



West Coast Institute of Aromatherapy



Learn about Aromatherapy
Aromatherapy Courses
www.westcoastaromatherapy.com



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Introduction

Explore the wonderful world of essential oils and learn everything you need to know to use them effectively in the comfort of your own home, just like going to an aromatherapy school!

Learn all you need to know about essential oils and their uses in the comfort of your own home at your own pace. Our Aromatherapy Courses are delivered directly to you and we are committed to offering Aromatherapy education of the highest standard, at affordable prices. We specialize in aromatherapy education that allows one to naturally progress to the level of expertise desired resulting in Aromatherapy Certification. Your aromatherapy training begins with the Aromatherapy 101 course and is completed with the Aromatherapy 201 course.

The **West Coast Institute of Aromatherapy** was incorporated in April 1999 and over 1,500 students have successfully worked through our programs under the ongoing expert guidance of **Beverley Hawkins**, a true professional with many years of hands on experience. After being introduced to essential oils Beverley found that she needed to take about 5 different aromatherapy courses to get the information she felt she needed. If the courses offered through the West Coast Institute of Aromatherapy had been available when she was first starting out, they would have been the ones she would have wanted to take. She is a lifelong learner and is continually taking workshops and reading books and articles in order to both expand her knowledge and keep it up to date. She would love to welcome you as a student and is eager to share her knowledge with you. As Beverley also maintains a successful hands on practice she is continually honing her skills and gathering a wealth of experience. It is the depth of this clinical experience, together with a constant drive to learn more and more, that makes Beverley an incredible mentor and guide to those taking the courses offered through the West Coast Institute of Aromatherapy.

Essential oils can be used in many different ways and for many different purposes from the esoteric through to the medical and everything in between. Our courses are aimed at providing a good solid grounding in the use of essential oils within this broad framework. This allows our graduates to use essential oils with confidence and understanding, in whatever sphere they choose to work.

Aromatherapy correspondence courses are our specialty, we will help you acquire the knowledge you require to effectively use essential oils through our well researched and referenced course manuals. We are committed to keeping our materials as up to date and current as possible. For instance, Beverley's Summer Project for 2017 was to completely review and enhance the course material. Ongoing support is available throughout the entire course, by phone, fax, mail or email. Students are also invited to join our Facebook Group. This is an excellent forum that provides an opportunity to connect both with Beverley and other students and graduates. A classroom atmosphere without actually having to be in a classroom. One has the benefit of studying on your time schedule at your pace, and have the support of others doing the same.

Take advantage of this opportunity to attend Aromatherapy school at home. Learn at your own speed and attain the level of expertise you desire with these comprehensive correspondence aromatherapy courses assembled by an accredited and experienced professional.

The website is home to a lot more information. Check out the Frequently Asked Questions page, the Blog, and the listings under the Free Information Tab: Article Archives, Resources, Links, Methods of Application and more.

Aromatherapy Courses

We specialize in distance learning where the student learns at their own pace in the comfort of their own home.

Aromatherapy is the use of pure essential oils for the enhancement of body, mind and spirit. Essential oils are concentrated substances with very complex chemical structures that are extracted from highly aromatic plant material. Today the term Aromatherapy is used commercially to promote just about anything from a hair shampoo to air fresheners, however, when we use the term Aromatherapy we mean the use of therapeutic quality essential oils to promote wellness and balance for body, mind and/or spirit.

These days, essential oils are incorporated into practically every sphere of life. They are used by aromatherapists, nurses, counsellors, psychologists, massage therapists and beauty therapists. Medical practitioners in France treat chronic infections using essential oils, and they have long been used extensively in the complex and exacting perfume industry. The use of essential oils is not restricted to professionals. Everyone can learn how to safely use these wonderful gifts of nature for their own benefit, as well as that of family and friends. Whether your interest lies in utilizing essential oils in beauty preparations or to enhance emotional and physical well being (or both), we are sure that you will find a use for Aromatherapy in your life.

