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Proctor Statement

I hereby confirm that the exam was opened and completed in front of me today by

Student's Name: _____

The exam was started at: _____ and completed by: _____

I also confirm that the exam was written as a closed book exam without reference to any notes or other material.

Name of Proctor : _____
(Please write clearly)

Signature:

Date:

Cover Sheet

Total Possible Marks: 100

Marks Received:

Name: _____
(Please print your name clearly as it should appear on the Certificate)

Date: _____

5 Simple Case Studies – Attached: _____

Essay (500 – 2000 words) your choice – one of three topics: [My Favorite Essential Oil; or My Journey with Essential Oils; or One of my Favorite Essential Oil Blends and Why] – Attached: _____

(Please note your Essay Title)

Please read each of the questions carefully. Choose the most correct answer/answers and mark them in on the Answer Sheet Provided.

Once you have completed the Exam please return this Cover page, together with the Proctor Form, Answer Sheet, Evaluation Form (optional), 5 Mini Case Studies, and your Essay for grading. You do not need to return the questions.

Answer Sheet

1		26		51		76	
2		27		52		77	
3		28		53		78	
4		29		54		79	
5		30		55		80	
6		31		56		81	
7		32		57		82	
8		33		58		83	
9		34		59		84	
10		35		60		85	
11		36		61		86	
12		37		62		87	
13		38		63		88	
14		39		64		89	
15		40		65		90	
16		41		66		91	
17		42		67		92	
18		43		68		93	
19		44		69		94	
20		45		70		95	
21		46		71		96	
22		47		72		97	
23		48		73		98	
24		49		74		99	
25		50		75		100	

Multiple Choice Questions

1. **Who was the first person to use the phrase 'aromatherapie'**
 - A. Jean Valnet
 - B. Renè Maurice Gattefossé
 - C. Marguerite Maury
 - D. Emperor Huang Ti

2. **Greeks carried into battle an ointment made with:**
 - A. Frankincense
 - B. Chamomile
 - C. Myrrh
 - D. Sage

3. **Who is credited with perfecting the distillation process begun in Mesopotamia?**
 - A. Avicenna
 - B. Dioscorides
 - C. Galen
 - D. Yakub al-Kindi

4. **Essential oils are:**
 - A. Chemical substances found in plants, which dissolve easily in water.
 - B. Highly inflammable substances which do not dissolve in water
 - C. Fatty oils.
 - D. None of the above.

5. **Top notes are:**
 - A. Both stimulating and calming depending on the need.
 - B. The most relaxing and sedating oils.
 - C. The quickest to evaporate.
 - D. None of the above.

6. **Bottom/Base notes are:**
 - A. Both stimulating and calming depending on the need.
 - B. The most relaxing and sedating oils.
 - C. The quickest to evaporate.
 - D. None of the above.

7. **The quality of the essential oil can be affected by**
 - A. The soil in which the plant is grown.
 - B. The climatic conditions
 - C. The conditions under which the essential oil is bottled and stored
 - D. All of the above.

8. **Essential oils from citrus fruits is extracted by**
- A. Steam distillation
 - B. Enfleurage
 - C. Cold Expression
 - D. Solvent Extraction Processes
9. **Floral Water/hydrosols/hydrolates are the byproduct of:**
- A. Steam distillation
 - B. Cold Expression
 - C. CO2 Extraction
 - D. None of the above
10. **Which method of essential oil extraction is no longer commercially viable?**
- A. CO2 Extraction
 - B. Enfleurage
 - C. Steam distillation
 - D. Cold Expression
11. **The process of steam distillation is as follows:**
- A. Water is heated and steam is passed through the plant material. The steam is allowed to escape and what is left is essential oil.
 - B. Water is heated and steam is passed through the plant material. The steam is collected and sent through a coil, which is cooled by running water. The steam is condensed and the essential oil and the condensed water separate with the essential oil sinking to the bottom of the water.
 - C. Water is heated and steam is passed through the plant material. The steam is collected and sent through a coil, which is cooled by running water. The steam is condensed and the essential oil and the condensed water separate with the essential oil rising to the top of the water.
 - D. The plant material is covered with water, which is heated for several hours. After which time the water is allowed to cool down and the plant material is strained off. The essential oil is then separated from the water.
12. **What happens when essential oil molecules are breathed in?**
- A. Some essential oil molecules breathed in will find their way into the bloodstream through the lungs.
 - B. Essential oil molecules will trigger the receptors in the olfactory mucous membrane to respond and pass a sensory stimulation into the olfactory center of the limbic system of the brain.
 - C. Most essential oil molecules breathed in will be exhaled again.
 - D. All of the above.

