

AROMATIC ALCHEMY: THE COMPLETE ESSENTIAL OILS COURSE

I have added three extra modules:

Essential oils to match your personality type (78 pages)

Synopsis of body systems, ailments, which essential oils to use and how to use them (25 pages)

Indian head and shoulder massage (step-by-step), which carrier and essential oils to use (38 pages) plus video

Added Extra: Healthy Living Journal (35 pages)

Course content

52 PDF

145 Audio

30 Video

Extras:

Summary of essential oils, life force, element, energy, meridian and chakra

Safe essential oil practice in cancer centers

List of essential oils, their Latin name and origin

Essential oil labels

General properties of essential oils and their chemistry (24 pages)

Attunements – see at the end

Are you dealing with health concerns including aches and pains that persist despite seeking medical advice and treatments with other natural remedies?

Are you tired of feeling low in energy and trying to keep up with the daily grind of all your responsibilities?

Are you looking for a safer, natural route to optimizing health and well-being for yourself and your loved ones?

Ancient systems of natural healing, such as Ayurveda, have shown us that plants have remarkable properties that can help transform our life's journey. They can heal our bodies, open our minds, and even reverse or slow down aging. And they can put us into a state of deeper communion with the natural world and those around us.

Essential oils have long played an important role in rebalancing our systems from ancient to modern times.

Aromatherapy can enhance your health in lots of ways for example by:

stimulating your immune system which strengthens your body's ability

to resist disease and infections
aiding common female problems such as menopausal distress and PMS
alleviating digestive problems such as constipation and abdominal spasms
enhancing the respiratory system so can treat coughs, sinusitis and tonsillitis
easing muscular pain by promoting muscle relaxation and toning
improving circulation and lymphatic drainage which can help in eliminating cellulite and toxins
lowering blood pressure
combating stress related disorders such as insomnia and tension headaches amongst others
treating anxiety, depression and grief

You can use essential oils within your skin and hair care regime. For skin there are oils which can balance the sebum production and also tone your complexion. There are oils for treating athlete's foot, cold sores, scabies and ringworm. You can use certain oils in your hair to make it grow stronger and faster, improve the circulation in your scalp and help eradicate dandruff.

Aromatic essential oils have been used for thousands of years as traditional remedies to enhance health and well-being. The ability of fragrances to affect mood and atmosphere has long been recognized, and different cultures have made use of the aromatic plants available to them for spiritual rituals and personal use. The appeal of essential oils has endured, and today the practice of aromatherapy is well established in the lexicon of natural health.

Pleasurable and versatile, essential oils can be used as remedies for ailments, used in cosmetics and fragrances, and, increasingly, are used in the fast-growing trend for diffusing aromas to enhance living spaces and create a sense of well-being.

Due to the pace of modern living, each day sees a further increase in the number of people suffering from the effects of stress. Noise, air pollution, financial problems, uncertainty about the future, all of which contribute to the general stress situation from which there is sometimes no escape.

Where we as humans are concerned, stress produces a state of muscular tension - our hearts work harder, valuable energy is burned up unnecessarily, we become fatigued and sometimes depressed.

Consequently, our resistance to infection and disease is drastically reduced. Since the causes of stress are here to stay, we can only deal with the effects of stress through the administration of treatments, specially designed to relax tension, restore vitality, and reduce the workload of the heart, nerves, etc. Such treatments nearly always include massage.

Of all the holistic therapies, perhaps aromatherapy is the one that instantly connects us to our earliest primeval links with all-natural energy forces – the earth, the sun and moon, the elements of wind and rain, the ebb and flow of tides, the animals of the land, the sea and the plants that grow upon the earth. Each rock and stone, each grain of sand, each animal and plant, has its own natural vibration and its own energy field. When we use aromatherapy, we tap into these vibrational energy forces via the essential oils.

Throughout history, plants and plant extracts have played a major part in our lives. For more than 4,000 years flowers, seeds, leaves, fruit, stalks, roots, bark, rhizomes etc. have been used in medicines.

Aromatherapy is another way in which plants are used for medicinal purposes. Highly concentrated oils extracted from plants are used therapeutically to treat both physical and emotional conditions.