There are many excellent reasons to choose the West Coast Institute of Aromatherapy as your source of aromatherapy education including:

- Well researched information which is laid out in a logical, easy to understand, format.
- Because of the depth of knowledge contained in these courses, the course notes and workbooks are resources that can, and will be referred to long after the courses have been completed.
- An excellent instructor, who is available to answer any and all of your questions, ensuring that you fully understand all the nuances of the material you are studying. Although this is self-directed study, Beverley is only as far away as an email or a phone call. Every question that comes through is always replied to promptly.
- An opportunity to interact with others who are taking, or who have taken the courses through our Facebook group, which has proven to be a wonderful support system.
- The opportunity to start the course at any time convenient to you.
The opportunity to work through the course material at your own pace. While there are deadlines for completion of both the 101 (9 months), and the 201 (18 months), it is up to the individual student as to whether they want to take the full time allotted, or complete the course in less time. As this is self-directed study the student sets the pace and as mentioned above Beverley is always ready to help whenever asked.
- The knowledge that, once completed, these courses will give on an in depth knowledge of essential oils and their uses. All our graduates are extremely competent and confident aromatherapists, who are a credit to themselves and their clients.

Our course notes and workbooks are all you need to study from. However, as essential oils and carriers are the 'tools of the trade', you will need to have some on hand to work with. You are welcome to purchase these from any supplier of your choice. We recommend starting with 10 - 15 of the more popular oils from the 101 course plus 2 carriers and some empty bottles and containers for blending.

Recognition of our Courses

While Aromatherapy is not a recognized 'licensed' profession, it is self-regulated through the various different Aromatherapy Associations.

Aromatherapy Associations do not offer training courses, however they all have standards and requirements that must be met by those wishing to join. Some Associations will also recognize individuals or schools as teaching to their standards. Our courses are recognized by all of the associations listed. They not only meet the requirements of each individual association but in fact, exceed the requirements of all of them. Graduates of Aromatherapy 101 and Aromatherapy 201 are eligible to join the following Associations as Full Professional Members. Students are eligible to join some of them as Student Members.

In Canada:

British Columbia Association of Practicing Aromatherapists (BCAPA);

British Columbia Alliance of Aromatherapy (BCAOA);

Canadian Federation of Aromatherapists (CFA):

As of September 1, 2015 the West Coast Institute of Aromatherapy has chosen not to renew their School Contract with the CFA. The reason for this is the CFA's decision to make it mandatory, that all the schools that they recognize and list, will ensure that ALL their graduates, regardless of where they live, and whether or not they want to join this association, WILL pay for and write, the CFA entrance exam. It remains our understanding that the CFA makes their Entrance Exam available to anyone who wishes to join the CFA, even when they have attended a school that is not listed by them. Therefore any of our graduates who would like to join this association can certainly do so by applying directly to the CFA and making arrangements to write their Entrance Exam.

In the USA:

National Association for Holistic Aromatherapy (NAHA);

Alliance of International Aromatherapists (AIA);

Associated Bodywork & Massage Professionals (ABMP);

Our courses are also recognized by:

Associated Bodywork & Massage Professionals as being eligible for earning Continuing Education Units.

The West Coast Institute of Aromatherapy is approved by the **Minister Of Human Resources and Skills Development Canada** under sub-paragraphs 118.5(1)(1)(ii) and 118.6(1)(a)(ii) of the **Income Tax Act** and is eligible to issue **Tuition Tax Certificates**.

Aromatherapy 101

Anyone and everyone with an interest in using essential oils safely and effectively would benefit from taking this course. The course consists of three course books plus a workbook.

