

AROMATHERAPY PRACTITIONER DIPLOMA

Module 2

CONTENTS

Section 1 –theory notes

a. Essential oils	2
b. Aromatic oils – where to find them & how to extract them	8
1. Chemical therapeutic effects of essential oils	12
2. Table of Essential Oils for Module 2	13
c. Plant families	16
d. Fixed oils and other carriers	20
e. Mixing and blending	21
f. Precautions	21
g. Stress management	23
h. Diet, deficiency and disease	24
i. Reticulo-endothelial system	25
j. Pathology and holism	27

Section 2

Pre-treatment preparation & client analysis	29
Oils choice	32

Section 3

Aromatherapy massage	35
Summary of movements	48

Appendices

Appendix 1- Glossary of terms	50
Appendix 2 – IFPA code of conduct	53
Appendix 3 – Homework	58
Appendix 4- Therapeutic Cross Reference	60

