



Shirley Price International College of Aromatherapy

2010 COLLEGE PROSPECTUS

Principal Trainer Louise Carta MIFPA

College Secretary Gill Docherty

E:Training@ShirleyPriceAromatherapy.com

Thank you for your interest in The Shirley Price International College of Aromatherapy Courses which since 1978 have been recognised as the premier aromatherapy training in the world of Aromatherapy. We train for the IFPA membership examination.

As part of your training you will need an anatomy and physiology qualification. We recommend the course on the link below.

<http://www.anatomyandphysiologyonline.com/>

After reading this prospectus fee free to call Louise Carta MIFPA the College Principal on the training hotline 01455 615436 to discuss the training options.

STUDENTS LEARNING AREAS

The essential oils

Essential oil chemistry

Blending and using essential oils

Aromatherapy massage

Anatomy & Physiology - Body systems

Clinical aromatherapy

Reflexology

Aromatherapy for pregnancy and childbirth

Baby massage

Aromatherapy and massage for people with learning difficulties

Aromatherapy in Hospices

How to succeed as a therapist



The title aromatherapist is not protected but IFPA membership or that of the IFA is recognised as the minimum qualification for those intending to practice as aromatherapists in hospital and hospice settings. The Shirley Price college can take students to IFPA membership in 6 months concerted study which is the equivalent of the first year of a BSc level course. Aromatherapy is however a practical art and much emphasis is placed on work experience and case studies during your training. Finally you learn the business and personal skills necessary to succeed as a professional.

The college has access to first class and economical training facilities.

We look forward to welcoming you to train with us to become a Professional Aromatherapist Practitioner. You will join a family of over 5000 health and beauty professionals who have trained with the Shirley Price staff. Many trainers and students have gone before and we are grateful for the foundations laid, particularly by our founders Len and Shirley Price. It is a particular pleasure when students return as master practitioners like Celia Johnson and Kim Menzies to teach and inspire a new generation to reach their professional standards and commitment.

Each year students from all over the world join us to train and work in our factory. Welcome to Sp. It is a pleasure to see such an active uptake of our distance learning materials and course. We look forward to meeting students old and new very soon!

Aromatherapy will always have to justify its place in a world of scarce resources. That depends crucially on the experience of the public in dealing with qualified aromatherapy practitioners in their communities worldwide.

You can book distance learning or our IFPA membership diploma online at www.ShirleyPrice.net and find out more at www.ShirleyPrice.us, www.ShirleyPrice.cn, www.ShirleyPrice.jp, and our international site www.ShirleyPriceEssentia.com

Dr M.S Jaspal MB BS (Edinburgh) Director Training

P. I Brealey BSc, FCA

13th March 2010

What we can offer you

At Shirley Price Aromatherapy we are dedicated & committed to the fascinating world of clinical Essential Oil knowledge and Massage. The sense of touch and smell simply belong together.

Essential Oils & Massage

We believe that incorporating beneficial massage techniques, client evaluation & safe use will give you the confidence & knowledge to be able to treat the whole mind, body & spirit for maximum benefit. There is also documented research studies which prove this to be true.

Please read the sections relating to Essential Oils & Massage further on.

Tutors & Staff

The Shirley Price staff & Tutors are passionate about Aromatherapy and passing their knowledge to Students to become successful Aromatherapist Practitioner. We are here to help you during training and beyond.



As well as being fully qualified Aromatherapist Practitioners & Professionals', we have a wealth of experience.

Our Products

As members of the Soil Association we are committed to using the finest ingredients available in our Shirley Price Professional Aromatherapy and Essentia organic Skincare and base beauty products range. We use only the very best and this has grown over the years into a comprehensive catalog and professional supply chain. Shirley Price Essential Oils are the finest available and are sourced directly from leading distiller cooperatives of farmers and growers from all over the world. This is incredibly important as you will find out when studying with us as many Essential Oils available for sale on the common market place can be of lesser quality & in some cases adulterated which will sacrifice their natural therapeutic properties and aromas.

We have a small is beautiful policy and positively encourage small distillers and small distributors become established. At the same time the scale and efficiency of Amazon means Shirley Price Organic essential oils are available with free next day delivery.