- The student is introduced to the World of Aromatherapy and its history.
- We cover what essential oils are, where essential oils come from, how they are extracted, the factors affecting their quality and chemistry.
- We explain how aromatherapy works and outline the Safety Precautions one must be aware of to effectively use these oils.
- The various methods of application and effective dilution of the oils, various carrier oils and dilution mediums as well as different methods of blending round out the picture.
- **30 essential oils** are covered in depth: **Chamomiles:** Chamomile, Roman (*Chamaemelum nobile*), German Chamomile (*Matricaria recutita*); **Citrus Oils:** Bergamot (*Citrus bergamia*), Grapefruit (*Citrus x paradise*), Lemon (*Citrus x limon*), Lime (*Citrus x aurantifolia*), Mandarin/Tangerine (*Citrus reticulata*), Orange, Bitter and Sweet (*Citrus aurantium var. Amara*) (*Citrus sinensis*), Yuzu (*Citrus junos*); Clary Sage (*Salvia sclarea*); Cypress (*Cupressus sempervirens*); **Eucalyptus Oils:** Lemon (*Corymbia citriodora*); (*Eucalyptus dives*) (*Eucalyptus globulus*) (*Eucalyptus radiate*) (*Eucalyptus smithii*); Geranium (*Pelargonium graveolens*); Ginger (*Zingiber officinale*); Juniper Berry (*Juniperus communis*); **Lavenders:** Lavandin (*Lavandula x intermedia*), Lavender (*Lavandula angustifolia*), Spike Lavender (*Lavandula latifolia*), Spanish Lavender (*Lavandula stoechas*); Marjoram (Sweet) (*Origanum majorana*); **Mint oils:** Peppermint (*Mentha x piperita*), Spearmint (*Mentha spicata*); Rosemary (*Rosmarinus officinalis*); Tea Tree (*Melaleuca alternifolia*); Lemon scented Tea Tree (*Leptospermum petersonii*); Ylang Ylang (*Cananga odorata*).
- **Carriers: 11 carrier oils covered:** Sweet Almond Oil (*Prunus amygdalus var. dulcis*), Apricot Kernel Oil (*Prunus armeniaca*), Borage Oil (*Borago officinalis*), Canola Oil (*Brassica napus*), Castor Oil (*Ricinus communis*), Coconut Oil (*Cocos nucifera* L), Evening Primrose Oil (*Oenothera biennis*), Grapeseed Oil (*Vitis vinifera*), Hemp Seed (*Cannabis sativa*), Jojoba Oil (*Simmondsia chinensis*), Kukui Nut Oil (*Aleurites moluccans*), Olive Oil (*Olea europaea*), Tamanu Oil (*Calophyllum inophyllum*); **2 Macerated Oils:** Calendula Oil (*Calendula officinalis*), Hypericum - St. John's Wort (*Hypericum perforatum*); **3 Butters:** Cocoa Butter (*Theobroma cacao*); Mango Butter (*Mangifera indica*), Shea Butter (*Vitellaria paradoxa*); **Clays; Gels; 20 Hydrosols covered.**
- Therapeutic Blending; Creative Blending; Skin Care; Aromatherapy Home Facial; Perfumes and Perfume Blending; First Aid; Making Products, Product Labelling, Good Manufacturing Practices, Product Pricing; Interaction with your client ; Client Briefs; Recipe and Sample Blends round out the picture.

The Workbook is divided into 20 individual lessons. Each lesson highlights the material in the course book to be studied for that lesson. Then there are hands on experiential exercises for the student to complete. These give one a first hand experience of working with the essential oil/s and building up a personal relationship with that oil. We find that when we have a personal relationship with an oil we have a much better recollection of what that oil will work for. The plus is that these exercises are fun and easy to do! At the end of each chapter are some multiple choice questions and answers. These prepare one of the final exam.

There is a time line of 9 months within which to complete this course and request the exam. Working at your own pace, provided the material is worked at consistently, it is certainly possible to complete the course work and exam requirements in much less time and many students do. The exam is a closed

book exam, 100 multiple choice question, sent out with a Proctor Form. In addition to the exam there is the exam requirement of an essay, minimum 500 words and maximum 2000 and 5 simple Case Studies. A Certificate will be issued on the successful completion of exam, essay and simple case studies.

On completion of this course, you will be able to effectively use Aromatherapy and the essential oils covered in the aromatherapy course for yourself and family. This aromatherapy course could also prepare you to work in the Aromatherapy Industry, for example in retail outlets selling essential oils as well as product formulation and blending.

Aromatherapy 201

With the **pre-requisite of Aromatherapy 101**, the Aromatherapy 201 Course builds on the knowledge already gained in the Aromatherapy 101 Course. Together they give one all the necessary tools to practice Aromatherapy in a professional setting. Continuing on with this course would benefit anyone wishing to practice Aromatherapy professionally. Whether you already work as a Health Care practitioner, (massage therapist, nurse, physiotherapist, psychologist etc.) and want to incorporate Aromatherapy into your practice; already work in the Aromatherapy Industry (in retail, or product formulation etc.); or your goal is to practice professionally as an aromatherapist, the information contained in the course will give you what you are looking for. Once again the information is contained in three course books and a workbook.

