

The fundamentals of aromatherapy

AROMATHERAPY

101

Objectives:

-The knowledge of the EOs, how to use them and advice for *personal and professional use*.

Course outline:

-3 days.

Mode of training:

-Seminar with workshop:
(Theory & practice)

Day 1: History and fundamentals:
from aromatic plant to essential oil
Olfactory discovery – the aroma library

Day 2: In-depth study of key essential oils
Group work & questionnaire

Day 3: Review and further
Processing oil synergies with the studied tools & exam

Lecturer:

-**J. Helena Lett** is a French aromaterapist consultant and expert. She's also a cosmetics and niche perfumes designer.



Targeted public:

-For healthcare professionals and interested individuals.

Training validation:

-Multiple-choice-quiz and course related questions.

Fee:

-20 000-25 000PhP

Training location:

-The City Club, Alhaland Ayala Makati, Philippines.