Only three essential oils Ravensara, Rosemary verbone and Helichrysum are not used in flavouring and fragrances which need standardised oils. Great care much be taken to ensure it is the whole oil which is worked with as the properties of essential oils, particularly those of use in clinical aromatherapy, may depend on the minor constituents of the oils. If it were otherwise Aromatherapy would be a much simpler matter of using synthetic oils.

Our Training Aids

Shirley Price's books are key texts from introductory aromatherapy courses and self help to BSc level courses in Complementary therapies. Our training course manuals are comprehensive, easy to follow & visually interesting. The course notes will be an invaluable source of re-assurance during training & become a valuable reference tool post qualification. Please note Shirley Price's publications and training notes are the property of the Shirley Price International College of Aromatherapy and subject to copyright.

We make tea infusions using some of the herbs & plants covered on the modules, we examine the botanicals in their raw form from plants, trees, flowers, fruits & grasses. It isn't just these things that make our courses what they are. We look after you from the moment you join us. We are here for support & advice during and after your training. The Shirley Price blog keeps you informed about latest news, new products, CPD's & feature topics.

What will you achieve from our courses

Our courses will provide you with Professional Aromatherapy theory knowledge & practical application training. Upon completion of module 4 & after passing the examinations you will gain you a Diploma as a Professional Aromatherapist Practitioner. This will mean you are qualified to offer Aromatherapy Treatments & Aromatherapy Products to clients. You will be



qualified to work as a qualified Aromatherapist Practitioner in a beauty, natural therapy clinic or set up your own business.

Aromatherapy & Holistic therapies are fast growing complementary therapies which make this an ideal time to qualify. Aromatherapy Treatments are being offered in some NHS practices, Hospitals, Hospices, Complementary Health Clinics, and Private Medical Clinics.

If you would like any further help or answers to queries, please do not hesitate to contact us on 01455 615466 or email us at Louise.Carta@ShirleyPriceAromatherapy.com

2010 Training Dates

Module 2 - March 15-20

Module 4 - March 22-28

CPD Crystal therapy for
aromatherapists March 26th

Module 1- April 25-29

Module 3 - May 17-22

Module 2 - June 14-18

Module 4- July 3-7

Module 1- September 20 - 24

Module 3 - October 4-8

Module 2 - November 15-16

Distance Learning

International students and distributors in cities worldwide benefit by taking and arranging distance learning in their countries. Sp's most successful distributors ships for example those in the USA, Norway and Japan are those where training goes hand in hand with sale of the professional oils.

IFPA Diploma Distance Learning Module one The learning is assessed by means of course notes, background reading of appropriate text books (many of which are included in the course pack although several other books may need to be purchased), and observation of massage techniques presented in video form. The course is presented in a box file. The student will be required to complete each module, of which there are four, before proceeding to the next one, and will be required to submit written evidence to SPICA as directed.

A qualification in anatomy and physiology is also required – please contact us for a list of



exemptions. Upon completion of the course and assessment session, the student will be awarded the SPICA Distance Learning Diploma in Aromatherapy. Students are advised to take between 1 year minimum and 3 years maximum to complete the 4 modules (5 if anatomy and physiology is required). Whilst studying the DLC you are eligible to take out "Student membership" of the International Federation of Professional Aromatherapists (IFPA). After completing the course you may take out "Associate membership" of the IFPA, and will be eligible for insurance cover. This cover will be the same as that offered to full members. Support is provided during working hours and by email with Louise Carta.

As circumstances permit it is then possible to 'top up' with taught tuition to reach the standards required to pass the external examination of IFPA and so become a full member of IFPA.

Costs. Distance Learning module one £250, module two £250, module three £250, module four £250. Online VTCT Anatomy and Physiology Diploma £379. Anatomy and Physiology Course Revision Notes and CD £60. Costs are exclusive of VAT.

The Course includes all materials and introductory and advanced DVD's illustrating aromatherapy massage with Louise Carta.

Introduction to Aromatherapy knowledge

Aromatherapy is the skilled knowledge & use of aromatic Essential Oils. The Oils are extracted from living volatile botanical plants.

Essential oils contain therapeutic properties for treating psychological & physical wellness of the mind, body & spirit.