Today there is a growing interest in essential oils for their therapeutic, emotional and energetic properties. The internet can give you an overload of information that at times contradicts itself. How do you use these oils? Do you ingest them or not?

Can you use them randomly on the skin without diluting? What if you are under a doctor's supervision and on medication - are there any contraindications? How do you store essential oils?

How long will they last? From what part of the plant do you get the oils? How are these parts processed? How do you know you are purchasing pure essential oils? These and many more questions will be addressed in this book in an ethical, unbiased way.

Essential oils act on the **mind, body and Spirit** to achieve deeper healing. For example, when relaxed, the body may be better at letting go of toxins and maintaining a healthy circulation. Inhaling black pepper oil gives physical and mental support to smokers trying to quit since the oil is decongesting and also helps reduce cravings.

Try picking a few oils that you love and add 10 to 15 drops to an aromatherapy inhaler. An inhaler is a little lip balm – size tube with a cotton insert that absorbs essential oils. You can carry an inhaler with you in a pocket or bag, so it's very convenient. The aromas accompany you throughout the day, and any time you want to lift your mood, calm your mind, or reconnect with yourself, you can take a few deep breaths from your inhaler. Essential oils can be that simple and that profound.

Life is short, so remember to take time to stop and smell the lavender, rosemary, peppermint, orange peel and cloves - the aromatic realm is full of wonders, possibilities, therapy and joy.

Module 1

Introduction

Module 2

History

Early ancestors India

Chinese Egyptians Greeks Romans

The Americas Biblical reference The Middle Ages Nicolas Culpeper

Scientific/Industrial revolutions Cuthbert Hall

Professor Rene H. Gattefossé Dr Jean Valnet

Madame Marguerite Maury

Module 3

What are essential oils?

100 different chemical compounds Natural, fragrant, highly volatile substance Life force of the plant

Therapeutic and fragrant properties

Unlock the body's ability to heal itself

Able to influence aspects of the body's functions

Different schools of application English, French and German

Essential oils can alter brain chemistry

What is the purpose of an essential oil in nature? Where are they produced

Can I make my own essential oils at home? How do essential oils work?

Where to apply essential oils Methods of extraction Distillation

Percolation Expression Solvent extraction Enfleurage Maceration Infusion

Carbon dioxide extraction Phytol-extraction

Distillation

Module 4

How do they work? Inhalation Emotions

State of mind Olfactory nerve Pharmacological Physiological Psychological

Therapeutic potential

Complementary treatment

Module 5

Methods of use Penetration of the skin Inhalation

Methods of use and amount to use:

Baths, general

Baths, sitz

Baths, foot

Baths, hand
Bidets
Clothing
Compresses
Cotton pads or balls
Cotton swabs
Diffusers
Dilution, high
Dressings
Face masks
Face oils
Face tonics
Friction
Humidifiers
Inhalation (as a vapor from a bowl)
Inhalation (from a tissue or handkerchief)
Jacuzzis
Lotions and creams (for body)
Massage oil (for body)
How long should you diffuse essential oils?
Diffusing essential oils around different individuals
Adults
The elderly and those with compromised immune systems
Children
Babies and pets

Module 6

Essential oil profiles (55 pages) Individual properties and characteristics
A - Z list, including action, indications, companion oils and cautions
Shelf life of essential oils Maximizing shelf life

Module 7

Essential oil terminology & glossary A - Z (22 pages)

Module 8

Plant families (botanical families)
List of essential oils in each plant family

Module 9

Plant parts
Essential oils from roots Blends to try
Essential oils from stems, needles and leaves Blends to try
Essential oils from grasses Blends to try
Essential oils from wood Blends to try

Essential oils from flowers Blends to try
Essential oils from fruits and seeds Blends to try
Essential oils from resins Blends to try

Module 10

Safety guidelines (19 pages) A golden rule to remember
Purchase from a reputable supplier Keep them away from naked flame Not
to be used internally
What to do if they come into contact with the eyes Other mucous
membranes
List of hazardous oils to NEVER use
List of oils that commonly irritate the skin List of common photosensitizing
oils
List of oils with a risk of toxicity or chronic toxicity Contraindications that
prevent aromatherapy treatments Currently being treated by a doctor
Taking certain medications
Severe, untreated medical problem Unexplained seats of pain
Contraindications that restrict methods of use Hypersensitive skin
Contagious diseases Steroid users
Abnormal blood pressure
List of oils to be avoided during first 3 months of pregnancy
List of oils to be avoided during entire pregnancy and breast-feeding
Epilepsy

