



INTERNATIONAL FEDERATION OF AROMATHERAPISTS

The Professional Essential Oils Therapy Diploma Course



The Professional Body for Aromatherapists



Prospectus

The IFA's Professional Essential Oils Therapy Diploma Course

The IFA's Professional Essential Oils Therapy Diploma course will provide you with valuable knowledge and the practical skills you need to become a qualified Essential Oil Therapist. Our philosophy is that you should understand not only how to perform certain tasks, but also the reason for those tasks, and the principles behind them. This gives you excellent job prospects and the opportunity for career advancement.

The course includes the following modules:

- Module 1: Anatomy, Physiology and Pathology
- Module 2: Essential Oils Therapy
- Module 3: Professional Practice
- Module 4: Business Studies

Module 1: Anatomy, Physiology and Pathology

The aim of this module is to enable the learner to understand the human body and the diseases and disorders that can affect it. It also provides the learner with an understanding of the anatomical terms used when describing the human body. This will enable the learner to work with the public safely and effectively while remaining within the scope of their professional practice.

Through this section the learner will understand:

- How to define terminology used when describing the human body
- How the human body is organised
- How to identify body systems and their main organs and structures
- How to explain the main functions of each body system
- How to explain the concept of homeostasis
- How to identify signs and symptoms of deviations from homeostasis
- How to describe signs and symptoms of deviations
- How to describe the structure and functions of cells and the process of cell reproduction

Glossary of Terminology

Through this section the learner will understand:

- The anatomical terms commonly used when describing the human body
- The definitions of diseases and disorders

Assessment Methods

The assessment method of this module is a one hour Anatomy and Physiology examination paper, invigilated by an IFA Quality Assurance Assessor. Please note you must have completed all coursework and assignments set by your tutor and successfully passed the internal mock examination at your Centre before entering into the IFA external examination.

Marks: 65% (pass), 80% (merit), 90% (distinction)



Module 2: Essential Oils Therapy

The aim of this module is to enable the learner to explore and develop an understanding of the art and science of 80 essential oils and 34 carrier oils and their methods of application, which can be tailored to individual clients when applying prescriptive essential oils therapy. It also provides the learner with valuable information how to use scents for emotional and mental benefits which help in the treatment of illnesses of psychosomatic origins. The aromatherapeutic module details natural ingredients and their uses, base products, ingredients to avoid and how to guide the therapist through making natural remedies in the clinic.

This module includes the following units:

Essential Oils Therapy in Context

- Historical Use of Plants and Development of Essential Oils Therapy
- Research and Essential Oils Therapy

Applied Science for Essential Oils Therapy

- The Sense of Smell in Essential Oils Therapy
- Botany for Essential Oils Therapy
- Chemistry for Essential Oils Therapy
- Cultivation and Production
- Adulteration, Quality Control and Storage
- Potential Hazards and toxicity of Essential Oils
- Pharmacology, Pharmacokinetics and Therapeutic Properties

Aroma-therapeutic Remedies and Application

- Study of 34 Fixed Oils and Other Carriers
- Study of 80 Essential Oils
- Hydrolates
- Therapeutic Blending, Dosage & Methods of Application
- Aromatherapeutic Formulations
- Aromatherapeutic Dermacare
- Benefits and Contra-indications of Essential Oil Therapy

Practice of Essential Oils Therapy

- Safety, Legal Requirements and Health Regulations for Essential Oils Therapy
- Presentation and Preparation and Therapeutic Environment
- The Essential Oils Therapy Treatments





Glossary of Terminology

Through this section the learner will understand:

- The Latin name and common synonyms of 80 essential oils and 34 carrier oils
- The botanical families of 80 essential oils and 34 carrier oils
- The chemical constituents of essential oils and absolutes
- The Latin name and common synonyms of 40 essential oils not to be used in Essential Oil therapy
- The therapeutic properties of 80 essential oils and 34 carrier oils

Assessment Methods

The assessment method of this module is a two hour theoretical Essential Oils Therapy examination paper and practical assessment (including sampling of five aromatherapeutic remedies, Interview and review of coursework), invigilated by an IFA Quality Assurance Assessor. Please note you must have completed all coursework and assignments set by your tutor and successfully passed the internal mock examination at your Centre before entering into the IFA external examinations.