- Essential oils promote natural health & well being by encouraging the body to be balanced & preventing illness in a completely pure & natural way.
- Aromatherapy is a form of herbalism which records show dates back to beyond BC in scriptures & cave paintings. Think of mummification in the Egyptians and the use of Essential Oils to aid preservation & deterioration.
- Essential Oils enter the blood stream & are transported throughout the body via the skin & respiratory system so only a very small amount is needed to absorb the therapeutic beneficial properties and promote balance

Introduction to the benefits of Massage

Massage therapy promotes relaxation and provides physical relief of physical & physiological stresses & strains by reducing the heart rate and promoting muscles to relax increasing the uptake of oxygen to encourage repair & skin renewal. There are many benefits to massage therapy, including physical, emotional, and physiological improvements in the body. Massage encourages emotional tension to ease as the muscles are kneaded & allowed to relax.

There is evidence from various university studies that massage can improve a range of movement, posture, balance & lifts the mood. A study carried out on dancers showed that they performed better and felt happier after a series of massages.

Massage can also improve immunity as counts increase in white blood cells and neutrophil which fight infection & disease. Scientists believe that massage can trigger the release of certain chemicals in the body which help to fight illness and promote recovery.



Examples of physical benefits

- Reduces lower back pain and other bodily aches.
- Helps soothe infants and promotes digestion.
- Increases range of motion in joints.
- Decreases illness-related fatigue.
- Improves skin tone & skin conditions
- Calms aggressive behaviors.
- Decreases depression and helps to promote a healthy mind.
- Helps your immunity by increasing white blood cell counts.
- Improves recovery after post-operative surgery.
- Alleviates age-related disorders, sleep disorders, and many more emotional and physical problems.

We hope this will help you to see how naturally & clinically the powerful & beneficial the combination of Pure Essential Oils & Massage.

Course Syllabus

The Aromatherapy Professional Diploma Courses cover the following topics

The History of Aromatherapy

Methods of extracting Essential Oils

Methods of absorbing Essential Oils into the bloodstream

Processes of extraction of Carrier Oils

Correct storage & use by dates of Essential Oils & Carriers

Safe use, administration & dosage of Essential Oils & carrier oils

Chemical components found in Essential Oils and their effect on the human body & mind

The benefits & therapeutic properties of Essential oils on the mind, body & spirit

The Philosophy of Holistic treatments

Aromatherapy as a complementary medicine

Basic anatomy & physiology

The health benefits of Massage on the human body, mind & spirit

Massage techniques

Client care & confidentiality

Completion of health questionnaire

Evaluation & assessment of the client's general health

Professional Conduct, Client relationships

Communicating effectively & appropriately

How to set up a professional work area

Health & safety in the workplace



The Aromatherapy Professional Diploma includes

- Training students to become a Professional Aromatherapist Practitioner at a Competent Level to IFPA (International Federation of Professional Aromatherapist) standards & requirements.
- Students will gain a high level of expertise & in depth knowledge in essential areas of clinical Aromatherapy.
- Students will gain an in depth & sound working knowledge of Essential Oils, Essential Oils Chemistry, Therapeutic Properties of Essential Oils, Safe Blending, dosages & applications, Safe use of Essential Oils & Applications, Contra-indications & Health considerations.
- Students will gain knowledge in how to maximize effectiveness in practical application of Essential Oils, Carrier bases & Massage techniques
- Students will have a thorough understanding of client analysis, evaluation of the client's needs, correct methods of questioning & observations of clients needs & health requirements prior to & following up Aromatherapy Treatments.
- Students will learn how to prepare a Professional treatment area, Health, Safety & Hygiene requirements.
- Students will gain awareness & some knowledge of Anatomy & Physiology
- Students will gain an understanding in true Holistic treatments and the effect they have on the mind, body & spirit

Please note that to become a member of IFPA. Students will need to successfully pass the theory & practical examinations at the end of Module 4. IFPA also requires students to be qualified in basic First Aid & Anatomy & Physiology to ITEC, BTEC Level. Please look at our useful Links page for further information.

