



accredited register



# Looking for an Aromatherapist?

## Choose with confidence



[www.ifaroma.org](http://www.ifaroma.org)

**The International Federation of Aromatherapists (IFA)** is the longest serving regulator for aromatherapists, established in 1985 for the safety of the public.



**Choose with Confidence**

**Ensure you are making the right choice**

- IFA registrants have met the UK nationwide Government standards of patient safety and service quality
- IFA registrants are insured and first aid qualified
- IFA registrants comply with our Codes of Conduct, Ethics and Practice.
- IFA registrants undertake continual professional development each year
- IFA registrants are held accountable for their actions and any concerns about a registrant are robustly investigated



- All IFA registrants are required to declare that they:
- they do not have a criminal record
- they have not been subject to any disciplinary or civil proceedings
- they do not have any health issues that may impact their ability to practice

**The IFA register is independently accredited by the Professional Standards Authority (PSA), a UK body accountable to parliament.**

# What is Aromatherapy



Aromatherapy is the ancient art and science of blending naturally extracted essential oils to balance, harmonise and promote the health of body, mind and spirit.

Essential oils are extracted from aromatic plants, each with their own unique healing property.

- Essential oils work on both a psychological and a pharmacological level.
- Essential oils are incredibly versatile in terms of the conditions they can help
- The knowledge base surrounding essential oils is constantly growing

# EVIDENCE BASE FOR AROMATHERAPY



Ancient history has provided anecdotal evidence of the therapeutic use of essential oils but, in the last few decades, increasing scientific research has evidenced and substantiated their health benefits

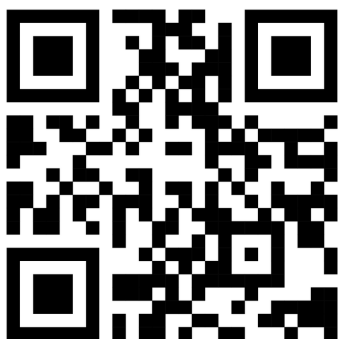


The objective evidence base which supports aromatherapy comprises clinical trials, case histories, clinical audits and also patient reported outcome data. The amount of such research, and the media profile of some studies, has led to a high level of public confidence in the efficacy of aromatherapy



As a result, it is used in the health and social sector in a variety of ways, including hospitals and hospices. It is also regarded as one of the most popular forms of Complementary and Alternative Medicine (CAM).

Scan for more information



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