Theory Marks 65% (pass), 80% (merit), 90% (distinction)

Practical: Pass or refer

Module 3: Professional Practice

The aim of this module is to enable the learner to understand the ethical, legal and professional boundaries they have with clients and enable the learner to develop empathy, sensitivity and respect within the therapeutic relationship. The learner will also understand the importance of reflective practice, self-care and form a general understanding of other complementary therapy mediums for a multi-discipline approach to client needs.

This module includes the following units:

- The Therapeutic relationship
- Consultation and Treatment Planning
- Reflective Practice
- Working Practices and Self-care
- Hygiene, Health and Safety
- Complementary Therapies and Allopathic Medicine

Assessment Methods

The assessment method of this module is through the reflective practice coursework provided at the practical examination, to be viewed by the IFA Quality Assurance Assessor and will form part of the learners overall practical examination grade.

Module 4: Business Studies

The aim of this module is to enable the learner to understand how to establish a flourishing business. The learner will understand personal management, market research, financial planning, swot analysis, how to formulate financial projections and various employment options amongst other relevant legalities and legislation.

This module includes the following units:

- How to explore and analyse the procedures for starting a complementary therapy business
- How to explore, analyse, manage and operate a complementary therapy business
- How to assess and identify the legal issues relating to starting and managing a complementary therapy business
- How to assess and identify resources required to start up and manage a complementary therapy business
- How to critically appraise and implement marketing strategies appropriate to a complementary therapy business

Assessment Methods

The assessment method of this module is through the business project coursework provided at the practical examination to be viewed by the IFA Quality Assurance Assessor and will form part of the learners overall practical examination grade.



34 Fixed Oils

- 1) Almond sweet (*Prunus communis*)
- 2) Apricot kernel (*Prunus armeniaca*)
- 3) Argan (*Argania spinose*)
- 4) Arnica (*Arnica montana*)
- 5) Avocado (*Persea americana mill*)
- 6) Borage (*Borago officinalis*)
- 7) Calendula (*Calendula officinalis*)
- 8) Camellia (*Camellia oleifera*)
- 9) Carrot (*Daucus carota sativa*)
- 10) Castor (*Ricinus communis*)
- 11) Coconut (*Cocos nucifera*)
- 12) Evening primrose (*Oenothera biennis*)
- 13) Grapeseed (*Vitis vinifera*)
- 14) Hazelnut (*Corylus avellana*)
- 15) Jojoba (*Simmondsia chenensis*)
- 16) Kukui nut (*Aleurites moluccana*)
- 17) Linseed (*Linum usitatissimum*)
- 18) Macadamia (*Macadamia ternifolia*).
- 19) Neem (*Azadirachta indica*)
- 20) Olive (*Olea europaea*)
- 21) Peach kernel (*Prunus vulgarus*)
- 22) Peanut (*Arachis hypogaea*)
- 23) Rice bran (*Oryza sativa*)
- 24) Rosehip seed (*Rosa rubiginosa* or *Rosa moshata* Herrm)
- 25) Rosehip seed (Chile) (*Rosa Mosquito/Rosa affines Rubiginosa*)
- 26) Safflower (*Carthamus tinctorius*)
- 27) Sea buckthorn berry (*Hippophae rhamnoides*)
- 28) Sesame (*Sesamum indicum*)
- 29) Soya (*Glycine max*)
- 30) St John's Wort (*Hypericum perforatum*)
- 31) Sunflower (*Helianthus annuus*)
- 32) Tamanu (*Colophyllum inophyllum*)
- 33) Walnut (*Juglans regia*)
- 34) Wheatgerm (*Triticum vulgare*)



