



# INTERNATIONAL FEDERATION OF AROMATHERAPISTS



## The Professional Aromatherapy Diploma Course

**The Professional Body for Aromatherapists**



## Prospectus

### The IFA's Professional Aromatherapy Diploma Course

The IFA's Professional Aromatherapy Diploma course will provide you with valuable knowledge and the practical skills you need to become a qualified Clinical Aromatherapist. Our philosophy is that you should understand not only how to perform certain tasks, but also the reason for those tasks, and the principles behind them. This gives you excellent job prospects and the opportunity for career advancement.

The course includes the following modules:

- Module 1: Anatomy, Physiology and Pathology
- Module 2: Aromatherapy
- Module 3: Massage Therapy
- Module 4: Professional Practice
- Module 5: Business Practice

## Module 1: Anatomy, Physiology and Pathology

The aim of this module is to enable the learner to understand the human body and the diseases and disorders that can affect it. It also provides the learner with an understanding of the anatomical terms used when describing the human body. This will enable the learner to work with the public safely and effectively while remaining within the scope of their professional practice.

Through this section the learner will understand:

- How to define terminology used when describing the human body
- How the human body is organised
- How to identify body systems and their main organs and structures
- How to explain the main functions of each body system
- How to explain the concept of homeostasis
- How to identify signs and symptoms of deviations from homeostasis
- How to describe signs and symptoms of deviations
- How to describe the structure and functions of cells and the process of cell reproduction

### Glossary of Terminology

Through this section the learner will understand:

- The anatomical terms commonly used when describing the human body
- The definitions of diseases and disorders

### Assessment Methods

The assessment method of this module is a one hour Anatomy and Physiology examination paper, invigilated by an IFA Quality Assurance Assessor. Please note you must have completed all coursework and assignments set by your tutor and successfully passed the internal mock examination at your Centre before entering into the IFA external examination.

Marks: 65% (pass), 80% (merit), 90% distinction



## Module 2: Aromatherapy

The aim of this module is to enable the learner to explore and develop an understanding of the art and science of essential oils safely and in context; in a range of therapeutic treatments. It also provides the learner with the therapeutic properties of 70 essential oils and 30 carrier oils and their methods of application, which can be tailored to individual clients when applying prescriptive aromatherapy.

This module includes the following units:

### Aromatherapy in Context

- Historical Use of Plants and Development of Aromatherapy
- Research and Aromatherapy

### Applied Science for Aromatherapy

- The Sense of Smell in Aromatherapy
- Botany for Aromatherapy
- Chemistry for Aromatherapy
- Cultivation and Production
- Adulteration, Quality Control and Storage
- Potential Hazards and toxicity of Essential Oils
- Pharmacology, Pharmacokinetics and Therapeutic Properties

### Aroma-therapeutic Remedies and Application

- Study of 30 Fixed Oils and Other Carriers
- Study of 70 Essential Oils
- Therapeutic Blending, Dosage & Methods of Application
- Benefits and Contra-indications of Aromatherapy

### Practice of Aromatherapy

- Safety for Aromatherapy Practice
- Presentation and Preparation
- The Aromatherapy Treatment

## Glossary of Terminology

Through this section the learner will understand:

- The Latin name and common synonyms of 70 essential oils and 30 carrier oils
- The botanical families of 70 essential oils and 30 carrier oils
- The chemical constituents of essential oils and absolutes
- The Latin name and common synonyms of 40 essential oils not to be used in aromatherapy
- The therapeutic properties of 70 essential oils and 30 carrier oils

## Assessment Methods

The assessment method of this module is a two hour theoretical Aromatherapy and Body Massage examination paper, invigilated by an IFA Quality Assurance Assessor. Please note you must have completed all coursework and assignments set by your tutor and successfully passed the internal mock examination at your Centre before entering into the IFA external examination.

Marks 65% (pass), 80% (merit), 90% distinction



## Module 3: Massage Therapy

The aim of this module is to enable the learner to understand how massage has developed, a range of skills in therapeutic massage, and how to utilise evidenced based research to support your chosen method of application. The learner will also gain knowledge of how to record and critically examine the physical and mental factors which may impact the use of massage and the importance of creating a safe working environment.

