
ABBREVIATED COURSE OUTLINE

ESSENTIAL OIL THERAPIST CURRICULUM



Aroma 201

It is expected that all essential oil therapist (EOT) (aroma therapists) have a working knowledge of general safety issues regarding the use of essential oils. The BCAA has recommended that the aroma therapist be familiar with the following information as presented in Robert Tisserand's *SAFETY DATA MANUAL*.

1. Topical (skin and mucous membranes)
2. Inhalation
3. Diffusion
4. Oral ingestion will be note in the courses to ensure the student fully understands that presently the EOT Essential Oil Therapy curriculum does not consider oral ingestion as part of the aromatherapy approved methods of assimilation

SAFETY ISSUES FOR ESSENTIAL OIL USE WITH CLIENTS WHO HAVE:

- Skin problems
- Cancer
- Epilepsy

- High or low blood pressure
- Complicated health concerns

SAFETY ISSUES FOR CLIENTS WITH SPECIAL NEEDS SUCH AS:

- Children, including poisoning
- Pregnancy
- Elderly

LEGALITIES OF ADMINISTRATION METHODS:

General Toxicology of essential oils

Clarification of toxicity/sensitization/irritation

GENERAL TOXICOLOGICAL RISKS POSSIBLE TO THE:

- Liver
- Kidneys
- Central Nervous System
- Endocrine System
- Eyes
- Skin
- Reproductive System and Reproduction
- Client with cancer

THERAPISTS' RESPONSE TO AN ADVERSE REACTION

DOSAGE CONSIDERATIONS:

- % of dilution
- Quantity of oil to be applied
- Total area of skin to be massaged
- Type of essential oil(s)
- Type of carrier oil(s)
- Skin condition

Aromatherapy Massage:

- Contraindications and precautions for aromatherapy massage
- Post aromatherapy massage care

AROMA CHEMISTRY OF ESSENTIAL OILS

It is expected that the aroma therapist have a general knowledge of the basic chemo types found in essential oils. The BCAOA laid out that general knowledge includes:

1. Definition of Organic chemistry
2. Significance of carbon atom
3. Single and Double Bonds
4. Explanation of hydrocarbons (alkanes, alkenes and cycloalkanes)

DEFINITIONS OF THESE MAIN FUNCTIONAL GROUPS:

- Alcohols
- *Aldehyde- sample*
- Esters
- Monoterpenes
- Ketones
- Phenols
- Terpenes
- Sesquiterpenes
- Lactones and coumarins
- Oxides
- Ethers
- Carboxylic Acid
- Properties of the main Functional Groups as listed above:

Continuing on.....

- *CHAPTER 8- 15 AROMATHERAPY FOR MASSAGE THERAPIST*
- *ANATOMY/PHYSIOLOGY CONTINUED TO COVER 14 SYSTEMS*
- *PATHOLOGY FOR MASSAGE THERAPIST*
- *15 ESSENTIAL OIL MONOGRAPHS AND ESSENTIAL OILS AND FRAGRANCE STRIPS*
- *7 CASES HISTORIES, QUIZ(S)*