
ABBREVIATED COURSE OUTLINE

ESSENTIAL OIL THERAPIST CURRICULUM



AROMA 401

ONE FEATURE OF THE COURSE:

CARRIERS

CARRIER OIL KNOWLEDGE

For each carrier oil, an aroma therapist must know:

- The therapeutic properties
- The indications for use
- All contraindications and precautions
- Dilution rates when used in blends
- Stability of the oil



Glide characteristics Jojoba

WHAT IS A CARRIER?

- A carrier is any substance used to dilute an essential oil
- Lipids usually refer to oils and lotions used by massage therapists to carry the essential oils into the body. The purpose of the carrier is to anchor the molecules, so they

evaporate less quickly and instead have time to penetrate the skin. Unsaturated fatty acids and enter the bloodstream. Another reason is to dilute the oils neat essential oils may sometimes be irritating to the skin. For massage essential fatty acids therapists the oil or lotion is useful for lubrication, which is more or less necessary depending on the style of bodywork.

KNOWLEDGE OF 8 CARRIER OILS:

- *CALENDULA (CALENDULA OFFICINALIS,)* dilution rates: use additive 15-25% (or neat) reduces swelling; wound healing, burns, acne, impetigo, eczema; antiseptic, anti-microbial, regenerating
- *EVENING PRIMROSE* - *Oenothera biennis/Oenothera glazioviana*, dilution use as 10% additive; internally aids menopause problems. Psoriasis, eczema, wounds; premature aging prevention

COGNITIVE: The student will:

- become familiar with the (8) various carriers used in aromatherapy
- how to choose an appropriate carrier by evaluating the needs of each client
- become familiar with the production, components and characteristics of commonly used oils
- become familiar with the production, components and characteristics of commonly used lotions
- Become familiar with the production, components and characteristics of commonly used ointments.
- understand the considerations and safety issues when using oils
- learn how to make homemade lotions
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REVIEW THE FACTORS TO CONSIDER WHEN CHOOSING A CARRIER.

- Review the various types of oils, their production, components and properties.
- Describe the process of extracting oils
- Describe the considerations and safety issues when using topical oil applications
- Review commonly used carrier oils, their properties, benefits and key concerns.
- Review carrier lotions, ingredients, benefits and key considerations.
- Review carrier ointments, ingredients, benefits and key considerations.

CHAPTERS 24 - 28 AROMATHERAPY FOR MASSAGE THERAPISTS

PATHOLOGY

ESSENTIAL OILS PROFILES

ANATOMY/PHYSIOLOGY

CASES STUDIES/BLENDING/ESSENTIAL OILS/QUIZ(S)