Module 11

Blending (22 pages) Classification of essential oils
Classification based on scent family
Aroma family, essential oils, note & reputed benefits Classification based on
evaporation rate
Perfume note, evaporation rate, commonly used essential oils Classification
based on therapeutic properties
Reputed benefits, essential oils
Which model or technique should I use? The practice of essential oil blending
Understand and be mindful of the importance of safety Purchase or gather
your blending equipment Brainstorm a selection of essential oils
Orient yourself to each essential oil
How to make a balanced essential oil blend Top, base and middle notes
Essential oil blending directions Aromatherapy formulas
1% Dilution - headache relief blend 2% Dilution - immune stimulant blend
5% Dilution - sore muscle blend Relaxation formula
Sports injury formula
Blending tips and precautions

Module 12

Purchasing essential oils

The basics of purchasing essential oils

Understanding different "grades" of essential oils

The manufacturing process and purity of essential oils

Module 13

Tools, equipment & other ingredients Ways to reuse essential oil bottles

Glass v plastic

Helpful ingredients

Where I purchase glass bottles My startup story

Module 14

Carrier oils & butters (46 pages) What are carrier oils?

Comedogenic rating Why use carrier oils

A - Z list of carrier oils - Type of oil, botanical name, skin type,

Comedogenic rating, shelf life, consistency and absorption Butters

What is a butter?

Skin type, comedogenic rating, shelf life, consistency and absorption Mixture amount chart

Composition of butters Extracting butters Contraindications for butters

Quality of butters

Aroma

Method of extraction Consistency of absorption Storing butters

Types of butters

Solidity, butters and properties Uses and benefits

Guide to using butters Nut butters

Seed kernel butters Bean butter

Absorption rate finish on skin

Where to purchase Water-based carriers Solubol

Alcohol Hydrosol

Babassu oil - a Coconut oil substitute in skincare recipes

Module 15

Dilution

Dilution rate chart 5% Dilution rate

10% Dilution rate Teaspoons to drops Quick conversions

% Dilution to drops Why dilute essential oils

Diffusion or topical application?

How to dilute essential oils for topical application Dilution ratio guidelines

Module 16

Storing and shelf life Sesquiterpenes (8-10 years)

Sesquiterpenols (10-15 years)

Monoterpenes (2-3 years)

Monoterpenols (5-6 years)

Esters (5-7 years)

Ethers (5-7 years)

Aldehydes (4-5 years)

Ketones (5-7 years)

Phenols (4-6 years)

Oxides (3-5 years)

Oxides (3-5 years)

Can you store essential oils in the freezer? Is it acceptable for essential oils to freeze?

Places where essential oils should not be stored Places where essential oils should not be stored

How to prolong shelf life and keep track of oil freshness Storing essential oils while travelling

Safety

Module 17

Basic Anatomy & Physiology (67-page manual) (a compulsory with all essential oil studies)

Module 18

The Aura (33-page manual)

(a compulsory with all essential oil studies)

Module 19

The Chakras (46-page manual)

(a compulsory with all essential oil studies)

Module 20

Essential oil substitutions

What essential oil can I use instead? How to make essential oil substitutions

Aromatic substitutes – blending for the aroma Therapeutic substitutes – blending for a specific purpose Essential oil substitution chart

For healthy skin

For healthy hair and scalp Healthy digestion and airways

Digestive support

Respiratory support Comfort and wellness

Immunity

Pain relief Energy and Exercise

Fatigue

Workout Sleep and calming

Insomnia

Relaxation Emotional support

Mood swings

Stress

Module 21

Respiratory disorders (27 pages) Antibacterial essential oils Antiseptic essential oils
Balsamic essential oils Colds and flu
Cough
General cough
Dry cough
Spasmodic cough
Smoker's cough
Expectorant essential oils Congestion
Sinus congestion
Chest congestion
Sinusitis and which oils to use
Stuffy nose Bronchitis
Inflammation of the airways Chest infection
Fever Immunity Asthma
Flu-related joint pain Sore throat spray Facial steam
Cough and cold rub Throat and chest massage Sore throat remedy
Post-nasal drip remedy Inhalation
Calming bath Compress
Thieves' oil recipe
How to use Thieves' oil
How to make Thieves' spray Alternatives to homemade Thieves' oil Allergies

