



**Work & Study – Holistic Aromatherapy Diploma Program**  
**500 hours**

## **Holistic Aromatherapy Diploma Program**

### **500-Hours**



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## Work & Study – Holistic Aromatherapy Diploma Program 500 hours

### Learning Outcomes

Aromatherapy program is designed to educate students who want to become internationally-certified Aromatherapy therapists.

The program encompasses in-depth knowledge of Aromatherapy, and focuses on how essential oils work, how to safely use essential oils, and create therapeutic blends along with learning unique body massage skills and client consultation, clinical practice and clinical application.

Upon successful completion of this course, students will be able to exhibit proficiency in practical Aromatherapy techniques, detailed comprehension of Essential oils and at all times – present and future – engage in a code of conduct beneficial to their clients.

We have assembled the most qualified and experienced faculty to teach Aromatherapy principles. Training is given by qualified / experienced Instructors who are also successful practicing therapists in their own profession, feel assured that you will receive an authentic Aromatherapy education. The program coordinators are also very supportive and eager to assist students in any way they can.

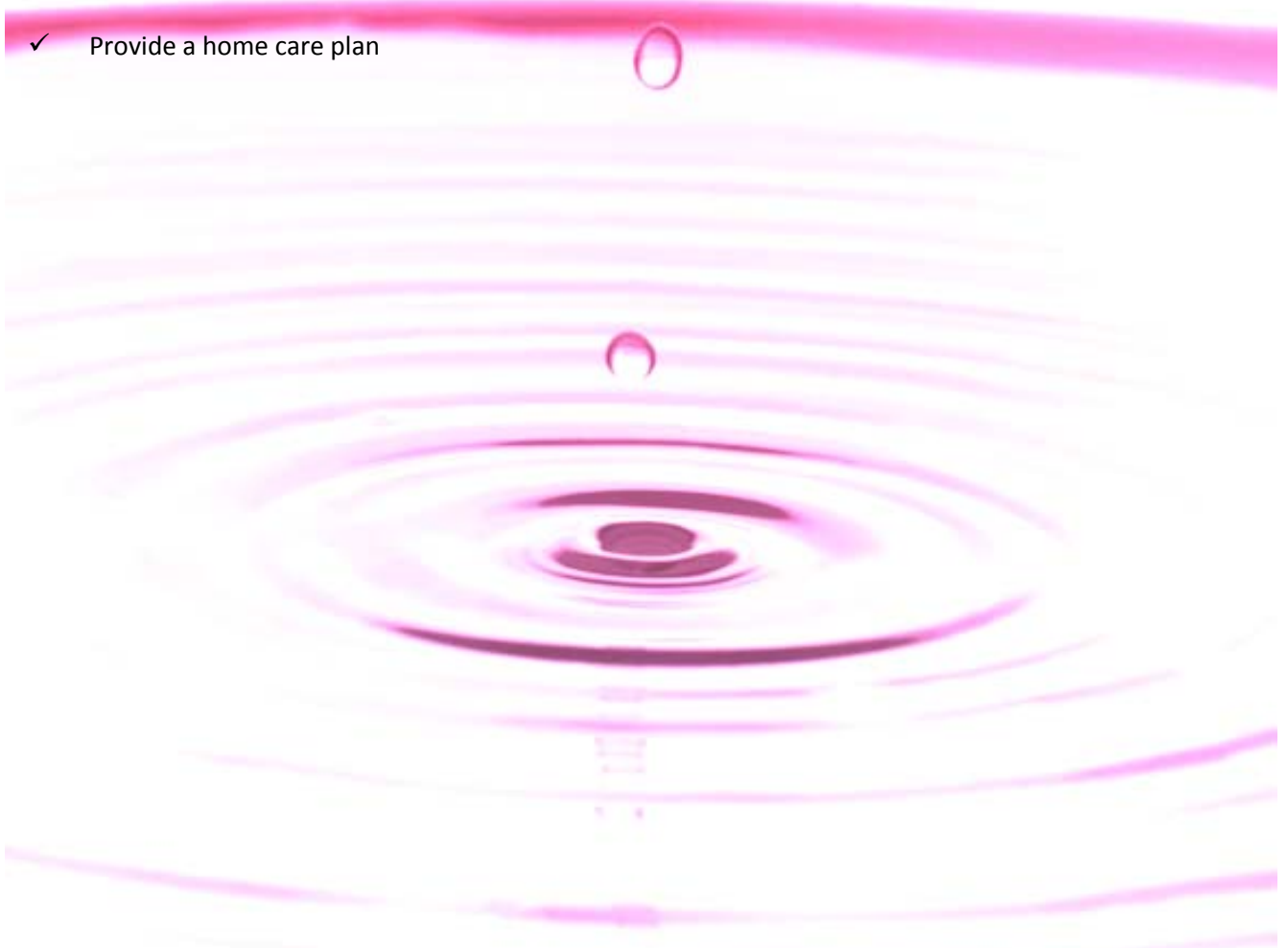
***We would like to warmly welcome you to AIHI, Vancouver, Canada.***