The course continues with:

- An additional 60 essential oils in depth:** Angelica (*Angelica archangelica*); Aniseed (*Pimpinella anisum*); Basil (*Ocimum basilicum* ct. linalool); Bay (*Pimenta racemose*); Benzoin (*Styrax benzoin*); Birch (*Betula lenta*) & Wintergreen (*Gaultheria procumbens*); Black Pepper (*Piper nigrum*); Cajuput (*Melaleuca cajuputi*); Caraway (*Carum carvi*); Cardamom (*Elettaria cardamomum*); Carrot Seed (*Daucus carota*); **Cedarwoods:** Virginian (*Juniperus virginiana*), Texas (*Juniperus ashei*), Atlas (*Cedrus atlantica*), **Cinnamomum camphora:** White camphor (*Cinnamomum camphora*); Ho Leaf (*Cinnamomum camphora* ct. linalool); Ravintsara (*Cinnamomum camphora* ct. 1,8- cineole); Cinnamon (*Cinnamomum verum*); Cistus (*Cistus ladanifer*); Citronella (*Cymbopogon nardus*) (*Cymbopogon winterianus*); Clove (*Syzygium aromaticum*); Coriander (*Coriandrum sativum*); Cumin (*Cuminum cyminum*); Elemi (*Canarium luzonicum*); Fennel (Sweet) (*Foeniculum vulgare* var. *dulce*), Fir Needle (*Abies alba*) (*Abies balsamea*); Frankincense (*Boswellia scara*); Galbanum (*Ferula gummosa*); Helichrysum (*Helichrysum italicum*); Hyssop (*Hyssopus officinalis*); Inula (*Dittrichia graveolens*); Jasmine (*Jasminum grandiflorum*); Laurel (*Laurus nobilis*); Lemongrass (*Cymbopogon citratus*) (*Cymbopogon flexuosus*); Litsea Cubeba (*Litsea cubeba*); Manuka (*Leptospermum scoparium*); Melissa (*Melissa officinalis*); Myrrh (*Commiphora myrrha*); Myrtle (*Myrtus communis*); Neroli (*Citrus x aurantium*); Niaouli (*Melaleuca quinquinervia* CT cineole); Nutmeg (*Myristica fragrans*); Palmarosa (*Cymbopogon martini*); Patchouli (*Pogostemon cablin*); Petitgrain (*Citrus x aurantium*); Scotch Pine (*Pinus sylvestris*); Ravensara (*Cryptocarya agathopjylla*); Rosalina (*Melaleuca ericifolia*); Rose (*Rosa x damascene*) (*Rosa x centifolia*); Rosewood (*Aniba roseodora*); Sage (*Salvia officinalis*); Sandalwood Oils (*Santalum*); Spikenard (*Nardostachys jatamansi*); Spruce (*Picea mariana*); St. John's Wort (*Hypericum perforatum*); Blue Tansy (*Tanacetum annuum*); Tarragon (*Artemisia dracunculus*); Thyme (*Thymus vulgaris*); Vetiver (*Chrysopogon zizanioides*); Yarrow (*Achillea millefolium*).
- An additional 21 carrier oils:** Argan (*Argania spinosa*); Avocado Pear Oil (*Persea americana*); Black Cumin (*Nigella sativa*); Black current Seed (*Ribes nigrum*); Camellia (*Camellia japonica*); Corn Oil (*Zea mays*); Hazelnut Oil (*Corylus avellana*); Linseed Oil (*Linum usitatissimum*); Macadamia Oil (*Macadamia integrifolia*, *M. ternifolia*, *M. tetraphylla*); Meadowform (*Limnanthes alba*); Moringa (*Moringa oleifera*); Neem (*Azadirachta indica*); Pecan Oil (*Carya illinoensis*); Red Raspberry Seed (*Rubus idaeus*); Rosehip oil (*Rosa rubiginosa*); Safflower (*Carthamus tinctorius*); Sesame Oil (*Sesamum indicum*); Soyabean Oil (*Glycine max*); Sunflower Seed Oil (*Helianthus annuus*); Walnut (*Juglans regia*); Wheatgerm Oil (*Triticum vulgare*).

2 Macerated Oils. Arnica (*Arnica montana*); Carrot Oil (*Daucus carota*).
- Anatomy and Physiology is an important component of the Aromatherapy 201 course. All of the body systems are covered: Integumentary, Skeletal, Muscular, Cardiovascular, Lymphatic,

Immune System, Neurological, Digestive, Respiratory, Urinary, Male and Female Reproductive systems and Endocrine system.