This module includes the following units:

### Theory of Massage Therapy

- Background to Massage Therapy
- Massage and Research
- Benefits and Contraindications
- Classification of Massage Movements
- Massage Media

### Practice of Massage Therapy

- Preparation and Presentation
- Consultation and Treatment Planning

## Assessment Methods

The assessment method of this module is a three hour practical examination including an hour and a half body massage and facial cleanse observation, client consultation and aftercare. The learner will also be interviewed by the IFA Quality Assurance Assessor regarding their choice of essential oils, blend, dosage and techniques applied.

Marks: 70% (pass), 80% (merit), 90% distinction

## Module 4: Professional Practice

The aim of this module is to enable the learner to understand the ethical, legal and professional boundaries they have with clients and enable the learner to develop empathy, sensitivity and respect within the therapeutic relationship. The learner will also understand the importance of reflective practice, self-care and form a general understanding of other complementary therapy mediums for a multi-discipline approach to client needs.

This module includes the following units:

- The Therapeutic relationship
- Consultation and Treatment Planning
- Reflective Practice
- Working Practices and Self-care
- Hygiene, Health and Safety
- Complementary Therapies and Allopathic Medicine

### Assessment Methods

The assessment method of this module is through the reflective practice coursework provided at the practical examination, to be viewed by the IFA Quality Assurance Assessor and will form part of the learners overall practical examination grade.



## Module 5: Business Studies

The aim of this module is to enable the learner to understand how to establish a flourishing business. The learner will understand personal management, market research, financial planning, swot analysis, how to formulate financial projections and various employment options amongst other relevant legalities and legislation.

This module includes the following units:

- How to explore and analyse the procedures for starting a complementary therapy business
- How to explore, analyse, manage and operate a complementary therapy business
- How to assess and identify the legal issues relating to starting and managing a complementary therapy business
- How to assess and identify resources required to start up and manage a complementary therapy business
- How to critically appraise and implement marketing strategies appropriate to a complementary therapy business

### Assessment Methods

The assessment method of this module is through the business project coursework provided at the practical examination, to be viewed by the IFA Quality Assurance Assessor and will form part of the learners overall practical examination grade.

### 30 Fixed Oils

- 1) Almond sweet (*Prunus communis*)
- 2) Apricot kernel (*Prunus armeniaca*)
- 3) Argan (*Argania spinose*)
- 4) Avocado (*Persea americana mill*)
- 5) Borage (*Borago officinalis*)
- 6) Calendula (*Calendula officinalis*)
- 7) Camellia (*Camellia oleifera*)
- 8) Carrot (*Daucus carota sativa*)
- 9) Castor (*Ricinus communis*)
- 10) Coconut (*Cocos nucifera*)
- 11) Evening primrose (*Oenothera biennis*)
- 12) Grapeseed (*Vitis vinifera*)
- 13) Hazelnut (*Corylus avellana*)
- 14) Jojoba (*Simmondsia chenensis*)
- 15) Kukui nut (*Aleurites moluccana*)
- 16) Linseed (*Linum usitatissimum*)
- 17) Macadamia (*Macadamia ternifolia*).
- 18) Olive (*Olea europaea*)
- 19) Peach kernel (*Prunus vulgarus*)
- 20) Peanut (*Arachis hypogaea*)
- 21) Rice bran (*Oryza sativa*)
- 22) Rosehip seed (*Rosa rubiginosa* or *Rosa moshata* Herrm)
- 23) Safflower (*Carthamus tinctorius*)
- 24) Sea buckthorn berry (*Hippophae rhamnoides*)
- 25) Sesame (*Sesamum indicum*)
- 26) Soya (*Glycine max*)
- 27) St John's Wort (*Hypericum perforatum*)
- 28) Sunflower (*Helianthus annuus*)
- 29) Walnut (*Juglans regia*)
- 30) Wheatgerm (*Triticum vulgare*)