*We at Artiscent International Holistic Institute (AIHI) are committed to providing the best tools to prepare you for your future – this is what AIHI proudly teaches and delivers.*

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### Upon successful completion of this course, the graduates will able to:

- ✓ Understand the history of aromatherapy
- ✓ Understand the concept of aromatherapy
- ✓ Describe the therapeutic properties and use of essential oils / carrier oils / hydrosols
- ✓ Determine and analyze a client's unique Body Constitution
- ✓ Develop a blend and treatment plan to address the conditions as listed in the student manual
- ✓ Produce a variety of personal aromatherapy products
- ✓ Identify the main systems of the body along with major structures of each system
- ✓ Identify and different the major pathologies for each body system as taught in the class
- ✓ Develop an aromatherapy business
- ✓ Perform Aromatherapy lifestyle consultations
- ✓ Offer Holistic Aromatherapy massage application
- ✓ Provide a home care plan



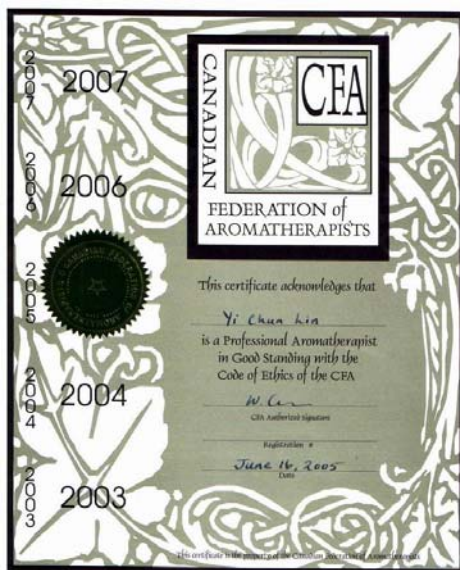
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### Program Overview

Holistic Aromatherapy Diploma program is designed to educate students who want to become professional Aromatherapist and **this course is approved & recognized both by The Canadian Federation Aromatherapy Association (CFA) and The National Association for Holistic Aromatherapy (NAHA).**

#### Upon successful completion of this course, students will :

- Receive a Diploma in Aromatherapy and will be competitive for employment in Holistic Aromatherapy industry
- Receive a certificate in Lymphatic Drainage Massage
- Be eligible to apply for the NAHA professional membership
- Be eligible to write Canadian Federation Aromatherapists Association board exam. At the successful completion the exam, student will be eligible to apply for the legal title of Registered Aromatherapist through any Aromatherapy Association in North American.





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<b>Tuition</b>		<b>Other costs (Optional)</b>	
● Non-refundable registration fees	\$200	● ESL full-time / 4week	\$1380
● Aromatherapy 500 hours	\$5800	● CFA Exam	\$200
● Student manual / kits	\$500	● Accommodation ( single room / per week)	\$275
		● Accommodation replacement ( per time / per person)	\$220
		● Work & Study Internship placement	\$1800
		● Airport pick up	\$80

### Teaching Format / Course Breakdown

- A. 220 hours in class training, Lecture 、 power point presentation 、 white board 、 demonstrations 、 brain storming 、 small group discussion and field trips are delivered methods in order to enhance the overall learning experience and illustrate important concepts.
- B. 100 hours clinical training. Student can choose to obtain the practical session at Spa or Aromatherapy shop in Canada or in your own country.
- C. Minimum 180 hours Case studies. After each class, additional reading material / research paper / client consultation with your friends or family member will be suggested.
- D. Each student receives a textbook outlining the description of the topic to be covered. The teacher will follow the notes for the proper flow of understanding.
- E. The classes are taught in English in a seminar format.



