

## Aromatherapy Massage Course Outline

Our ITEC Aromatherapy Massage course (Level 3, QCF) teaches you everything you need to practice Aromatherapy.

Topics include:

- History & development of Aromatherapy.
- Why and how Aromatherapy works.
- Physiological therapeutic effects of essential oils & aromatherapy.
- Exploration of living plants used to make aromatherapy oils.
- A knowledge of carrier oils.
- In-depth knowledge of over 40 essential oils.
- Use, care and storage of essential oils.
- How to blend bespoke Aromatherapy oils for clients.
- Utilise your current Massage Routine.
- The holistic approach - treating the whole person.
- Contraindications to Aromatherapy Massage.
- Basic knowledge and recognition of skin types.
- Professionalism, Ethics and Hygiene.