Module 22

Skincare (25 pages) Anti-inflammatory oils Fungicidal oils
Granulation, stimulating and cicatrizing agents Deodorants
Normal skin Which oils to use Dry skin
Which oils to use Sensitive skin Which oils to use
Mature skin, fine lines, wrinkles and age spots Which oils to use
Oily skin
Which oils to use
Acne, definition, possible causes, general signs and symptoms, methods of use, suggested oils and holistic advice
Cellulite and sagging skin Which oils to use
Skin discoloration, scars and stretch marks Which oils to use
Eczema, definition, possible causes, general signs and symptoms, methods of use, suggested oils and holistic advice
Psoriasis, definition, possible causes, general signs and symptoms, methods of use, suggested oils and holistic advice
Wart/Verruca, definition, possible causes, general signs and symptoms, methods of use, suggested oils and holistic advice

Bruises, definition, possible causes, general signs and symptoms, methods of use, suggested oils and holistic advice
Chilblains, definition, possible causes, general signs and symptoms, methods of use, suggested oils and holistic advice
How to use essential oils for skin Recipes
Gentle facial serum
Hydrating body oil
Simple facial cleanser
Healing wintertime body moisturizer
Chapped skin
Chapped lips
Solid perfume Nails
Weak nail strengthening oil
Stimulating nail growth rub Rose cuticle oil
Tea Tree cuticle oil
Anti-aging cuticle oil Lip balm
Lip balm ingredients to avoid Best lip balm ingredients to use Lip balm recipe

Module 23

Arthritis, gout, fibromyalgia (23 pages) What can essential oils do for arthritis? What are the best essential oils for arthritis? The basics of using essential oils for arthritis Joint pain and inflammation
Essential oils for joint pain and inflammation Recipes
Inflammation reducing bath
Arthritis and circulation blend Osteoarthritis
Recipes
Bath oil
Massage oil Gout
Recipe
Footbath Back pain Recipe
Back pain massage oil Bursitis
Recipes
Bursitis blend 1
Bursitis blend 2 Cramps
Recipe
Muscle aches/pains Recipe Fibromyalgia Recipes
Fibromyalgia massage
Bath for sustainable relief
Version 2 recipe
Fibro compress Lumbago
Recipes
Massage
Compress

Module 24

Digestive system

Balancing the digestive system

How to use essential oils for tummy troubles Which oils to use

Recipes

Digestive detox

Sluggish digestive system

Overactive digestive system and diarrhea

Stomach bugs, aches, cramps and sickness

Immunity blend

Supporting healthy eating Video: Digest blend roll-on

Module 25

Women

Best essential oils for women Physical uses

Emotional uses Caution

Essential oil recipes for women

Wind-down roll-on

Hot flash bath blend

Balanced mood bath

Floral punch body oil

Relaxing foot bath

Night-time moisturizing blend

Diffuser recipe

Massage blend

Unlocking our menstrual power with essential oils

Four seasons of the menstrual cycle and which oils to use for each season

Breast care

Menorrhagia

Menorrhagia body oil blend Menopause

Main essential oils for menopause Symptoms and appropriate essential oils

Fluid retention

Exhaustion/fatigue Depression

Anxiety/loss of concentration Digestive problems Sleeplessness

Recipes

Hot flashes blend

Day and night sweats blend

Water retention and bloating blend Thrush

Vaginal candida

Which essential oils to use Recipes

Thrush yoghurt blend 1

Thrush yoghurt blend 2

Thrush Coconut oil blend

Vinegar treatment for thrush PMS

Recipes

PMS cramp relief lotion

Hormonal balancing diffuser blend

Frayed nerves blend (for bath)