Course Guidelines

Aromatherapy Diploma Courses

Module Level 1	Diploma for home use & personal use	18 years & over
Modules Level 2, 3, 4	Professional Training Diplomas	19 years & over

The guideline for completing all 4 modules is 12-18 months but this is dependent on any relevant previously gained qualifications in massage. The recommended maximum time for completing all 4 modules is 4 years.

Students must complete all 4 modules to be able to take the final theory & practical examinations. Students must complete all homework, case studies, assessments and successfully completed the previous module before embarking on the next.

Students who have already gained a qualification in Massage can take the fast track route of theory & massage assessment. We would ask that you provide evidence of any qualifications with your application.

CPD's	Continuing Professional Development
	Holistic Training Courses
	21 years & over

CPD's are highly recommended to enhance your career opportunities and to keep up to date with latest treatments available. These courses will help to improve your employment opportunities and status as a Professional Holistic Therapist.



The Shirley Price Professional Diploma Courses

Our courses are run in line with IFPA Guidelines & Regulations.

The Shirley Price International College of Aromatherapy Professional Diploma Training courses require documented home Case Study Practical sessions, assessments, revision, assignments & research.

Module kits containing Essential Oils being studied are available. Please refer to our products range page.

Professional Aromatherapy Diploma Courses

The Module 1 Aromatherapy Diploma course is aimed at those who would like to use Essential Oils safely at home on friends & family. Modules 2 & 3 will give students more in depth knowledge in all aspects of Aromatherapy & Massage. Module 4 re-enforces knowledge of all aspects of Aromatherapy & Massage & prepares students for the Aromatherapy Professional Diploma Certificate theory & practical examinations.

The Shirley Price Professional Diploma Module Level 1 - An Introduction to Aromatherapy
Duration 5 Days including massage assessment £350.00

An introduction to Aromatherapy. Full Body Massage, 10 Essentials Oils, Carrier Oils, safe use and safe measuring/blending, Introduction to plant families, an introduction to the History of aromatherapy and an introduction to the chemistry of Essential Oils & their therapeutic properties for general health for medical ailments & the beneficial physiological effects of the mind, body & spirit. This course is suitable for home use.

10 home case studies, an essay, an Essential Oil profile

PROFESSIONAL COURSES FOR BUSY PEOPLE. Aromatherapy is the wonderful art of using essential oils to bring a sense of well being to both giver and recipient. Here at the Shirley Price International College of Aromatherapy we offer courses from the most basic level of training upwards to qualification as a professional aromatherapist. We are the largest professional aromatherapy training college in the UK and our focus is preparing students for membership of IFPA. MODULE ONE A fascinating introduction to the wonderful world of aromatherapy delivered by our college principal trainers Louise Carta and Marion Fewkes. You will learn a body massage and how to make simple health assessments. Essential oil knowledge will begin by learning about the history of aromatherapy, the ten most versatile oils and their uses, how to blend and treat individual people and their conditions and the basic chemistry. This is a five day module. A Certificate of Attendance will be awarded on completion of your course, when you will be deemed competent in home use. The certificate is also your passport to the Aromatherapy Diploma (Modules 2-4). Sp's charge for module one is £350.



The Shirley Price Professional Diploma Module Level 2

Duration 6 Days including massage assessment. £420

Body analysis assessing, Client records, effects of stress & diets on the body, Massage including Lymphatic drainage massage techniques and routines, 20 Essential Oils, Further carrier Oils, Plant families, Essential Oil & Carrier Oil Chemistry, Health & Safety, Professionalism & Personal Conduct, medical conditions including Stress, Skin problems, Respiratory disorders, Allergies.

15 Home Case studies, an essay on an Essential Oil profile, Questions paper

The Shirley Price Professional Diploma Module Level 3

Duration 6 Days including massage, foot reflex, neck & should massage assessments.

£420.00

Students will be taught a foot reflex point assessment & a foot massage. This will enable Professional Aromatherapists to make a prescriptive blend of Essential Oils and Carrier base to treat conditions found. This will enable you to treat an area which may be contra-indicated by direct massage to an affected area. Students will also be taught a neck & shoulder massage. Further in depth knowledge of Plant families & Essential Oil Chemistry, Health & Safety for medical conditions, safe use including in pregnancy, children, and the elderly.

20 Case studies with 4 full case histories on 5 clients, Revision Questions sheet, 1500 essay.

Full revision of everything learnt from all 3 modules.