## 70 Essential Oils

- |   |   |  |  |
|---|---|--|--|
| 1) Basil ct linalool ( <i>Ocimum basilicum</i> )        | 20) Ginger ( <i>Zingiber officinale</i> )               | 39) Niaouli ct linalool ( <i>Melaleuca viridiflora</i> )                         | 56) Rosemary ct cineole (Tunisia and France) ( <i>Rosmarinus officinalis</i> ) |
| 2) Benzoin ( <i>Styrax benzoin</i> )                    | 21) Grapefruit ( <i>Citrus x paradise</i> )             | 40) Niaouli ct nerolidol ( <i>Melaleuca viridiflora</i> )                        | 57) Rosewood (endangered) ( <i>Aniba rosaeodora</i> )                          |
| 3) Bergamot ( <i>Citrus bergamia</i> )                  | 22) Helichrysum ( <i>Helichrysum italicum</i> )         | 41) Niaouli ct cineol ( <i>Melaleuca viridiflora</i> )                           | 58) Sandalwood, Australian ( <i>Santalum spicatum</i> )                        |
| 4) Cardamon ( <i>Elettaria cardamomum</i> )             | 23) Jasmine ( <i>Jasminum grandiflorum</i> )            | 42) Orange, sweet ( <i>Citrus sinensis</i> )                                     | 59) Sandalwood, Mysore ( <i>Santalum album</i> )                               |
| 5) Cajeput ( <i>Melaleuca leucadendron</i> )            | 24) Juniper berry ( <i>Juniperus communis</i> )         | 43) Orange, bitter ( <i>Citrus aurantium</i> )                                   | 60) Sandalwood, Pacific/New Caledonian ( <i>Santalum austrocaledonicum</i> )   |
| 6) Cedarwood, Atlas ( <i>Cedrus atlantica</i> )         | 25) Lavender ( <i>Lavandula angustifolia</i> )          | 44) Palmarosa ( <i>Cymbopogon martini</i> )                                      | 61) Spearmint ( <i>Mentha spicata</i> )  |
| 7) Chamomile, German ( <i>Matricaria recutita</i> )     | 26) Lavender, spike ( <i>Lavandula latifolia</i> )      | 45) Patchouli ( <i>Pogostemon cablin</i> )                                       | 62) Tea tree ( <i>Melaleuca alternifolia</i> )                                 |
| 8) Chamomile, Roman ( <i>Chamaemelum nobile</i> )       | 27) Lavandin ( <i>Lavandula x intermedia</i> Emeric ex) | 46) Pepper, black ( <i>Piper nigrum</i> )  | 63) Thyme ( <i>Thymus vulgaris</i> )   |
| 9) Cinnamon ( <i>Cinnamomum zeylanicum</i> )            | 28) Lemon ( <i>Citrus limon</i> )                       | 47) Peppermint ( <i>Mentha piperita</i> )  | 64) Thyme ct thujanol ( <i>Thymus vulgaris</i> )                               |
| 10) Clary Sage ( <i>Salvia sclarea</i> )                | 29) Lemongrass ( <i>Cymbopogon citratus</i> )           | 48) Petitgrain ( <i>Citrus aurantium</i> )                                       | 65) Thyme ct linalool ( <i>Thymus vulgaris</i> )                               |
| 11) Coriander ( <i>Coriandrum sativum</i> )             | 30) Lime ( <i>Citrus aurantifolia</i> )                 | 49) Pine needles ( <i>Pinus sylvestris</i> )                                     | 66) Thyme ct thymol/carvacrol ( <i>Thymus vulgaris</i> )                       |
| 12) Cypress ( <i>Cupressus sempervirens</i> )           | 31) Mandarin ( <i>Citrus nobilis</i> )                  | 50) Ravensara ( <i>Ravensara aromatic</i> )                                      | 67) Thyme ct geraniol ( <i>Thymus vulgaris</i> )                               |
| 13) Eucalyptus, lemon ( <i>Eucalyptus citriodora</i> )  | 32) Marjoram, sweet ( <i>Origanum majorana</i> )        | 51) Rose cabbage ( <i>Rosa x centifolia</i> )                                    | 68) Vetivert ( <i>Vetiveria zizanioides</i> )                                  |
| 14) Eucalyptus, broad leaf ( <i>Eucalyptus dives</i> )  | 33) May Chang ( <i>Litsea cubeba</i> )                  | 52) Rose damask ( <i>Rosa damascene</i> )  | 69) Yarrow ( <i>Achillea millefolium</i> )                                     |
| 15) Eucalyptus, blue gum ( <i>Eucalyptus globulus</i> ) | 34) Melissa ( <i>Melissa officinalis</i> )              | 53) Rosemary ( <i>Rosmarinus officinalis</i> )                                   | 70) Ylang Ylang ( <i>Cananga odorata</i> )                                     |
| 16) Eucalyptus, gully gum ( <i>Eucalyptus smithii</i> ) | 35) Myrrh ( <i>Commiphora myrrha</i> )                  | 54) Rosemary ct verbenone (Corsica and France) ( <i>Rosmarinus officinalis</i> ) |  |
| 17) Fennel, Sweet ( <i>Foeniculum vulgare</i> )         | 36) Myrtle ( <i>Myrtus communis</i> )                   | 55) Rosemary ct camphor (Spain and Croatia) ( <i>Rosmarinus officinalis</i> )    |  |
| 18) Frankincense ( <i>Boswellia sacra</i> )             | 37) Neroli ( <i>Citrus aurantium</i> )                  |  |  |
| 19) Geranium Bourbon ( <i>Pelargonium graveolen</i> )   | 38) Niaouli ( <i>Melaleuca viridiflora</i> )            |  |  |





