

Skyline College
Aromatherapy: Essential Oils for Health and Well-Being
Skills Certificate

Aromatherapy is one of many therapies that fall under the umbrella of holistic/integrative health and wellness. Essential oils have gained credibility through continued research supporting their effectiveness from self-care to healthcare as an integrated treatment modality because aromatherapy is simple, safe, effective and inexpensive. This certificate is the first tier introducing skills and knowledge for safe and effective use of essential oils for health and wellness. We will discuss the historical and traditional uses, safety and toxicity issues, indications, contraindications, quality, purity, physiological mechanisms, therapeutic benefits, critique the scientific evidence regarding their therapeutic qualities, chemical classifications, blending and an overview of business, ethics and laws. This certificate is ideally suited for individuals maintaining and/or expanding skill sets, licensed/certified professionals to curious lifelong learners interested in the therapeutic benefits of essential oils. **NOTE: This certificate is not transcribed and is not eligible for Financial Aid.**

Career Opportunities:

Career Opportunities: Retail Assistant/Specialist, Spa Associate, Aromatherapy Entrepreneur, Aromatic Product Designer, Web Retail Store.

This certificate is also designed for professionals interested in expanding skill sets and modalities, and/or integrating new modalities into their existing practice to increase marketability. Some of the professionals that will find benefits are: Yoga Instructors/Teachers, Fitness Coaches/Trainers, Wellness and Health Coaches, Massage Therapists, Reflexologists, Kinesiotherapists, Meditation Instructors, Flower Essence Therapists, Sports Medicine Therapists, Athletic Trainers, Hospice Care, Chiropractors, Physical Therapists, Occupational Therapists, Nurses, Nurse Practitioners, Energy Healers, Psychotherapists, Estheticians, Ayurvedic Practitioners, Acupuncturists, Counselors, Nutritionists, Herbalists, Asian Bodyworkers, Personal Trainers, Midwives, Doulas, Reiki Masters, among other health care and wellness professionals.

Program Learning Outcomes:

Upon Completion of Certificate requirements, students will be able to:

- Demonstrate a comparative understanding of the historical and traditional uses of aromatherapy for health and wellbeing.
- Develop and apply essential oil blends associated with various case scenarios.
- Compare and review research associated with the therapeutic benefit of essential oils used in aromatherapy.

Core Courses:

	Units
WELL 707 Foundations of Aromatherapy and Essential Oils	2
WELL 709 Aromatherapy Principles and Applications	4
WELL 723 Ayurvedic Aromatherapy	1
Total Required Units	7

Curriculum Committee Approval Date: February 2022

Effective Term: Fall 2022

Program Originator: Ronda Wimmer