The Shirley Price Professional Diploma Module Level 4

Duration 6 days including theory & practical examinations. 470.00

Study of the skin structure, skin associated problems & ageing process, further in depth knowledge, revision & complete overview of all matters covered in modules 1 to 4 inclusive in preparation for examination.

Students passing the theory & practical examinations will become a qualified Professional Aromatherapist Practitioner.

We recommend that you add an extra day to Module 4 for our First Aid Course. This must be booked at the time of enrolling for Module 4.



The Shirley Price Theory Course

Total Duration 12 Days including Massage assessment & theory examination

The History of Aromatherapy, Plant families & characteristics, Essential Oil chemistry, therapeutic properties, safe use, dosage & administration of Essential Oils, methods of absorption, methods of extraction, contra warnings, the effects of Essential Oils & Massage on the mind, body & spirit. The days can be divided into blocks.

This course is ideal for students studying massage or beauty therapy at college or has already obtained a massage qualification. It can also be used for colleges looking to add Aromatherapy Training to their programmes. Proof of relevant training or certificates gained must be produced when booking this course.

First Aid

1 day theory & practical course with assessment which will provide a 3 year First Aid qualification. £45.00

This course can be added on to the end of any of the modules or can be booked as a standalone course for anyone wishing to gain a First Aid qualification.

Please look on the course dates page of the website www.ShirleyPriceAromatherapy.com for up and coming courses.

Introduction to Anatomy & Physiology

Qualified Aromatherapists are required to hold an up to date anatomy and physiology course. We will accept students on to our course who are currently studying A&P but we cannot grant a certificate of completion until evidence of the A&P course has been completed and a certificate has been seen.

We highly recommend Essentials for health online virtual classroom course. We also recommend the courses of the Essential Training Company. Please look at our distance learning courses on www.ShirleyPriceAromatherapy.com

The Shirley Price International College of Aromatherapy

Holistic Therapies & CPD's

These courses carry points for continued practioner development.

For details of current CPD's available please look on our course dates page on www.ShirleyPriceEssentia.com

All courses will include theory & practical training. A certificate of attendance will be issued upon satisfactory completion of the syllabus.

1 day courses start at £90 each

2 day courses start at £180 each



IFPA

We recommend you become a member of IFPA, the International Federation of Professional Aromatherapists whose membership details & benefits can be found on our links page.

IFPA require you to hold a current First Aid Certificate & diploma in A&P, Anatomy & Physiology. Please see further details of A&P courses, Governing bodies & exemptions in our Distance Learning information towards the end of the prospectus.

The Shirley Price International College of Aromatherapy Terms & Conditions of Booking

You can check availability, prices, special offers & dates online by clicking on the Book Courses tab. You will be able to fill in a booking form here, agree to our terms & conditions, & pay by credit & debit cards.

We will send you an email confirmation.

Alternatively, Please complete, sign & return the Booking form along with the relevant deposit to the Shirley Price International College of Aromatherapy, The Old Factory, 8 Hawley Road, Hinckley, Leicestershire LE100PR

Deposit costs

- Shirley Price Module Level 1 Diploma £100 per module
- Shirley Price Professional Aromatherapy Diplomas Modules 2,3 4 £100 per module
- CPD's & other 1 day courses £50
- First Aid Course to be paid in full at the time of booking

Final Balance due 4 weeks prior to the commencement of the course in full

Cancellation

The deposit is non-refundable.

The balance must be paid 4 weeks prior to the commencement of the course. We will pay a cancellation refund of 50% of the amount paid not including the deposit up to 2 weeks prior to the commencement date of the course. We will refund 25% of the amount paid not including the deposit up to within 2 weeks of the commencement date. We will refund 10% of the amount paid not including the deposit up to 1 week prior to the commencement of the course date. No refund will be given for cancellations of under 1 weeks' notice prior to the commencement of the course.

In the unfortunate event that Shirley Price cancel or delay the course a full refund will be given including the deposit.

Methods of payment

Credit/Debit cards, PayPal on www.ShirleyPrice.net & cheques payable to Shirley Price Aromatherapy Ltd.