13. **Essential oils will absorb more readily if:**
- A. The skin is broken or damaged.
 - B. A large amount of skin is covered.
 - C. It is cold.
 - D. After a steam bath
 - E. Both A and B
 - F. Both B and D
14. **Essential oils are mostly made up of which three elements**
- A. Oxygen, Carbon and Nitrogen
 - B. Oxygen, Nitrogen and Hydrogen
 - C. Oxygen, Carbon and Hydrogen
 - D. Carbon, Hydrogen and Nitrogen
15. **When two atoms share two electrons it is called**
- A. A single bond
 - B. A triple bond
 - C. A double bond
 - D. A connection
16. **Hydrocarbons are molecules made up of**
- A. Carbon and hydrogen
 - B. Oxygen, carbon and hydrogen
 - C. Carbon and oxygen
 - D. None of the above
17. **Monoterpenes are present in almost every essential oil and are made up of**
- A. 10 carbon atoms and 16 hydrogen atoms
 - B. 15 carbon atoms and 24 hydrogen atoms
 - C. 6 carbon and 6 hydrogen atoms
18. **Phenols are formed when**
- A. An oxygen and hydrogen bonded together (hydroxyl group) is joined to a benzene or phenyl ring.
 - B. An oxygen and hydrogen bonded together (hydroxyl group) is attached to one of the carbons in a ring or chain structure.
 - C. An oxygen atom double bonded to a carbon atom at the end of a carbon chain.
19. **If an oxygen links two carbons and at the same time is a member of a ring structure it is called.**
- A. An ether
 - B. An oxide
 - C. A ketone
 - D. An acid.

20. Aldehydes:

- A. Have bactericidal, anti-inflammatory and anti-allergenic properties and their name usually ends in –ene.
- B. Can promote tissue formation and are mucolytic. They are potentially neurotoxic and their name usually ends in –one.
- C. Have anti-inflammatory, sedative and antifungal properties. Their name usually ends in –al.
- D. Have antiseptic, bactericidal, antiviral, diuretic and immune stimulating properties. Their name usually ends in –ol.

21. Which of these statements is incorrect:

- A. Never take essential oils internally.
- B. Keep essential oils away from the eyes.
- C. Apply undiluted essential oils to the skin.
- D. Keep essential oils out of the reach of children.

22. Which of these essential oils should be avoided all together:

- A. Cassia
- B. Thuja
- C. Sassafras
- D. All of the above

23. Which of these oil blends can be used during pregnancy

- A. Peppermint. Rosemary. Chamomile.
- B. Lemon. Ginger. Mandarin.
- C. Geranium. Clary sage. Chamomile.

24. Which of these oil would you avoid with someone suffering from epilepsy?

- A. Clary Sage
- B. Eucalyptus
- C. Fennel
- D. Tea Tree

25. Which of these oils are phototoxic?

- A. Lavender
- B. Grapefruit
- C. Tea Tree
- D. None of the above

26. What dilution/concentration of oils would you use for someone who is frail and elderly?

- A. 2%
- B. 3%
- C. 1%

27. **When working with essential oils one should?**
- A. Ensure adequate ventilation.
 - B. Take frequent breaks.
 - C. Vary the essential oils worked with.
 - D. All of the above.
28. **How many drops of essential oil will you add to 30ml(1oz) of carrier oil to give you a 2½ - 3% dilution?**
- A. 20 – 25
 - B. 15 – 20
 - C. 5 – 10
 - D. 10 - 15
29. **How many drops of essential oil will you add to a bath full of warm water?**
- A. 10 – 15
 - B. 3 - 9
 - C. 20
30. **How many drops of essential oil will you add to a compress?**
- A. 4 – 6
 - B. 2 – 3
 - C. 7 – 9
31. **Which carrier oil would best be used for someone with a dry itchy skin?**
- A. Coconut
 - B. Grapeseed
 - C. Jojoba
 - D. Sweet Almond
32. **Which carrier oil has a chemical composition resembling sebum?**
- A. Coconut
 - B. Grapeseed
 - C. Jojoba
 - D. Sweet Almond
33. **Which of the following oils is a macerated oil?**
- A. Calendula
 - B. Olive
 - C. Evening Primrose
 - D. Apricot Kernel
34. **What is a hydrolate/hydrosol/floral water?**
- A. Essential oils mixed in water
 - B. The by-product of expression
 - C. The by-product of steam distillation