- Also covered is the action of essential oils within those systems and conditions affecting each of the systems. Understanding this gives one the tools to more effectively create synergies/blends and strategies to effect change by using essential oils.
- Also covered is the use of essential oils during Pregnancy and Childbirth and the use of essential oils with Babies, Children and the Elderly. Enhancing the care given when people face critical conditions is covered under Aromatherapy and Cancer, Aromatherapy and HIV/AIDS and Aromatherapy and the Dying.
- The student is trained in taking client histories, doing a client consultation and keeping client records. It is always important to be able to identify and assess concerns, before one can create the best strategy that fits both the client and their lifestyle, then be able to reassess and tweak if necessary.
- As business is a part of interacting with clients we also cover business set up and marketing in this course.

This workbook is divided up into 40 individual lessons. Each lesson highlights the material in the course book to be studied for that lesson. Then there are hands on experiential exercises for the student to complete. At the end of each chapter are some multiple choice questions and answers. These prepare one of the final exam.

There is a time line of 18 months within which to complete this course and order the exam. Working at your own pace, provided the material is worked at consistently, it is certainly possible to complete the course work and exam requirements in much less time and many students do. Once again it is a closed book exam of 100 multiple choice questions, sent out with a Proctor Form. In addition to the exam there is the exam requirement of a Research Paper and 30 Unique Blends written up as Case Studies. A Certificate will be issued on the successful completion of exam and essay.

Full Professional Course

The full professional course allows you to purchase both the Aromatherapy 101 course and the Aromatherapy 201 course together and save on the total price of the course. The Full Professional Course consists of the Aromatherapy 101 Course Notes and Workbook and the Aromatherapy 201 Course Notes and Workbook.

The Exam requirements for each course remain the same, however the time line becomes a total of 27 months within which to complete both courses.

When you have worked through the Aromatherapy 101 course material and are ready, you purchase and request the Aromatherapy 101 exam. The exam is a closed book, 100 multiple choice question, exam which is sent out with a Proctor Form. In addition to the exam there is also the exam requirement of an essay, to be chosen from one of three topics, minimum 500 words and 5 simple case studies. The essay. A Certificate will be issued on the successful completion of exam and essay.

One then moves on to the Aromatherapy 201 course and when ready purchases and requests the Aromatherapy 201 exam. This too is a closed book, 100 multiple choice question, exam and comes with a Proctor Form. In addition to the exam, there is the requirement of an 8 – 10 page research paper, on the topic of your own choosing, plus 30 Unique Blends written up in Case Studies. A Certificate will be issued on the successful completion of the exam, research paper and case studies.

Aromatherapy 301 – Diploma in Advanced Aromatherapy Techniques

Pre-requisite: Successful completion of Aromatherapy 101 and Aromatherapy 201; or an equivalent Professional Aromatherapy Course.

In order to make way for the new information added to the Aromatherapy 201 course material, some information previously covered had to be removed. The introduction of the Aromatherapy 301 course was a way to make that information available again, plus a whole lot more. The Aromatherapy 301 course could be seen as *seven workshops* incorporated into *one course*.

The material in the Aromatherapy 301 course is presented in three course books and one workbook.

Those who successfully complete and submit the Diploma Requirements will be awarded the West Coast Institute of Aromatherapy's *Diploma in Advanced Aromatherapy Techniques*.

Time Line: 9 months.

Diploma

There is no final exam for Aromatherapy 301 however anyone who wish to earn the West Coast Institute of Aromatherapy's Diploma in Advanced Aromatherapy Techniques, is required to submit the following:

Bodywork Techniques

Three Case Studies using one of the Bodywork Techniques.

Natural Perfume

One Client Brief Report

Consult with your client to discover what they are looking for. Then create a unique blend based on their requirements. Tweak and refine the blend until it is ready and create a final product to meet the client's specifications.

Teaching and Workshop

One 1 hour workshop

Design and create a one hour workshop that could be presented to a specific group.