The Shirley Price International College of Aromatherapy

The Old Factory

8 Hawley Road

Hinckley

Leicestershire

LE10 0PR

01455 615466

Email Louise.Carta@ShirleyPriceAromatherapy.com

You can find our more at www.ShirleyPriceEssentia.com



IFPA membership diploma
Materials Covered and Costs

IFPA membership diploma student kits

K1	Module 1	10ml	Black Pepper
	Essential Oils	3ml	Chamomile Roman
		10ml	Eucalypus Smithii
		10ml	Frankincense
		10ml	Geranium
		10ml	Ginger
		10ml	Lavender
		10ml	Mandarin
		10ml	Tea tree
	Module 1	10ml	Ylang Ylang
	Carrier oils	125ml	Avocado
		125ml	Grapeseed
		125ml	Sunflower
		125ml	Wheatgerm
		£45.00	125ml White lotion
	Module 1	10ml	Airways
	Care For	10ml	Cellulite
		10ml	Circulation
		10ml	Clear head
		10ml	Easy breathe
		10ml	Fatigue
		10ml	Joints
		10ml	Muscles
		10ml	Respiratory System
		10ml	Rest
		10ml	Stresses and strains
		10ml	Visible veins
		10ml	Women
		£45.00	Measuring cup
	Module 1	10ml	Chamomile eyedrops
	Skin care	200ml	Cleansing milk
		30ml	Clear skin moisture cream
		100ml	Hand and body lotion
		50ml	Honey Mask
		50ml	Minute Gel Mask
		50ml	Moisture cream
		200ml	Moisture lotion
		30ml	Reflex cream
		50ml	Rejuvenating night cream
		30ml	Special E moisture cream
		15ml	Superlight eyecream
		200ml	Toning lotion
		£45.00	Headband
	Total	£135.00	



K2	Module 2		3ml	Melissa
	Essential Oils		10ml	Clary sage
			10ml	Bergamot
			10ml	Cedarwood
			10ml	Cajuput
			10ml	Niaouli
			10ml	Caraway
			10ml	Coriander
			3ml	Chamomile german
	Module 2		125ml	Almond
	Carrier oils		125ml	Hypericum
	Total	£50.00		
K3	Module 3		10ml	Bitter orange
	Essential Oils		10ml	Cinnamon
			10ml	Clove bud
			10ml	Cypress
			10ml	Fennel
			10ml	Geranium
			10ml	Lavender
			10ml	Lavandin
			3ml	Rose absolute
			3ml	Rose otto
			10ml	Rosewood
			3ml	Sandalwood
			10ml	Sweet orange
			10ml	Tagetes
			10ml	Thyme red
			10ml	Thyme sweet
	Module 3		125ml	Almond
	Carrier oils		125ml	Apricot
			125ml	Calendula
			125ml	Carrier Oil Mix
			50ml	Carrot
			50ml	Evening primrose
			125ml	Grapeseed
			125ml	Hazlenut
			125ml	Hypericum
			50ml	Jojoba
			50ml	Lime blossom
			125ml	Macadamia
			50ml	Melissa
			125ml	Peachnut
			50ml	Rosehip
			125ml	Sunflower
			125ml	Wheatgerm
			125ml	White lotion
	Total	£200.00		



K4	Module 4	10ml	Basil
	Essential Oils	10ml	Hyssop
		10ml	Juniperberry
		10ml	Marjoram Sweet
		10ml	Myrrh
		10ml	Patchouli
		10ml	Peppermint
		10ml	Pine
		10ml	Ravensara
	Module 4	125ml	Almond
	Carrier oils	125ml	Apricot
		125ml	Avocado
		125ml	Calendula
		125ml	Carrier Oil Mix
		50ml	Carrot
		50ml	Evening primrose
		125ml	Grapeseed
		125ml	Hazlenut
		125ml	Hypericum
		50ml	Jojoba
		50ml	Lime blossom
		125ml	Macadamia
		50ml	Melissa
		125ml	Peachnut
		50ml	Rosehip
		125ml	Sunflower
		125ml	Wheatgerm
		125ml	White lotion
	Total	£130.00	
K5	Accessories		Smelling sticks
			Spatulas
			Mixing bowls
			Cotton wool
			Tissues
		£25.00	Bedroll