35. Which hydrosol is best suited for all skin types?

- A. Orange Flower (Neroli)
- B. Rose
- C. Chamomile
- D. Witch hazel

36. Which hydrosol is best suited for oily skins?

- A. Orange Flower (Neroli)
- B. Rose
- C. Chamomile
- D. Witch hazel

37. Which hydrosol is best suited for combination and sensitive skin types?

- A. Orange Flower (Neroli)
- B. Rose
- C. Chamomile
- D. Witch hazel

38. Which essential oil blend would you consider using for combination skin types?

- A. Mandarin. Chamomile. Lavender.
- B. Cypress. Juniper. Lemon.
- C. Clary Sage. Cypress. Geranium.

39. Which essential oil would you consider using for weeping eczema?

- A. Geranium
- B. Lavender
- C. Juniper
- D. Lemon

40. Which essential oil would you consider using for a wart?

- A. Geranium
- B. Lavender
- C. Bergamot
- D. Lemon

41. Mrs. Mary Jones works in a very stressful job, she is 49 years old and is starting to experience some symptoms of menopause, such as hot flashes, she is also finding that she is not able to concentrate as well as she could and is often forgetful.

Which oils are contraindicated to use in your blend for Mrs. Jones? Mark all you think appropriate and give your reasons.

- A. Rosemary
- B. Clary Sage
- C. Ginger
- D. None

42. Which blend would you choose to use for Mrs. Jones?

- A. Bergamot. Clary Sage. Ginger.
- B. Cypress. Geranium. Peppermint.
- C. Peppermint. Rosemary. Ylang Ylang.
- D. Clary Sage. Cypress. Geranium.

43. How would you suggest Mrs. Jones use this blend?

- A. Inhalation – diffuse the blend in her room.
- B. Added to her bath at night.
- C. Added to a body lotion to be applied topically.
- D. All of the above
- E. None of the above

44. What percentage blend would you suggest for Mrs. Jones?

- A. 1%
- B. 2 %
- C. 3%
- D. 5%

45. Mr. John Smith is a young man in his middle twenties. He is usually very active taking part in a number of sports, however he has just taken up a new sport and is finding that his muscles are rather sore. The winter season has just started and he is also starting a cold.

Which oils are contraindicated to use in your blend for Mr. Smith? Mark all you think appropriate and give your reasons.

- A. Rosemary
- B. Eucalyptus
- C. Ginger
- D. None

46. Which blend would you choose to use for Mr. Smith?

- A. Clary sage. Eucalyptus. Ginger.
- B. Cypress. Ylang Ylang. Lavender.
- C. Eucalyptus. Peppermint. Rosemary.
- D. Ylang Ylang. Rosemary. Lavender.

47. How would you suggest that this blend be administered to Mr. Smith?

- A. Inhalation – diffuse the blend in his room.
- B. Added to his bath at night.
- C. Added to a carrier oil to be applied topically.
- D. All of the above
- E. None of the above

48. What percentage blend would you suggest for Mr. Smith?

- A. 1%
- B. 2 %
- C. 3%
- D. 5%

49. Mrs. Mary Jackson is in her sixties. She is rather overweight and has high blood pressure. She has some arthritis in her hands and knees and as a result is no longer able to get around as well as she could before so she is feeling a bit depressed and lonely.

Which oils are contraindicated to use in your blend for Mrs. Jackson? Mark all that are applicable and give your reasons.