## Course Results

When you have completed all units of the course and successfully passed the IFA externally invigilated examination's you will be awarded the IFA's Professional Aromatherapy Diploma Certificate, which includes your individual grade for each module.

Learners are given a percentage for each of their achievement tests and practical assessment which you can request from your tutor.

If you fail any part of the coursework, you will be given the opportunity to redo your work. Once you have passed your portfolio will be returned to you, which can act as a valuable form of reference throughout your career.

For information regarding re-sitting examinations please see the learner handbook for more information.

## Help and Support

The International Federation of Aromatherapists (IFA) have created the syllabus from which the course is taught and set the qualifying requirements to ensure graduates are competent, caring and above all confident when embarking on their new career path. The IFA Professional Aromatherapy Diploma Course is delivered by our approved centres who have successfully completed the IFA's rigorous approval procedure and continue to meet with those requirements to remain approved.


Your chosen centre will be able to provide you with all the help that you need to complete the course. Once enrolled on an IFA course, your centre will register you as a student member with the IFA. Once registered, you will gain access to the member's area of the IFA's website where you can download supportive related material and study aids. On the IFA's website you can also find the 'Learner Handbook'. All members also receive the Aromatherapy Times magazine, registered with the British Library, keeping you abreast of all the very latest developments within the field.

Learners should very rarely need to contact the IFA, however you can telephone us on 0208 567 2243, or email us at [office@ifaroma.org](mailto:office@ifaroma.org). The IFA team is happy to answer any queries you have.



## Securing Employment

Once graduated you will be eligible to upgrade your membership and apply for full membership with the IFA, which affords a range of benefits. We can help you secure employment through our CV templates, interview technique pack and job search listings to help you become confident when looking for work (available in the postgraduate member's area). We also provide details of which companies recognise the IFA qualifications for healthcare insurance, boroughs of which you can obtain licensing exemption, a listing on our therapist directory and more. For more information please visit our member's benefits page.



I would like to take this opportunity to thank the federation for creating such a wonderful course! I am very happy with what I have learned, have found it greatly helpful and hope to take my career to the next level now. The staff at the office have been brilliant - I have rung a few times and every time they have been extremely friendly and helpful. I would definitely recommend this course to others.

*Kirsty Mackenzie, Cambridge*



146 South Ealing Road, Ealing, W5 4QJ  
Website: [www.ifaroma.org](http://www.ifaroma.org) E-mail: [office@ifaroma.org](mailto:office@ifaroma.org)  
Registered Charity No: 1165766 Companies House No: 09732439