Covered in this course:

- **Some Review:** All things Safety; Pathways of Assimilation; Massage Theory and Techniques.
- **Anatomy & Physiology:** Some review and some additions specific to bodywork.
- **Bodywork Techniques**
 - **Aromatherapy Massage**
Previously offered in the old Aromatherapy 201 course but not in the new Aromatherapy 201 course, I am happy to offer it in the Aromatherapy 301 course. **New** to the Aromatherapy 301 course is **access to the Aroma Massage Video** at no extra charge (valued at \$95.00).
Learn a very effective routine to use to apply the essential oils in massage.
 - **Lymphatic Stimulation**
New: Learn a very specific and effective technique that encourages lymph movement, while at the same time being extremely relaxing.
 - **Indian Head Massage**
New: Learn techniques are that are quick and effective. Clients do not need to undress and it can be performed anywhere with no special equipment required.
- **Pregnancy and Pregnancy Massage**
- **New:** Enhanced information on using essential oils during pregnancy. This has also been expanded to include Pregnancy Massage and Assistance during labor.
- **Infant Massage**
Previously offered in the Aromatherapy 201 course now part of the Aromatherapy 301 course.
- **Natural Perfumes**
New: The focus for blending from an Aromatherapy perspective and creating a Natural Perfume is quite different. By the end of this section you will be able to create your own unique Natural Perfumes.
- **Teaching and Workshops**
New: As aromatherapists we are all called upon to share information on the safe use of essential oils. Learn how to set up your own information workshops to effectively share the information you want to. Offering workshops is a great service to your community, a very professional way to promote yourself and your services and a possible additional income stream.
- **15 New Essential Oil Profiles**
Amyris Amyris balsamifera; Champaca Magnolia champaca; Chaste Berry Vitex agnus-castus L; Labrador Tea Rhododendron groenlandicum; Lemon Verbena Aloysia citriodora; Linden Blossom Tilia europaea; Mimosa Acacia dealbata; Monarda Monarda fistulosa; Oakmoss Evernia prunastri; Oregano Origanum species; Plai Zingiber montanum; Tagetes Tagetes minuta; Valerian Valeriana officinalis; Vanilla Vanilla planifolia; Violet Leaf Viola odorata.
- **Fully Updated Therapeutic and Emotional Indexes**
- **Fully Updated Reference Charts**

Course Options and Pricing

NEW PRICING – due to increased costs in printing the price for the mailed out versions has gone up. Downloadable versions pricing remains unchanged.

The Aromatherapy 101 and Aromatherapy 201 can be purchased individually. They can also be purchased together as the Full Professional Course. There is a price reduction for this option. You may choose to download the courses in PDF files (there are two for each course, the Course Notes and the Workbook); you may choose to have the courses mailed out to you; or you may choose to purchase both the downloadable version and the mailed out version. There is a difference in price for each option. There is also the option of adding the Aroma Massage DVD to any course order for only \$50.00.

All prices are in Canadian Dollars. All courses that are **mailed out** will be subject to **Shipping and Handling** charges. Downloaded courses and exams are not charged **Shipping and Handling**.

Aromatherapy 101

Download - Download the PDF Version of Aromatherapy 101 Home Study Course. The file contains both the Workbook and the Course Notes. \$555.00.

Mailed Out - Includes a hard copy of the Aromatherapy 101 Course Notes and the Aromatherapy 101 Workbook. \$610.00 **plus** S & H.

Download and Mailed Out - Download the zip file as above plus have a hard copy of the course notes and workbook sent to you. \$640.00 **plus** S & H.

101 Exam Only available to students already enrolled in Aromatherapy 101. No S & H.

Mailed Out - \$75.00.

Download - Download the PDF version of the exam. \$75.00

Aromatherapy 201 (Pre-requisite Aromatherapy 101)

Download - Download the PDF Version of Aromatherapy 201 Home Study Course. Both the Course Notes and the Workbook will be downloaded in this file. \$555.00.

Mailed Out - Includes a hard copy of the Aromatherapy 201 Course Notes and the Aromatherapy 201 Workbook. \$640.00 **plus** S & H

Download and Mailed out. – Download the zip file as above plus have a hard copy of the course notes and workbook sent to you. \$675.00 **plus** S & H.

201 Exam Only available to students already enrolled in Aromatherapy 201. No S & H.

Mailed Out \$75.00.

Download - Download the PDF version of the exam. \$75.00.

Full Professional Course (Aromatherapy 101 and Aromatherapy 201 combined) – The full professional course allows you to purchase both the courses at the same time at a discount. Save money and purchase the two together. Exams will be ordered separately when you are ready to write them.

Download - download includes PDF files of both the Aromatherapy 101 Course Notes and Workbook, as well as the Aromatherapy 201 Course Notes and Workbook. Save money and purchase these two courses together. \$999.00.