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### **Program Structure**

- (1) First 4 weeks full time Business English course ( if applicable )
- (2) Six months full time Aromatherapy course
- (3) 6 months of internship working experience in Canada ( working visa is required)

### **Examinations & Grading**

- Each month there will be a 'fun quiz' on the material taught during the previous month. A midterm examination covering all the materials from classes completed up to that point will also be given.
- A comprehensive final examination will be given at the end of the school year and will cover materials from all the courses taught during the school year. All the tests and examinations are mandatory.
- The passing grades will be minimum 70%.
- Tests are composed of multiple choice questions, true or false questions fill in the blank, short answer questions along with a case analysis questions.
- Students must complete all the tests before they are eligible for graduation

### **Home Study guides**

Students will receive the home study guide. Students are expected to complete / preview each home module

### **Case studies**

NAHA is required by students to complete 10 case histories. CFA is required 35 cases.

Students will be given a copy of original body analysis questionnaire. Student shall make a copy for each client.

At the end bind all the copies along with an evaluation report and submit it by the end of the class.



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### Research paper

NAHA is requested to write a ten page research paper of any topic which related with Aromatherapy. It needs to be completed by the end of the program. Research paper format will be given out.

### Textbooks

- 1 Student manual / handout
- 2 The Complete Guide to Aromatherapy, *by Salvatore Battaglia*
- 3 The Illustrated Encyclopedia of Essential Oils, *by Julia Lawless*
- 4 Anatomy and Physiology , *by Penn / Hanson*

(1) will be provided by school, (2)(3)(4) can be purchased from bookstore or on-line shopping.

Students are required to complete readings from textbooks and class handouts.

### Course Description

#### **AD101. Introduction to Aromatherapy**

**Hours: 3 / 3**

#### **Course description:**

This module is designed to learn and understand history of Aromatherapy through from the ancient to present day developments and explore the meaning of health and the role of Aromatherapy in modern health care.

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#### **AD102. Introduction to Human Anatomy and Physiology**

**Hours: 48 / 100 ( include a research paper, assignment, and home study)**

**Course description:**

This module is designed to describe the foundational structures of the human body and to understand human anatomy, common pathologies.

#### **AD103. Introduction to Essential oils**

**Hours: 36 / 60**

**Course description:**

This module is designed to increase general information about Essential oils. A study of the thorough foundation in the science and safe use of Essential oils will be explained. The students will gain knowledge and familiarity with botanical terms and classifications of plants their properties. Additionally, the student will have the opportunity to formulate a basic understanding of aroma chemistry and how it relates to Essential oils from plant materials.

#### **AD104. Essential oil production and quality**

**Hours: 12 / 30**

**Course description:**

This module assists students in understanding Essential Oils and their purpose. How carrier oil and hydrosol are produced and tested and investigated as well as the factors that influence their purity and quality.



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### **AD105. The study of Individual Essential oils**

**Hours: 47 / 60**

**Course description:**

An in-depth knowledge of 47 Essential oils and their botanical names, family, extraction method, characteristics, properties, contra/precautions and main areas of use for human body.

### **AD106. Aromatherapy Assessment & Interventions**

**Hours: 35 / 57**

**Course description:**

This module will help the students gain the knowledge and skills necessary in establishing and maintaining a therapeutic relationship with clients which is required for the safe and effective clinical practice of Aromatherapy.

### **AD107. Aromatherapy therapeutic massage**

**Hours: 36 / 60**

**Course description:**

This module will help the student with the necessary skills and knowledge to carry out an effective full body massage application. Students will learn and demonstrate one of the effective hands-on massage techniques



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#### **AD108. The Aromatherapy in Clinical Practice**

**Hours: 100**

**Course description:**

This module will help the student learn standard Aromatherapy interventions and demonstrate client assessment techniques. Students are expected to see three (3) different clients for full assessment and body massage application.

#### **AD109. Business Communication**

**Hours: 3 / 30**

**Course description:**

This module is designed to help students for their further Aromatherapy business. It is structured for the Practitioner operating a clinic, working from home, or contracting service to another organization.