

Aromatherapy Massage Revision Activity

1. Describe main benefits and effects of the following carrier oils.

a) Avocado

b) Evening Primrose Oil

c) Peach Kernel

2. What are the principles and procedures in handling data from medical sources or other professionals?

3. How do essential oils enter the blood stream? Include: Describe the process of absorption and elimination; Explain the physiological and psychological effects.

4. List three factors to consider when storing essential oils

5. Briefly describe the use of the following mediums in Aromatherapy treatments.

a) Oils

b) Creams

c) Air

6. List and describe 4 chemical compounds of essential oils