80 Essential Oils

- 1) Basil ct linalool (*Ocimum basilicum*)
- 2) Benzoin (*Styrax benzoin*)
- 3) Bergamot (*Citrus bergamia*)
- 4) Blue Tansy (*Tanacetum annuum*)
- 5) Bog Myrtle (*Myrica gale*)
- 6) Cardamon (*Elettaria cardamomum*)
- 7) Cajeput (*Melaleuca leucadendron*)
- 8) Carrot Seed (*Daucus carota*)
- 9) Cedarwood, Atlas (*Cedrus atlantica*)
- 10) Chamomile, German (*Matricaria recutita*)
- 11) Chamomile, Moroccan (*Ormenis mixta*)
- 12) Chamomile, Roman (*Chamaemelum nobile*)
- 13) Champaca Flower (*Michelia champaca*)
- 14) Cinnamon (*Cinnamomum zeylanicum*)
- 15) Cistus /Rock Rose/ Ladanum (*Cistus ladaniferus*)
- 16) Clary Sage (*Salvia sclarea*)
- 17) Coriander (*Coriandrum sativum*)
- 18) Cypress (*Cupressus sempervirens*)
- 19) Eucalyptus, lemon (*Eucalyptus citriodora*)
- 20) Eucalyptus, blue gum (*Eucalyptus globulus*)
- 21) Eucalyptus, gully gum (*Eucalyptus smithii*)
- 22) Eucalyptus, narrow (*Eucalyptus radiata*)
- 23) Fennel, Sweet (*Foeniculum vulgare*)
- 24) Fragonia (*Agonies fragrans*)
- 25) Frankincense (*Boswellia sacra*)
- 26) Galbanum (*Ferula Galbaniflua*)
- 27) Geranium Bourbon (*Pelargoniu graveolen*)
- 28) Ginger (*Zingiber officinale*)
- 29) Grapefruit (*Citrus x paradise*)
- 30) Helichrysum (*Helichrysum italicum*)
- 31) Ho Wood (*Cinnamomum Camphara*)
- 32) Inula (*Inula graveolens*)
- 33) Jasmine (*Jasminum grandiflorum*)
- 34) Juniper berry (*Juniperus communis*)
- 35) Lavender (*Lavandula angustifolia*)
- 36) Lavender, spike (*Lavandula latifolia*)
- 37) Lavandin (*Lavandula x intermedia Emeric ex*)
- 38) Lemon (*Citrus limon*)
- 39) Lemongrass (*Cymbopogon citratus*)
- 40) Lime (*Citrus aurantifolia*)
- 41) Lotus (Flower) Abs (*Nelumbo nucifera*)
- 42) Manuka (Leaf) (*Leptospermum scoparium*)
- 43) Mandarin (*Citrus nobilis*)
- 44) Marjoram, sweet (*Origanum majorana*)
- 45) May Chang (*Litsea cubeba*)
- 46) Melissa (*Melissa officinalis*)
- 47) Myrrh (*Commiphora myrrha*)
- 48) Myrtle (*Myrtus communis*)





- 48b) Myrtle, Green, Corsica (*Myrtus communis*)
- 49) Neroli (*Citrus aurantium*)
- 50) Niaouli (*Melaleuca viridiflora*)
- 50a) Niaouli ct linalool (*Melaleuca viridiflora*)
- 50b) Niaouli ct nerolidol (*Melaleuca viridiflora*)
- 50c) Niaouli ct cineol (*Melaleuca viridiflora*)
- 51) Orange, sweet (*Citrus sinensis*)
- 52) Orange, bitter (*Citrus aurantium*)
- 53) Oregano (*Origanum vulgare*)
- 54) Palmarosa (*Cymbopogon martini*)
- 55) Patchouli (*Pogostemon cablin*)
- 56) Pepper, black (*Piper nigrum*)
- 57) Peppermint (*Mentha piperita*)
- 58) Petitgrain (*Citrus aurantium*)
- 59) Pine needles (*Pinus sylvestris*)
- 60) Plai (*Zingiber cassumunar*)
- 61) Ravintsara (*Cinnamomum camphora*)
- 62) Rose cabbage (*Rosa x centifolia*)
- 63) Rose damask (*Rosa damascene*)
- 64) Rosemary (*Rosmarinus officinalis*)
- 64a) Rosemary ct verbenone (Corsica and France) (*Rosmarinus officinalis*)
- 64b) Rosemary ct camphor (Spain and Croatia) (*Rosmarinus officinalis*)
- 64c) Rosemary ct cineole (Tunisia and France) (*Rosmarinus officinalis*)

