

## COURSE OUTLINE

Title	Get started in Aromatherapy Gift Making for Christmas	Code(s)	A2159
		Level	Beginners

### ***What will the course cover?***

Learn about aromatherapy, essential oils and how to make your own hand, face and body creams, masks and scrubs. Great fun and each week you will learn and be inspired to make some wonderful lotions and potions for you, family or friends. Gift ideas for the festive season. Materials provided.

The course will cover:

- The basics of aromatherapy including the profile of oils, how to store oils, contraindications (for example, the toxicity of oils) and general health & safety.
- The benefits of aromatherapy.
- Demonstrations of how you can use aromatherapy to make a variety of wonderful gifts and lotion and potions that you can use yourself all year round.
- Practical work so that you can experience making a selection of aromatherapy gifts for the festive season

You will be taught by demonstrations, talks, handouts and practical activities in a friendly and relaxed environment.

### ***What previous knowledge or skills do I need to have?***

- None required.

### ***By the end of the course you should be able to:***

- Have a better understanding of aromatherapy and the health benefits.
- Have the confidence and knowledge to use oils safely and in a variety of ways around the home, on your self, friends and family.
- Know how to blend oils and use them to make a range of Christmas gifts.
- Have gained the knowledge and skills to create lotions and potions for everyday use and as gifts

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

- Assessment is minimal and involves some basic paperwork on this short course. For example, the tutor will need to assess whether anyone has any allergies to the aromatherapy oils.

### ***How will I know I am making progress?***

- The tutor will give verbal feedback throughout and you will be able to review together how much you have learnt and enjoyed at the end of the course.
- Students are also encouraged to monitor their own progress.

***When I have finished the course, what can I progress to?***

- Your tutor will encourage you to practise your new skills at home which you will find helpful and rewarding. You may have also sorted out your gift ideas for family and friends for this festive season.
- After completing this course you may want to develop your knowledge on one of our other Get started in therapy courses or you may wish to work your way towards one of our ITEC accredited training courses.
- Your tutor will advise.

***What do I need to bring to my first class?***

- You will need a pen and paper for note taking.

***Is there anything else I need to know?***

- In general, we will not allow late entry to any course after the first two weeks. Learners are expected to arrive on time and attend every class..
- There is limited time and often not the opportunity for the tutor to recap on the information you have missed if you are late. In all cases the full fee will be charged.
- This workshop takes place in the Complementary Therapy (CT) Room on the 1<sup>st</sup> Floor of Idea Store Whitechapel.
- **We think you should also be reminded about the short courses and workshops we run in a wide range of subjects from Meditation to Massage and Anatomy to Awesome Abs. All designed to assist you on your journey to improve fitness and enhance wellbeing. Why not investigate further in the course guide.**