



INTERNATIONAL FEDERATION OF AROMATHERAPISTS

“Such is the flexibility of the course that no person or place of care is excluded”

The Aromacare Carer's Certificate Course

The Professional Body for Aromatherapists



Prospectus

Aromacare Carer's Certificate Course

The IFA Aromacare Carer's Certificate course is designed to develop knowledge and understanding of aromatherapy, and provides the learner with the skills to provide therapeutic treatments to incorporate into existing care regimes. It is a practical, hands-on course, teaching learners about touch and massage to communicate caring and understanding with the elderly, children and as a means of stress relief for those who have prohibitive physical and mental conditions. It enables carers to add a new dimension to their clinical care and provides learners with a myriad of skills to safely and effectively apply and experience essential oils for those who, for whatever reasons, are unable to tolerate a standard massage on a couch or the more invasive therapies. The Aromacare Carer's Certificate Course is taught from a manual which includes all teaching notes, provided to every learner enrolled on the course.

The course modules are organised as follows:

Part A Aromacare Theory

- Introduction to Aromacare
- Aromatherapy Theory
- Anatomy, Physiology & Integral Biology
- Promoting Emotional Health & Wellbeing

Part B Aromacare Practice

- Touch & Massage
- Essential Oils
- Client Care, Record-Keeping & Professionalism

Part C Aromacare Assessment

- Assessment Procedure

Part A Aromacare Theory

Module 1: Introduction

- 1.1 Mission Statement
- 1.2 Aromacare Course Outline & Key Objectives
- 1.3 Definition of Care
- 1.4 The Role Of Aromacare
- 1.5 Health & Safety

Module 2: Aromatherapy Theory

- 2.1 Introduction to Aromatherapy
- 2.2 The History of Aromatherapy
- 2.3 The Significance of Touch
- 2.4 The Significance of Aroma
- 2.5 The Benefits of Massage
- 2.6 Oxytocin: The Relationship Hormone

Module 3: Anatomy, Physiology & Integral Biology

- 3.1 Introduction to Anatomy and Physiology
- 3.2 The Skin
- 3.3 The Skeletal System
- 3.4 The Muscular System
- 3.5 The Vascular System
- 3.6 The Lymphatic System
- 3.7 The Respiratory System
- 3.8 The Nervous System
- 3.9 The Endocrine System

Module 4: Promoting Emotional Health & Wellbeing

- 4.1 Introduction to Emotional Health & Wellbeing
- 4.2 Emotions
- 4.3 Stress & Anxiety
- 4.4 Self-Awareness
- 4.5 Attachment, Bonding & Empathy



Part B Aromacare Practice

Module 5: Touch & Massage

- 5.1 Introduction to Massage
- 5.2 Massage Strokes
- 5.3 Massage Sequences
- 5.4 Deep Pressure Massage

Module 6: Essential Oils

- 6.1 Introduction to Essential Oils
- 6.2 Using 18 Essential Oils
- 6.3 Guidelines for The Safe Use of Essential oils
- 6.4 Carrier oils
- 6.5 Mixing & Storing Essential Oils
- 6.6 Mixing & Properties Charts
- 6.7 Essential Oil Information Pack

Module 7: Client Care, Record-Keeping & Professionalism

- 7.1 The legal Framework
- 7.2 Personal Standards
- 7.3 Conditions Needing Written Consent
- 7.4 Hygiene
- 7.5 Talking to Adults and Children with Special Educational Needs
- 7.6 Special Considerations
- 7.7 Aromacare Session Record Forms



Part C Aromacare Procedure

In order to be awarded the IFA Certificate of Professional Competence, learners must successfully complete the IFA assessment. Before entering the IFA examinations the learner must have completed all the compulsory coursework components, as prescribed below and have 100% attendance record. Assessments are invigilated by an IFA Quality Assurance Assessor.

The Assessment will cover:

- 8.1 Competency in Policy and Procedure
- 8.2 Competency in the Understanding of Emotional Health and Wellbeing
- 8.3 Competency in the Understanding of Essential Oils
- 8.4 Competency in the Understanding of Massage Strokes
- 8.5 Competency in Anatomy and Physiology
- 8.6 Case Studies and Client Notes

Course Results

When you have completed all units of the course and successfully passed the IFA externally invigilated assessment you will be awarded the IFA's Professional Certificate of Competence.

Grades are either pass or refer.

If you fail any part of the course, you will be given the opportunity to redo your work.

Your portfolio can act as a valuable form of reference throughout your career.



Essential Oils

- 1) Bergamot FCF (Citrus Bergamia)
- 2) Cajeput (Melaleuca leucadendron)
- 3) Cedarwood (Cedrus atlantica)
- 4) Chamomile Roman (Chamaemelum nobile)
- 5) Clary Sage (Salvia sclarea)
- 6) Cypress (Cupressus sempervirens)
- 7) Eucalyptus (Eucalyptus globules)
- 8) Frankincense (Boswellia carterii)
- 9) Geranium (Pelargonium graveolens)
- 10) Grapefruit (Citrus Paradisi)
- 11) Lavender (Lavandula angustifolia)
- 12) Mandarin (Citrus nobilis)
- 13) Marjoram (Origanum marjorana)
- 14) Patchouli (Pogostemon cablin)
- 15) Petitgrain (Citrus aurantium)
- 16) Pine (Pinus sylvestris)
- 17) Tea Tree (Melaleuca alternifolia)
- 18) Vetivet (Vertivera zizanoides)

Carrier Oils

- 1) Almond sweet Oil (Prunus communis)
- 2) Avocado Oil (Persea americana mill)
- 3) Grapeseed Oil (Vitis vinifera)
- 4) Sunflower Oil (Helianthus annuus)



Testimonials

"The Aromacare course has enriched my life and that of my children. My daughter has autism and Angelman Syndrome and seldom sits still. Now, thanks to the course she sees my oils box and sits still and lets me massage her. It has increased the bond between us and Layla will help to create her own sprays and smelling pots. My younger children also benefit from regular massages. I use oils in everyday activities such as washing and cleaning. The course has helped me to get more confidence, make new friendships and helped me to deal with my own health issues. The course has inspired me to seek further training and do research on oils and massage strokes. My home is now a much happier place to be."

Kelly Marie Butchard
Aromacare Practitioner

"I think that the Aromacare course can be beneficial for everyone, especially as the course is designed around vulnerable children and adults. As a Learning Disability Nurse I have found the course to be very useful to the care of the service users. The massage and oils can help people to relax and also provide important nurturing touch and one to one time. As an example, one young gentleman who has additional and complex needs and displays challenging behaviour finds the story books very relaxing and this has reduced the need for medication as a lot of his agitation and frustration is released. Setting the scene with relaxing music and lighting enhances this effect further."

Lyndsey Miller
Aromacare Practitioner



Help and Support

The International Federation of Aromatherapists (IFA) have created the manual from which the course is taught and set the qualifying requirements to ensure graduates are competent, caring and above all confident when using essential oils. The Aromacare Carer's Certificate Course is delivered by our approved centres who have successfully completed the IFA's rigorous approval procedure and continue to meet with those requirements to remain approved.

Your chosen centre will be able to provide you with all the help that you need to complete the course. Once enrolled on an IFA course, your centre will register you as a student member with the IFA. Once registered, you will gain access to the member's area of the IFA's website where you can download supportive related material and articles of interest. On the IFA's website you can also find the 'Learner Handbook'. All members also receive the Aromatherapy Times magazine, registered with the British Library, keeping you abreast of all the very latest developments within the field.



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