

Course Description and Outline

Course Title	Introduction to Aromatherapy		
Level of Course	Beginners	Course Code	A0021
Duration in Weeks	5		
Brief Description of Course What will the course cover?	Aromatherapy is a popular complementary therapy that uses perfumed plant extracts and essential oils to help relax and assist healing. On this course you will learn the uses of carrier and essential oils and how to use them safely with family and friends. You will learn how to dilute and blend essential oils and use your blend for a massage.		
Entry Requirements	You will be able to speak English clearly and follow verbal and written instructions. This course may not be suitable for those with certain skin conditions, please check with your health professional if unsure		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Learn basic safety guidelines for essential oils.		
2	Learn how to make an essential oil blend		
3	Learn a partial aroma massage routine		
4	Know the uses of some essential oils.		
5			
Equipment Required What will I need to bring to class?	Wipes, 2x towels, one large one medium or 2x large. Small glass container to take home your essential oil if required.		
What courses can I go on to?	Students can progress onto: Introduction to Massage, Indian Head Massage, Introduction to Reflexology		

What examination or assessment will there be and what will it involve?

There is no examination or formal assessment, but you will be asked to monitor your own progress

How will I know I am making progress?

You will be given guidance and feedback from your tutor. You will be asked to complete an Individual Learning Plan to help monitor your progress

Is there anything else I need to know?

In general, we will not allow late enrolment to any course after the first two weeks. Learners are expected to arrive on time and attend every class.

Children are not allowed in our health & fitness courses unless they are specifically family learning classes. Please do not ask your tutor to give your child access as they do not have the authority to do this.

Health and Safety requirements demand that all learners participating in health classes must be present for instructions on safe working practices. Therefore, latecomers who miss the first part of the session will be refused entry.

Students are encouraged to comment on the course. The tutor will distribute at least one student satisfaction survey where your views will feed back into the planning, teaching and learning of future courses.

If you are pregnant, please seek advice from your health professional before enrolling on this course. Aromatherapy is not suitable for those with certain skin conditions, please obtain advice before enrolment.

What if I want extra support? Contact the Learner Support & Advice Team

Come and see one of our experienced and friendly advisors. For further information, email ideastore@towerhamlets.gov.uk and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.