Mailed Out - hard copy of both the Aromatherapy 101 Course Notes and Workbook, as well as the Aromatherapy 201 Course Notes and Workbook. \$1139.00 **plus** S & H.

Download and Mailed out - Download the zip file as above plus have a hard copy of the course notes and workbook sent to you. \$1189.00 **plus** S & H

Aromatherapy 301

Download - Download the PDF Version of Aromatherapy 301 Home Study Course. The file contains both the Workbook and the Course Notes. \$555.00.

Mailed Out - Includes a hard copy of the Aromatherapy 301 Course Notes and the Aromatherapy 101 Workbook. \$610.00 **plus** S & H.

Download and Mailed Out - Download the zip file as above plus have a hard copy of the course notes and workbook sent to you. \$640.00 **plus** S & H.

There is **no exam** for the Aromatherapy 301 course.

The **Diploma in Advanced Aromatherapy Techniques** will be awarded to those who successfully complete and submit the Diploma Requirements. No additional charge.

Aromatherapy Workshops

Aroma Massage Video

In this Video, Beverley takes you step by step, through a very effective routine designed to bring about relaxation, and optimize the use of essential oils. In this easy to follow Video and accompanying booklet you will learn how to incorporate the hands on modality of massage with the use of essential oils. There is an accompanying exam which is sent out with each Video. Those who wish to receive a certificate for Continuing Education Credits (20 hours) can complete this and then return it to West Coast Institute of Aromatherapy. A certificate will be sent out to all who successfully complete the exam. Cost of the DVD, accompanying booklet, exam and certificate - \$95.00. No Prerequisites.

Aromatic Medicine Workshop

3 steps to Expand Your Knowledge of Essential Oil Applications

Do you already use Aromatherapy and essential oils for self-care?

Do you know how to choose and use the most appropriate method of application?

This workshop will give you the tools to confidently and safely use essential oils in all appropriate methods of application.

Step 1.Look at Modern Aromatherapy

- Review Modern Aromatherapy's timeline and see how the different essential oil methods of application developed.
- Understand the Legalities of the different Scopes of Practice.
- Review General Safety.

Step 2.Essential Oil Chemistry

- Review essential oils, their chemistry, their properties and the safety issues around their effective use.
- Biochemical Families and their actions.
- Blending by Chemistry, plus an exercise to demonstrate this.

Step 3 Application Methods

- Understand the different Pathways of Assimilations
- Review the Appropriate Application Methods: Inhalation; Topical; Internal
- Downloadable PDF **\$150.00**
- CEUs 10 hours
- Certificate on completion of online Test

Business Strategies Workshop

3 Important Strategies Aromatherapists Forget to use in Business

#3 Define the business model.

Your courses have been successfully completed, your Certificate is framed and hanging on the wall, but where are your customers?

#2 Structure that model effectively.

Certainly there are lots of approaches you can take but which are the ones that will work best for you and your potential customers?

#1 Implement the right marketing tactics to grow and maintain that business.

A successful business needs more than just a great product and excellent service. Over-reliance on potential '**word of mouth**' referrals can leave you asking "Where is everyone"? Taking the time to follow and implement these simple strategies can make all the difference!

The Aromatherapy Business Workshop will help you to:

- Define The Business Model
- Structure the Business Effectively
- Implement Marketing Tactics
- Basic Marketing
- Website
- Social Media & Social Media Marketing
- Write Effective Sales Copy
- Education Based Marketing
- Referrals
- Referral List
- Networking
- CEUs: 10 Hours
- Downloadable PDF **\$95.00**
- Certificate on completion of online Test.

Caddy Chemistry

Do you have trouble understanding the Chemistry of Essential Oils?

Would you like to know more? The Chemistry Home Study Course was designed for those who have not had any instruction on the chemistry of essential oils and who would like to enhance their knowledge in this area. Those who take our regular Aromatherapy Courses will find that Chemistry is covered these courses. There is an introduction to Chemistry in the Aromatherapy 101 course and a more in depth Chemistry Review in Aromatherapy 201 and while the information covered in the Chemistry Home Study Course is similar to the information covered in the Aromatherapy 101 and Aromatherapy 201 courses, what is different is the way that this information is presented!

