

DF01 - Aromatherapy

Course Description:

I

Introduction to Aromatherapy

This 10 week Aromatherapy course is aimed at those who wish to know about aromatherapy and its uses.

Course Contents:

- Nature of Aromatherapy
- Benefits of Aromatherapy on the mind and body.
- Study of various oils (12) in total
- Home use of oils, selection and safety, covering contraindications.
- Body and skin care.
- Massage Techniques.
- A basic knowledge of how aromatherapy will have positive impact on the various body systems.