Uplifting and grounding massage/body oil blend

Restful sleep diffuser blend

Tension headaches diffuser blend Pregnancy

Essential oils for pregnancy – How to use them safely Essential oils to avoid during pregnancy

How to use essential oils for pregnancy related problems Nausea

Recipe

Diffuser blend Constipation

Recipe

Constipation blend Varicose veins

Recipe

Massage oil for varicose veins Leg cramps

Recipe

Massage blend for leg cramps Edema/Swollen feet and ankles Recipe

Edema foot bath Stretch marks

Which oils to use for stretch marks Recipes

Anti-stretch mark sugar scrub

Cocoa body butter for stretch marks

Stretch mark serum

Aloe Vera stretch mark oil

Module 26

Men

Black Pepper Properties, aroma, uses Recipe

Black Pepper massage oil

Black Pepper muscle rub Spruce Oil

Properties, uses Recipes

Snowy day diffuser blend

Aftershave spray

Cedarwood

Properties, aroma, uses Recipe

Aftershave spray Vetivert

Properties, aroma, uses Recipes

Evening to relax massage oil

Euphoria diffuser blend Frankincense

Properties, aroma, uses Recipe

Spice pre-shave oil Bear oil

How to make your own beard oil Which carriers to use

Which essential oils to use Dilution rates for beard oils Patch test

Choosing your scent

Top note, middle note, base note Storing
How to use Aftershave
Why make your own aftershave? Which essential oils to use
Other ingredients Recipes
Recipe 1 – Alcohol based
Recipe 2 – Alcohol free
Shaving cream
Foaming body wash
Video: How to mix essential oils blends for men

Module 27

Babies & Children
Essential oil topical dilution rates
Robert Tisserand & Rodney Young dilution rates Jane Buckle: Clinical Aromatherapy dilution rates Liz Fulcher: Aromatic Wisdom dilution rates
Are essential oils safe for children?
Top 10 Must have essential oils for children How to use essential oils with children safely
Avoid direct application of undiluted oils on skin
Practice safe diffusion Don't put them here Do a skin patch test
50 Kid safe essential oils list and what to use them for
Video: Skin healing recipe

Module 28

Seniors
Treating joint pain More energy Appetite stimulant Improved sleep
Better cognitive abilities Respiratory issues

Module 29

Hair care
How essential oils help your hair Which essential oils to use Essential oil blend recipes for hair
Everyday hair tonic
Oily hair
Dandruff or itchy scalp
Dry hair
Carrier oils for natural and organic hair care
How exactly do carrier oils benefit the hair and scalp? List of carrier oils and their benefits
Reducing dandruff Preventing breakage Detangling hair
Protecting hair from damage Scalp massage
Hair mask Conditioner Recipes
Rosemary serum to repair and revitalize hair
Rosemary blend for a nourishing and restorative hair mask

Scalp reconditioning formula

Rosemary, Basil and Lavender hair mask for shiny hair Can I add Lavender essential oil to my shampoo?

Module 30

Anxiety, stress, depression, sleep

Health problems caused by chronic stress

How essential oils boost your mood Mood boosting essential oils Burnout

Recipes:

Burnout relaxation blend

Foot bath

Burnout reviver blend Depression

Which oils to use

Table of antidepressant oils

Table of Cautions/contraindications Aromatherapy blends for depression

Restful sleep spray

Happiness in a bottle blend

Ready to take on the world blend

Self-kindness blend

Peace in a bottle blend Sleep

Which essential oils to use Essential oil blend recipes for sleep

Sultry sleep blend – to fade away worry

Heavenly florals blend – to create a peaceful, enchanting experience

Sacred sleep blend – to clear the mind and soothe nervousness

Sweet dreams blend – to encourage positive thoughts [Video](#): Essential oils and your brain

Module 31

Love, romance, intimacy

Essential oils for love and how to use them Recipes

Honeymoon night diffusion

Warming sugar scrub

Pucker up scrub

Sensual milk bath

“I love you” linen spray

Love potion massage oil

Steamy synergy

Love at first scent sachets

Romantic body spray

Enchantress perfume

Module 32

Energy, chronic fatigue

What is Chronic Fatigue Syndrome (CFS)?

