment too. Need a little calming ambiance in your home, diffuse some lavender in the family room. Want to wake up easier add some lemon oil and mint to your bath wash. Have a head ache, soak a compress in some eucalyptus and place on your forehead or neck. Do you have morning sickness? Try smelling some lemon essential oils and it will disappear. It really works; you just have to try it.

Course Objective:

This is a Home Study Course, learning about the basics of Aromatherapy and the Essential Oils. You will learn about the importance of ethnical approach, international regulations, efficacy of most Essential Oils and their Contraindications.

As an added bonus Catherine will share some of her recipes with you.

The is also an exam paper to complete and once passed, you shall be issued with your certificate.



Grading Scale:

Grades are assigned as follows, based on percentages:

90-100 = A

80-89 = B

70-79 = C

60-69 = D

0-59 = F

Timeline:

Students have twelve weeks to complete this course.

Enrol and purchase:

We accept PayPal and the Home Study link will be emailed to you. Please ensure you give your corresponding email address, if different from PayPal Account.

To Enrol and Purchase this Home Study Course return to: [Aumvedas Academy](#)