This course is based on the work of Rosemary Caddy BSc Hons., ARCS, MISPA, who graduated from London University with a BSc Honours Degree in Science. As a Reader and Principal Lecturer in Educational Research at Nottingham University she was the author or a range of educational materials for students of many disciplines. Rosemary is also a qualified clinical aromatherapist running her own clinic and carrying out a program of research on the chemistry of essential oils. She has developed her Caddy Profiles as a colourful new way of looking at essential oils. Each functional group is assigned a specific colour and the Caddy Profile view the essential oil profile as a colourful wheel. Each profile gives an instant visual of the oil's composition by showing the proportion of each of the chemical families present in that oils, as well as an understanding of the properties and possible cautions those chemical families bring. On completion of this course you will be able to take the chemical breakdown of an essential oil and create a colourful wheel representing these components. Being able to create colour wheels of individual essential oils and essential oil blends can be a really helpful way of understanding how they work, what properties they may have, and what precautions one might need to keep in mind. It can also give you a useful tool to compare different essential oils and essential oil blends. Here is an outline of what is covered in this course.

The Caddy Chemistry Home Study Course costs **\$150.00** and covers:

- **Elements and Atomic Structure.** An introduction to the elements and atomic structure step by step. Particular attention is paid to the carbon, hydrogen and oxygen molecules.
- **Compounds and Molecules.** Participants will learn the relevant definitions of ionic bonding and covalent bonding. Examples of ionic compounds, molecules of an element and molecular compounds are illustrated.
- **Essential Oil Molecules.** To help participants understand chemical family a detailed set of notes and worksheets takes them step by step through many illustrative examples.

The course is delivered digitally and consists of 7 PDF files.

Essential Oils in Colour – Study Guide

Essential Oils in Colour – Course Notes

Essential Oils in Colour – Caddy Chemistry Student Pack

Understanding Caddy Profiles

Three Reference Charts to work from.

The Final Exercise and Mystery Oil Data Profile will be found in the Study Guide. Once these have been returned completed, a Certificate of Completion is issued.

Essential Oils and Children

Mothers, do you really know how to use essential oils safely and effectively? Learn how to effectively and safely use essential oils with children.

3 Mistakes Mothers may make when using essential oils with their families.

#3: Not understanding the true nature of essential oils

While the internet may offer a lot of quick fixes on “how to use essential oils for xyz”, on careful reading it becomes clear that not everyone sharing this information actually understands the true nature of essential oils.

Understanding the true nature of essential oils, how they are formed in certain plant and the function they play in those plants gives one a better understanding of what one can expect from their use.

Knowing about the major industries that have used essential oils also gives one more insight into their true nature

#2: Thinking that there is one simple solution that works for everyone

Asking “what essential oil should I use for xyz?” can never have a simple answer.

Just because a particular oil might be good for “xyz”, it does not follow that it will be good for the person you are asking about.

If five people, all with the same “xyz” condition, see the same aromatherapist, it is most likely that they will each be given a different blend of essential oils and possible protocol for use.

When addressing a condition like “xyz”, in addition to considering the condition itself, it is also important to factor in things like: their age; general health; lifestyle; appropriate application methods; appropriate percentage dilutions etc.

#1: Simply following someone else’s advice on what to do in a given situation

Unless you are going to have a consultation with a professional aromatherapist, in which they will assemble all the pertinent information needed to make a unique, effective blend for the individual, it is important to acquire your own knowledge and not blindly rely on snippets of advice from others.

Education and knowledge is always important if you want to make an informed decision about anything.

The Essential Oils and Children Workshop will take you through:

- What essential oils really are, their function in plants, Industries using essential oils.
- Essential Oil Pathways of Assimilation
- Methods of Application
- General Safety
- Useful Measurements
- Using Aromatics around Babies and Children Safely, Methods of Application, Dilutions
- Hydrosols and Carrier Oils
- Blending
- 25 Essential Oil Profiles
- 30 Common Conditions and Recipes
- CEUs 10 hours
- Downloadable PDF **\$150.00**
- Certificate on completion of online Test.

Shipping and Handling

All orders that are mailed out are subject to shipping and handling charges.

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Aromatherapy Courses - within Canada via Canada XPress Post – \$30.00.

Aromatherapy Courses - anywhere in the USA via Canada XPress Post –\$40.00.

Aromatherapy Courses - anywhere in the Rest of the World via Canada XPress Post where available or Courier and will be charged the actual price.

Aroma Massage Video – available on line and can be downloaded. No additional Shipping and Handling Costs.

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