- 65) Rosewood (endangered) (*Aniba rosaeodora*)
- 66) Sage Dalmatian (*Salvia officinalis*)
- 67) Sandalwood, Australian (*Santalum spicatum*)
- 68) Sandalwood, Mysore (*Santalum album*)
- 69) Sandalwood, Pacific/New Caledonian (*Santalum austrocaledonicum*)
- 70) Spearmint (*Mentha spicata*)
- 71) Spikenard (*Nardostachys jatamansi*)
- 72) Tea tree (*Melaleuca alternifolia*)
- 73) Thyme (*Thymus vulgaris*)
- 73a) Thyme ct thujanol (*Thymus vulgaris*)
- 73b) Thyme ct linalool (*Thymus vulgaris*)
- 73c) Thyme ct thymol/carvacrol (*Thymus vulgaris*)
- 73d) Thyme ct geraniol (*Thymus vulgaris*)
- 74) Tuberose (Flower) Abs (*Polianthes tuberosa*)
- 75) Turmeric (Rhizome) (*Curcuma longa* L)
- 76) Vetiver (*Vetiveria zizanioides*)
- 77) Violet (leaf) (*Viola odora*)
- 78) Yarrow (*Achillea millefolium*)
- 79) Ylang Ylang (*Cananga odorata*)
- 80) Yuzu (rind) (*Citrus junos*)

**These oil lists are based on valid syllabus as of August 2023*





Course Results

When you have completed all units of the course and successfully passed the IFA externally invigilated examination's you will be awarded the IFA's Professional Essential Oils Therapy Diploma, which includes your individual grade for each module.

Learners are given a percentage for each of their achievement tests and practical assessment which you can request from your tutor.

If you fail any part of the coursework, you will be given the opportunity to redo your work. Once you have passed your portfolio will be returned to you, which can act as a valuable form of reference throughout your career.

For information regarding re-sitting examinations please see the learner handbook for more information.

Help and Support

The International Federation of Aromatherapists (IFA) have created the syllabus from which the course is taught and set the qualifying requirements to ensure graduates are competent, caring and above all confident when embarking on their new career path. The IFA Professional Essential Oils Therapy Diploma 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 study aids. 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.

Learners should very rarely need to contact the IFA, however you can telephone us on 0208 567 2243, or email us at office@ifaroma.org. The IFA team is happy to answer any queries you have.



Securing Employment

Once graduated you will be eligible to upgrade your membership and apply for PEOT membership with the IFA, which affords a range of benefits. We can help you secure employment through our CV templates, interview technique pack and job search listings to help you become confident when looking for work (available in the postgraduate member's area). We also provide details of which companies recognise the IFA qualifications for healthcare insurance, boroughs of which you can obtain licensing exemption, a listing on our therapist directory and more. For more information please visit our member's benefits page.



Testimonials

The Professional Essential Oils Therapy Diploma is a fascinating and detailed programme. The course explores the properties of over 80 Essential oils, the history of aromatherapy, botany, anatomy and physiology, safety and chemistry together with perfumery blending and ways to use aromatherapy to alleviate various ailments and diseases. You will be equipped with skills and practices required for a modern therapist and trained on how to provide the best service for clients. I'm very glad I took this course and enjoyed it a great deal.

Nanna Mensah, London



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