Other symptoms of CFS Reviving essential oils Recipes
Energizing diffuser blend
Bath blend Muscular pain Which oils to use Brain fog
Which oils to use Impaired immunity Which oils to use Sleep disturbance
Which oils to use Low mood
Which oils to use
Tips for CFS/ME sufferers Exhaustion and which oils to use Recipe
First step exhaustion blend
Second step exhaustion blend Diffuser blends for energy
Energy blend 1
Energy blend 2
Energy blend 3
Nervous exhaustion blend 1
Nervous exhaustion blend 2
Mental fatigue blend
Intellectual fatigue blend 1
Intellectual fatigue blend 2

Module 33

Pain

Which essential oils to use Shoulder pain
Which essential oils to use Knee pain
Which essential oils to use TMJ pain
Which essential oils to use Heel pain
Which essential oils to use Foot pain
Which essential to use Kidney pain
Which oils to use Tendon pain Which oils to use Hip pain
Which oils to use Leg pain
Which oils to use Bone pain
Which oils to use Sore muscles Which oils to use Back pain
Which essential oils to use Nerve pain
Which essential oils to use Neck pain
Which essential oils to use Tooth pain
Which essential oils to use
How to use clove essential oil for tooth infection Gum pain
Which essential oils to use

Module 34

Weight loss

Which essential oils to use
Essential oils for appetite suppression Diuretic essential oils
Essential oils for sugar cravings

Module 35

Cold sores, fever blisters

Which essential oils to use for cold sores Which essential oils to use for fever blisters Thieves' oil for cold sores

Recipes

Cold sore salve

Prevention lip balm blend

Module 36

Bath and shower Benefits of bath oil

Which essential oils to use Recipes

How to make bath oil

Relaxing bath oil

Cleansing bath oil

Lift your Spirits bath oil

Nourishing bath oil Bath oil recipe tips

Which essential oils should I avoid in the bath?

Video: How to make essential oil bath salts

Module 37

Natural cleaning

Must-have ingredients

Recipes, essential oils to use and how to make

Dry deep-clean powder

Multi-purpose surface disinfectant

Gentle 2-in-1 dishwashing and hand soap

Linen spray

Mildew buster

Room Freshener

Sink and tub cleaning paste

Toilet bowl disinfectant

Wood and leather polish

Microwave cleaner

Garbage disposal cleaning bombs

Usage, storage and safety tips for cleaning products

Video: Glass stovetop cleaner

Module 38

Pets Dogs Cats

Do not use essential oils with the following

Module 39

Insect repellants

Which oils to use and which insects they repel

Double duty essential oils to repel insects and for itchy bites Recipes

Bug repellent spray
Blends for bug bites and itchy skin
Bug bite relief balm
Bug bite relief spray Oils to avoid
Video: Natural bug spray

Module 40

First aid
Which essential oils to use Recipes
Healing salve
Sunburn spray
Bumps and bruises remedy
Poison Ivy relief
Toothache relief
How to use essential oils for first aid

Module 41

Travelling
Guidelines for travelling Which essential oils to use
How to use essential oils while travelling Recipes
Surface cleaning and air freshening spray
Germ busting hand sanitizer
Personal roll-on blend

Module 42

Essential oils and your Zodiac sign

Module 43

5 Oil startup kit The oils
Actions Indications Other uses Caution

Module 44

Essential oils and Spiritual uses
Various oils, guiding planet, uses and effects

Module 45

Essential oils and chakras List of oils
Their element Key vibrations
Which chakra is stimulated by each oil
Video: Essential oil chakra rollers

Module 46

Essential oils and Angels Invocation

Module 47

Essential oils and crystals

How to use essential oils and crystals Choose your crystal

Choose an oil

Use your crystal and oil together Crystals and their uses

Oil pairings for each crystal List of toxins in crystals

Video: Oils and crystals for newbies

Module 48

Essential oils and meditation

List of essential oils and their benefits How to use essential oils for meditation Essential oil blends for meditation

Slow down blend (calming)

Stay present blend (grounding)

Module 49

Essential oils to match your personality type (54 pages) How to choose essential oils to match your personality type Remembering our innate potential

How do we do this?

