

ITEC DIPLOMA IN AROMATHERAPY



ACHIEVEMENT RECORD

2009-2010

| Practical Evidence | Dates Completed | | | |
|-------------------------------------------------|-----------------|-----|-----|------|
| Aroma Case Study 1 | | | | |
| Aroma Case Study 2 | | | | |
| Aroma Case Study 3 | | | | |
| Aroma Case Study 4 | | | | |
| Aroma Case Study 5 | | | | |
| Aroma Case Study 6 | | | | |
| Aroma Case Study 7 | | | | |
| Aroma Case Study 8 | | | | |
| Aroma Case Study 8 | | | | |
| Aroma Case Study 10 | | 3ml | 5ml | 10ml |
| Essential Oils (42) | | | | |
| Basil (<i>Ocimum basilicum</i>) | | | | |
| Benzoin (<i>Styrax benzoin</i>) | | | | |
| Bergamot(<i>Citrus bergamia</i>) | | | | |
| Blackpepper (<i>Piper nigrum</i>) | | | | |
| Carrot seed (<i>Daucus carota</i>) | | | | |
| Cederwood (<i>Cedrus atlantica</i>) | | | | |
| Chamomile German (<i>Matricaria recutita</i>) | | | | |
| Chamomile Roman (<i>Anthemis nobilis</i>) | | | | |
| Clary sage (<i>Salvia sclarea</i>) | | | | |
| Coriander (<i>Coriandrum sativum</i>) | | | | |
| Cypress (<i>Cupressus sempervirens</i>) | | | | |
| Eucalyptus (<i>Eucalyptus globulus</i>) | | | | |
| Frankincense (<i>Boswellia cateri</i>) | | | | |
| Geranium (<i>Pelargonium graveleons</i>) | | | | |
| Ginger (<i>Zingiber officinale</i>) | | | | |
| Grapefruit (<i>Citrus paradise</i>) | | | | |
| Jasmine (<i>Jasminum officinale</i>) | | | | |
| Juniper(<i>Juniperus communis</i>) | | | | |
| Lavender (<i>Lavendula angustifolia</i>) | | | | |
| Lemon (<i>Citrus limon</i>) | | | | |
| Lemongrass (<i>Cymbopogon citrates</i>) | | | | |
| Lime (<i>Citrus aurantifolia</i>) | | | | |
| Mandarin (<i>Citrus reticulate</i>) | | | | |
| Melissa (<i>Melissa officinalis</i>) | | | | |
| Myrrh (<i>Commiphora myrrha</i>) | | | | |

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|-------------------------------------------------|--|--|--|--|
| Neroli (<i>Citrus aurantium</i> var.amara) | | | | |
| Niaouli (<i>Melaleuca viridiflora</i>) | | | | |
| Palmarosa (<i>Cymbopogon martinii</i>) | | | | |
| Patchouli (<i>Pogestemon cablin</i>) | | | | |
| Peppermint (<i>Mentha piperita</i>) | | | | |
| Petitgrain (<i>Citrus aurantium</i> var.amara) | | | | |
| Rose Cabbage (<i>Rosa centifolia</i>) | | | | |
| Rose damask (<i>Rosa damascena</i>) | | | | |
| Rosemary (<i>Rosmarinus officinalis</i>) | | | | |
| Sandalwood (<i>Santalum album</i>) | | | | |
| Sweet Fennel (<i>Foeniculum vulgare</i>) | | | | |
| Sweet Margoram (<i>Origanum marjorana</i>) | | | | |
| Sweet orange <i>Citrus sinensis</i> | | | | |
| Sweet (white) thyme (<i>Thymus vulgaris</i>) | | | | |
| Ti tree (<i>Melaleuca alternifolia</i>) | | | | |
| Vetivert (<i>Vetiveria zizanoides</i>) | | | | |
| Ylang Ylang (<i>Cananga odorata</i>) | | | | |
| Base Oils (12) | | | | |
| Avocado (<i>Persea Americana</i>) | | | | |
| Calendula (<i>Calendula officinalis</i>) | | | | |
| Coconut (<i>Cocos nucifera</i>) | | | | |
| Evening primrose (<i>Oenothera biennis</i>) | | | | |
| Grapeseed (<i>Vitis vinifera</i>) | | | | |
| Hypericum (<i>Hypericum perforatum</i>) | | | | |
| Jojoba (<i>Simmondsia chinensis</i>) | | | | |
| Macadamia (<i>Macadamia integrifolia</i>) | | | | |
| Peach kernel (<i>Prunus persica</i>) | | | | |
| Rosehip <i>Rosa rubiginosa</i> | | | | |
| Sweet Almond (<i>Prunus amygdalus</i>) | | | | |
| Wheatgerm (<i>Triticum vulgare</i>) | | | | |
| Methods of Application (6) | | | | |
| Massage | | | | |
| Compress | | | | |
| Inhalation | | | | |
| Face Masks | | | | |
| Creams/lotion | | | | |
| Neat | | | | |

I confirm that the achievement record is accurate and I have submitted completed ITEC treatments plans to support this.

Student Date

Internal Assessor

Completion Date