- A. Rosemary
- B. Marjoram
- C. Eucalyptus
- D. None

50. Which blend would you choose to use for Mrs. Jackson?

- A. Eucalyptus. Rosemary. Peppermint
- B. Ginger. Marjoram. Cypress
- C. Lemon. Bergamot. Juniper
- D. Rosemary. Marjoram. Juniper

51. How would you suggest that this blend be administered to Mrs. Jackson?

- A. Inhalation – diffuse the blend in her room.
- B. Added to her bath at night.
- C. Added to a carrier oil to be applied topically.
- D. All of the above
- E. None of the above

52. What percentage blend would you suggest for Mrs. Jackson?

- A. 1%
- B. 2 %
- C. 3%
- D. 5%

53. Which of the following oils are all phototoxic?

- A. Lemon, bergamot and rosemary
- B. Orange, lemon and bergamot
- C. Lemon, marjoram and ginger

54. Bergamot has which of the following contraindications:

- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
55. **Choose those conditions, which can ALL be addressed by Bergamot:**
- A. As an insect repellent. Menopause. For depression.
 - B. For depression. As an immune system booster. As an insect repellent.
 - C. For menstrual cramps. Acne. Loss of appetite.
56. **Roman Chamomile has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Avoid in the early months of pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
57. **Choose those conditions, which can ALL be addressed by Roman Chamomile:**
- A. Digestive complaints. Painful periods. Anxiety.
 - B. PMS. Aids in dreaming. Effective during labor.
 - C. Colds and flu. Depression and stress.
58. **Clary Sage has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
59. **Choose those conditions, which can ALL be addressed by Clary Sage.**
- A. Insect repellent. Eases cramp and gastric spasms. Effective in Labor
 - B. Muscular aches and pains. Circulation problems. Arthritis.
 - C. Effective in labor. Hot flashes and menstrual cycle.
60. **Cypress has which of the following contraindications:**
- A. Do not use with low blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
61. **Choose those conditions, which can ALL be addressed by Cypress:**
- A. Hemorrhoids, painful periods and water retention.
 - B. As an insect repellent, for dry skin and colds and flu
 - C. Muscle aches and pains, digestive complaints and stress
62. **Eucalyptus has which of the following contraindications:**

- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
- 63. Choose those conditions, which can ALL be addressed by Eucalyptus:**
- A. Painful periods, insect repellent and poor circulation.
 - B. Muscular aches & pains, coughs and flu and boost the immune system.
 - C. Digestive complaints, depression and arthritis.
- 64. Geranium has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during first trimester of pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
- 65. Choose those conditions, which can ALL be addressed by Geranium:**
- A. Dry skin, muscle aches and pains and depression.
 - B. Digestive complaints, acne and neuralgia.
 - C. Mature congested skin, poor circulation and menstrual cramp.
- 66. Ginger has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
- 67. Choose those conditions, which can ALL be addressed by Ginger:**
- A. Oily skin, insect repellent and nausea.
 - B. Digestive complaints, sinusitis and muscle aches and pains.
 - C. Colds and flu, muscle aches and pains and dry skin.
- 68. Juniper Berry has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
- 69. Choose those conditions, which can ALL be addressed by Juniper Berry:**
- A. Oily skin, varicose veins and rheumatism.
 - B. Cellulite, colds and flu and PMS.
 - C. Dry skin, digestive complaints and jet lag.
- 70. Lavender has which of the following contraindications:**

- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during first trimester of pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
- 71. Choose those conditions, which can ALL be addressed by Lavender:**
- A. All skin types, muscular aches & pains, insomnia.
 - B. Varicose veins, stress and insect repellent.
 - C. Warts, colds and headaches.
- 72. Lemon has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
- 73. Choose those conditions, which can ALL be addressed by Lemon:**
- A. Digestive complaints, anxiety and colds
 - B. Menstrual problems, sore throats and depression.
 - C. Warts, anxiety and depression.
- 74. Marjoram has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
- 75. Choose those conditions, which can ALL be addressed by Marjoram:**
- A. Arthritis, sensitive skins and headaches
 - B. Menstrual problems, insomnia and muscular rheumatism.
 - C. Warts, anxiety and depression.
- 76. Orange has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
- 77. Choose those conditions, which can ALL be addressed by Orange:**
- A. Aids digestion, acts as a sedative and muscular aches and pains.
 - B. Sunburn, colds and flu and stress.
 - C. Water retention, stress and post-partum depression.
- 78. Peppermint has which of the following contraindications:**

- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
79. Choose those conditions, which can ALL be addressed by Peppermint:
- A. Colds and flu, headaches and digestive complaints.
 - B. Increase milk flow, colds and flu and nausea.
 - C. Sedative, headaches and sensitive skin.
80. What is the Latin name for Marjoram:
- A. *Mentha piperita*
 - B. *Origanum majorana*
 - C. *Lavandula angustifolia*
81. Tea Tree belongs to the _____ Botanical Family:
- A. Lamiaceae
 - B. Myrtaceae
 - C. Rutaceae
 - D. Zingiberaceae
82. Lavender belongs to the _____ Botanical Family:
- A. Rutaceae
 - B. Lamiaceae
 - C. Zingiberaceae
 - D. Myrtaceae
83. What is the Latin name for Clary Sage?
- A. *Salvia sclarea*
 - B. *Salvia officinalis*
 - C. *Pelargonium graveolens*
84. Rosemary has which of the following contraindications:
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
85. Choose those conditions, which can ALL be addressed by Rosemary:
- A. Good for babies, PMS and poor circulation.
 - B. Sedative, menstrual pains and colds and flu.
 - C. Neuralgia, mental fatigue and respiratory infections.
86. Bergamot belongs to the _____ Botanical Family:

- A. Lamiaceae
 - B. Rutaceae
 - C. Cupressaceae
 - D. Asteraceae
87. **The Latin name for Geranium is:**
- A. *Pelargonium graveolens*
 - B. *Origanum marjorana*
 - C. *Zingiber officinale*
88. **The Latin name for Juniper is:**
- A. *Citrus x aurantium*
 - B. *Juniperus communis*
 - C. *Origanum majorana*
89. **Ylang Ylang belongs to the _____ Botanical Family:**
- A. Anonaceae
 - B. Lauraceae
 - C. Myrtaceae
90. **Tea Tree has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
91. **Choose those conditions, which can ALL be addressed by Tea Tree:**
- A. Acne, cold sores and athlete's foot.
 - B. Muscular aches and pains, boost immune system and relaxant.
 - C. Digestive complaints, dry skin and painful periods.
92. **Ylang Ylang has which of the following contraindications:**
- A. Do not use with high blood pressure
 - B. Generally safe to use
 - C. Do not use during pregnancy
 - D. Do not use on skin if exposed to sunlight or UV rays.
93. **Choose those conditions, which can ALL be addressed by Ylang Ylang:**
- A. Respiratory complaints, menstrual problems and raises blood pressure.
 - B. Stimulant, muscles aches and digestive complaints.
 - C. Depression, PMS and relaxant.
94. **Which of these oils are ALL TOP notes:**

- A. Ginger. Ylang Ylang.
 - B. Lavender. Rosemary. Marjoram.
 - C. Lemon. Bergamot. Clary sage.
95. **Which of these oils are ALL BASE/BOTTOM notes:**
- A. Ginger. Ylang Ylang.
 - B. Lavender. Rosemary. Marjoram.
 - C. Lemon. Bergamot. Clary sage.
96. **Which of these oils are ALL MIDDLE notes:**
- A. Ginger. Ylang Ylang.
 - B. Lavender. Rosemary. Marjoram.
 - C. Lemon. Bergamot. Clary sage.
97. **The essential oil of Orange is obtained:**
- A. Cold expression
 - B. Solvent extraction
 - C. Steam distillation
98. **The essential oil of Juniper Berry is obtained:**
- A. Steam distillation
 - B. CO2 Extraction
 - C. Solvent extraction
99. **Which of the Chakras is called the Crown Chakra?**
- A. First
 - B. Seventh
 - C. Fourth
 - D. Sixth
100. **What is the dominant Dosha type for a person who has a large body on a large frame, thick wavy hair and moves slowly.**
- A. Vata
 - B. Pitta
 - C. Kapha

Evaluation Form

Your comments are important to us so please take a few moments of your time and complete this questionnaire frankly and honestly and return it to us.

1. Course Rating

Excellent Good Satisfactory Fair Poor

2. What did you like best about the course?

3. Do you have any suggestions to improve this course?

4. What do you consider to be the most valuable feature of this course?

5. Did the overall outline of the course meet your expectations? Yes No

Your comments:

Optional: Name: _____

Address: _____

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