



Australasian Academy of Wellness Therapies

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AROMATHERAPY

Introduction:

Interest in aromatherapy has grown significantly and is practiced by many as a form of therapy. Aromatherapy involves the use of essential oils from plant sources, as therapeutic agents seeking to influence, change or modify mind, body or spirit, physiology or mood. This course will be a valuable grounding for those looking to learn and experience how aromatherapy can change the way we live.

Duration	: 2 days weekend or 4 evenings
Course fee	: \$280.00 + GST
Schedule	: Sat & Sun 9.30am to 4.30pm or Wed 6pm to 9pm (1 session per week for 4 weeks)
Venue	: Suite 15, Southgate 87 Canning Hwy, South Perth

Course Objectives:

At the end of these sessions, participants have a good grasp of the fundamental and how aromatherapy can restore vitality, enhance emotional well-being and stimulate the body's immunity. You will appreciate the potential therapeutic benefits and applications of essential oils, as well as creating your own blend of skin care products using essential oils, and natural raw materials.

Topics covered:

- Introduction to aromatherapy and how it works
- The Olfactory System
- The Integumentary system (skin)
- Profile of 12 essential oils
- Benefits of essential oils to the emotions and skin care
- Cream making and blending for skin care
- Other applications for essential oils
 - Massage blends
 - First aid
 - Baths
 - Inhalations



Who Should Attend:

Individuals who have a keen interest in aromatherapy, alternative therapies and those interested in complementing wellness therapies as a whole.

Certificate : Certificate of Completion from Australasian Academy of Wellness Therapies

Progression : Certificate IV in Aromatherapy / Diploma in Aromatherapy / ITEC Diploma in Aromatherapy / Certificate IV in Massage

Call us at (08) 9473 9999 for more information Or email us at courses@aaowt.edu.au