What sort of personality traits can you identify with? Work naturally across personality groups

Trust that some oils fit in several groups Defining the different personality groups The "floral" essential oil personality

The "fruit" essential oil personality The "herb" essential oil personality The "leaf" essential oil personality The "resin" essential oil personality The "root" essential oil personality The "seed" essential oil personality The "spice" essential oil personality The "wood" essential oil personality

Module 50

Indian Head and Shoulder massage In-depth massage routine

Center yourself

Head rock stress detector Apply oil if you are using oil Head roll

Shoulder massage

Thumb sweeps Heel rub Pressure points Thumb pushes Finger pulls Hacking

Pick up and hold Smoothing down Ironing down Heel roll

Squeeze and pick away Shoulder lift

Neck massage Grasp and pull back Thumb pushes Finger pulls

Friction under occiput Heel of hand rub

Scalp massage

Heel rub on back of neck Shampooing the scalp Tabla playing
Hacking (Champing) Windscreen wiper Whole hand friction Hair ruffling
Land and lift (plucking) Raking the scalp Squeeze and lift Gather and tug
Circular temple frictions

Face massage

Pressure points – Forehead Pressure points – Eye sockets
Pressure points – Cheek bones (Step 1) Pressure points – Cheek bones
(Step 2)

Ear massage

With small circular movements work your way round the ear

Facial Tapping

Palmar pressure placing Feather fingertip stroking Restful darkness
Head rocking Centering Brushing down

Module 51

Synopsis of body systems, which oils to use and how to use them (32 pages)

Skin

Acne

Allergies

Athlete's foot

Baldness and hair care

Boils, abscesses and blisters

Bruises

Burns

Chapped and cracked skin

Chilblains

Cold sores/Herpes

Congested and dull skin

Cuts/Sores

Dandruff

Dermatitis

Dry and sensitive skin

Eczema

Excessive perspiration

Greasy or oily skin/scalp

Hemorrhoids/Piles

Insect Bites

Insect Repellant

Irritated and Inflamed skin

Lice

Psoriasis

Rashes
Ringworm
Scabies
Scars and stretch marks
Slack tissue
Spots
Ticks
Toothache
Varicose Veins
Verruca
Warts and Corns
Wounds
Wrinkles and mature skin Circulation, muscles and joints
Accumulation of toxins
Aches and pains
Arthritis
Cellulitis
Debility/Poor muscle tone
Gout
High blood pressure and hypertension
Muscular cramps and stiffness
Obesity
Oedema and water retention
Palpitations
Poor circulation and low blood pressure
Rheumatism
Sprains and strains Respiratory system
Asthma
Bronchitis
Catarrh
Chill
Chronic coughs
Coughs
Croup
Earache
Halitosis/Offensive breath
Laryngitis/Hoarseness
Sinusitis
Sore throat and throat infections
Tonsillitis
Whooping Cough
Digestive system
Colic
Constipation and sluggish digestion

Cramp/Gastric spasm
Gripping pains
Heartburn
Liver Congestion
Loss of appetite
Nausea/Vomiting
Genito-urinary and endocrine system
Amenorrhoea (lack of menstruation)
Dysmenorrhoea (Cramp, painful or difficult menstruation)
Cystitis
Frigidity
Leucorrhoea (White discharge)
Menopausal problems
Menorrhagia (Excessive menstruation)
Premenstrual tension (PMT)
Pruritis/Itching
Sexual overactivity
Thrush/Candida
Urethritis Immune system
Chicken pox
Colds/'Flu
Fever
Measles Nervous System
Anxiety
Depression
Headache
Insomnia
Migraine
Nervous exhaustion/Fatigue/Debility
Neuralgia/Sciatica
Nervous tension and stress
Shock
Vertigo

Module 52

Journal, index and labels

Module 53

How to become a Clinical Aromatherapist

Attunements – There is no extra charge for these

Magickal Flowers 1 – 3 - Value \$30 / R450

Ethereal Flowers 1 – 3 - Value \$30 / R450

Rose Vibrational Clearing – Value \$25 / R367

Ili-Ahi Attunement – Value \$30 / R450

Lavender Plant Shakti

Hyacinth Psychic Clearing