

Course details

Course title

Holistic Therapy: Introduction to Aromatherapy

Course code

Q00017138

Course date

Start: 15/08/24

End: 15/08/24

Number of classes

1 sessions

Timetable

Thu 15th Aug, 11:00 to 16:00

Tutor

Katie Dexter

Fee range

Free to £21.00

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

NST Hub (North Somerset Training Communi
31 Alexandra Parade
Weston-super-Mare
BS23 1QZ

Level of study

Beginners

Course overview

Aromatherapy is the use of essential oils taken from plants to improve quality of life and reduce stress and anxiety. It can be used alongside traditional medicine, and this is why it is known as a complimentary medicine. This course will provide you with a solid foundation in the history, principles and practical applications of aromatherapy and has been designed to introduce you to the most commonly used essential oils: giving advice, tips, and techniques on how aromatherapy oils can be used safely at home to help enhance overall wellbeing.

Course description

Aromatherapy oils are made from fragrant oils found in many plants. The oils are produced in special plant cells, often under the surface of leaves, bark, or peel. There are many types of oils used in aromatherapy, both for healing purposes and for the making of DIY cleaners, which are not only greener to use, but smell wonderful too! This fascinating course will equip you with knowledge and information on the history, principles and practical applications of aromatherapy and aims to introduce you to the most common essential oils: providing advice, tips, and techniques on how aromatherapy oils can be used to help enhance your overall wellbeing. During the course you will learn about the top four essential oils and the two main benefits of using aromatherapy. You will also have the opportunity to experiment with Aromatherapy inhalation and hand massage techniques and develop new skills on how to use Aromatherapy safely at home, as a complimentary medicine.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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