

Compulsory units for Certificate IV Aromatherapy: Cost \$5804.00

Emerging from the smoky temples of ancient Egypt 5,000 years ago, aromatic substances derived from plants, trees and flowers have enhanced the health, beauty and well being of all subsequent civilizations. This amazing history has been only temporarily interrupted in the last 100 years by the advances in chemistry where to some extent synthetic fragrances have replaced the naturally occurring plant derived aromas in cosmetics, perfumes and foods. This course is an adventure into the wonderful world of nature where the beauty and intensity of the 'real' gifts of the plant world reveal themselves to you.

Aromatherapy 1

Discover all you need to know to manufacture your own products for use in your clinic, develop a knowledge of essential oils and the many ways of using them to promote balance, health and wellbeing in your clients. Your comprehensive text book, kit of oils, bottles jars etc and all the ingredients you will use in class are included in the fees.

Aromatherapy 2

You will learn the beautiful aromatherapy massage, traditional ways of making poultices, body wraps and spa products, be introduced to, and sample more exotic and unusual essential oils, hydrosols, fruit extracts, clays and natural preservatives.

Aromatherapy 3

You will expand your knowledge base of the body systems, their pathology and the place essential oils can play in bringing harmony to body and mind.

Men's health and products, children's health, care of the elderly and frail are also included in this module. Current trends in aromatherapy and the latest essential oils are ongoing topics.

Aromatherapy 4

Included in this module will be the pregnancy massage using the special cushions designed for pregnancy, aromatherapy and infertility, designing a range of aromatherapy products suitable for babies and mothers to be, and the detailed unit on pregnancy and birth with Penny McCulloch.

Supervised Student Clinic

Your supervised student clinic is held at the College, with the public as your clients. Your teacher will help you develop the confidence you need to begin your own professional practice. You must hold a current Senior First Aid Certificate prior to commencing your Supervised Student

Clinic hours: 50

Wet Lab

Visit the Anatomy Department of the Newcastle University and observe for yourself actual body parts. You will see many of the anatomical structures you have studied in class. Dr Alan Brichta will discuss what you see and will provide a very interesting and valuable learning experience!!

Aromatherapy & Ayurveda

An introduction to the ancient Indian system of health and the beautiful exotic Indian essential oils and carriers. You will observe the practice of "shirodara" or dripping of warm sesame oil on the third eye or 6th chakra, as well as learn to do a Indian head neck and shoulders massage.

Subtle Aromatic

The energetic properties of essential oils have a profound affect on the emotional and spiritual well being of anyone lucky enough to experience them. You will learn which oils correspond to which chakras or energy centres in the subtle anatomy, Learning to use colour effectively, crystals, dowsing and "mapping" to assist in healing the emotional and spiritual aspects of your clients are all components of this module.

Chemistry of Essential Oils

An important part of the knowledge required to use essential oils in therapy and for healing. A fantastic insight into the magic and power of essential oils!

OH & S

Covers the ability to address your own health and safety and of others with the understanding of hazards and risks associated within the industry. Be taken through the infection control guidelines to be able to develop policies and procedures in accordance with State or Territory legislative requirements.

Administer a Practice

Get to know the basic legal and practical requirements for setting up a home practice and managing it well, or working alongside other health professionals. This unit includes clinic practices and procedures, stock control, and administrative requirements.

Seminar Series

Each of the four seminar topics will add depth to your general knowledge on the "human condition". Topics include, Wound healing, Pain and Ageing.



Massage Therapy Practice

The massage practice techniques you will learn are designed to offer the greatest benefit for your clients, whilst ensuring that you, the therapist, are protecting your own body from any great strain or pressure.

The massage techniques do not depend on your size or strength; instead you learn to use your weight with gravity to apply the necessary pressure.

Through this unit you will learn:

- philosophies of massage practice;
- Principles & practices of massage;
- assessment techniques that will enable you to design a treatment that is specific to your client's needs
- treat clients with basic massage techniques;
- key elements of draping;
- how to put all you learn together to give a great relaxation massage; and
- review massage treatment and offer advise on other complementary therapies.

Anatomy & Physiology

I, II & III

Anatomy is the study of the human physical form and structure including the skeleton, musculature, composition of cells, skin, blood and much more. Physiology will teach you how the body actually functions.

You will learn about the digestive, respiratory, reproductive, nervous, urinary, endocrine, integumentary, circulatory and lymphatic systems, how they function, the parts that make up each system, and how the everything works together in harmony, or otherwise. A rewarding and interesting essential for every health professional.

Note: Anatomy and Physiology must be completed in order . Your Text Book and CD are included in the fees for the first module.

Communication Arts

Being able to talk, listen and effectively interact with your clients is a very important component of success. Through role play, observation, practice, peer support, and observing common body language behaviours, you will develop a new awareness of just what constitutes really effective communication! Fun, practical and absolutely essential to success in your business!!