Aromatherapy Diploma Course

Professional qualification course in Holistic Clinical Aromatherapy, Essential Oil Therapeutics, Therapeutic Massage and Anatomy & Physiology
Welcome!

Thank you for your enquiry. As you will see from the forthcoming pages, we are dedicated here at the Institute to providing the very best in professional Aromatherapy and complementary healthcare training. The qualifications that we award in these fields are widely respected, and lead to membership of the world’s leading professional association — the International Federation of Professional Aromatherapists (IFPA).

Since 1987, the Institute has gained an international reputation for excellence in Aromatherapy education. Our main Diploma Course in Professional Aromatherapy is a comprehensive, integrated training programme — a dynamic blend of scientific and holistic, Eastern and Western therapeutic approaches. It is carefully designed to provide students with all the necessary skills and knowledge to practice Clinical Aromatherapy safely and effectively, and in addition serves as a specialist training resource for those pursuing careers in the expanding essential oil product industries.

We pride ourselves at the Institute on both our educational excellence and our friendly, personal approach. If you have any questions regarding our training courses, please feel free to phone or email us. You may also like to come and meet us at our college venue. In either case, we would welcome the opportunity to learn of your interests and aspirations, and share with you in turn our vision of natural health.

Wishing you every success,

Gabriel Mojay
Institute Principal

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The Institute of Traditional Herbal Medicine and Aromatherapy (ITHMA) was established in 1987, and has since trained hundreds of individuals in a comprehensive, dynamic approach to Professional Aromatherapy, Therapeutic Massage and a range of associated natural therapies. The Institute is dedicated to the study of complementary healthcare from all main viewpoints – the scientific, energetic and psychological – and places a special emphasis on learning that can be practically applied.

The Institute has guided over 60 groups of students through its Diploma Course in Professional Aromatherapy, and has held well over 100 advanced and special courses taught by well-known practitioner-educators. Graduates of the Institute practice Aromatherapy and Therapeutic Massage throughout the UK, Ireland, the Netherlands, Denmark, Sweden, Norway, Iceland, Poland, Lithuania, Latvia, the Czech Republic, Germany, France, Spain, Italy, Greece, Turkey, South Africa, India, Japan, Hong Kong, Taiwan, Korea, Australia, New Zealand, Canada, the USA, Mexico, Jamaica, Trinidad, Tobago and Brazil.

Our unique qualification courses are the result of 25 years of continuous development of curriculum, faculty and teaching resources. Institute faculty members have been responsible for setting training standards at a number of professional levels. As a result, the Institute's Aromatherapy Diploma Course conforms to and exceeds the educational standards established by leading organizations including the UK-based International Federation of Professional Aromatherapy (IFPA) and the US National Association for Holistic Aromatherapy (NAHA).

In addition to gaining a wide reputation for excellence in the field of Aromatherapy Diploma training, the Institute has distinguished itself as a training centre for Acupressure Massage and an Oriental Medicine approach to Aromatherapy. A leader in the field of continuing professional development, it has hosted a variety of advanced courses including Advanced Clinical Aromatherapy, Aromadermatology, and Essential Oil Product Development. Institute courses are taught by practitioner-educators who are experts in their field, while our Aromatherapy Diploma Course features tutors of international standing.

### LONDON TEACHING VENUE - REGENT'S UNIVERSITY (previously Regent's College)

All our training teaching courses are held at Regent's University, a first-class teaching venue located in beautiful Regent's Park, in central London.

Surrounded by the gardens, lawns and tree-lined lakes of this tranquil Royal Park, Regent's University is a 10-minute walk from Baker Street and Regent's Park Underground Stations, yet well away from busy traffic.
INTRODUCTION

The aim of the Institute is to teach Aromatherapy as a complete healing art — one which takes a truly holistic approach to essential oils and their therapeutic uses. By making traditional healing wisdom a central focus, theoretical knowledge is able to develop hand-in-hand with intuitive and practical skills.

With his background in Oriental Medicine, Acupuncture and Shiatsu, Gabriel Mojay has developed an approach to Aromatherapy that unites a sound scientific perspective with the basic principles of Oriental Medicine — the world’s most highly-developed holistic healthcare system.

Oriental Health Assessment allows us to select the most appropriate essential oils for a wide range of ailments — together with minor conditions where no clearly-defined disease exists. Rather than focus solely on a client’s symptoms, the inherently holistic approach of Oriental Medicine concentrates on addressing the underlying imbalances at the root of any health problem.

At the same time, we give our Aromatherapy Diploma students a firm foundation in the scientific aspects of Aromatherapy, including the biology and chemistry of essential oils, and their safe application based on the latest research.

Our study of 70 essential oils and their main chemotypes is geared towards a thorough of understanding their medicinal properties and uses as well as their energetic effects on the body and mind.

Clinical Aromatherapy is a special system of natural healing, and calls for a special approach to its instruction. There are no short cuts to mastering a practice that is as deep and as multifaceted as Aromatherapy, in terms of both its scientific foundations and therapeutic methodology.

The Diploma Course outlined in these pages is a homage to its healing potential — and represents the learning experience of a lifetime.

What does our Diploma Course have to offer?

- An inspiring, well-structured training programme based on scientific, evidence-based principles, yet incorporating useful aspects of the holistic approach of Oriental Medicine.
- A course with a wide variety of teaching methods including dynamic, visually stimulating class lectures, ‘hands-on’ practical instruction in therapeutic product blending, and a home study programme supported by printed course notes.
- An accredited professional qualification course that is specifically designed to prepare you for a new career, incorporating a module in practice management and business studies.
- Accessible tuition for motivated English-speaking adults of all ages, nationalities and backgrounds.
- An educational approach geared towards the joy of learning, rather than on the pressurized accumulation of facts.
- A modern approach to assessment that encourages students to develop the skills and expertise that will form the basis of their professional work.
- A relaxed learning environment which fosters discussion, cooperation and friendship.
- Approachable and supportive tutors, each of whom is expert in their particular field, with extensive experience as a practitioner.
- A dynamic approach to vocational training, based on bringing out the innate potential within each individual.

With which organization is the course accredited?

The Diploma Course is accredited by the International Federation of Professional Aromatherapists (IFPA). IFPA was established in April 2002 by members of three of the UK’s leading Professional Aromatherapy associations, including the Register of Qualified Aromatherapists (RQA), founded by Gabriel Mojay in 1990. With a membership of some 2000 Clinical Aromatherapists, IFPA is the world’s largest professional Aromatherapy association. Graduates of the Institute’s Diploma Course are automatically eligible for Full IFPA Membership.
1. ESSENTIAL OIL SCIENCE & SAFETY

This module provides students with a thorough foundation in the science and safe use of essential oils.

- **Key definitions:** defining fundamental terms such as aromatherapy, essential oil, aromatic extract, absolute, oleoresin, chemotype, fixed oil, herbal oil, hydrolat, etc.
- **Botany and biogenesis:** aromatic plants and their taxonomic classifications; plant structure and functions; glandular structures; essential oil biogenesis; the role of essential oils within plants.
- **Plant identification:** recognizing aromatic plants growing in Nature at the Royal Botanic Kew Gardens, and with the aid of our extensive slide photographs.
- **Essential oil chemistry:** fundamental aspects of organic chemistry; the major families of essential oil components – their definitions, bioactivity, uses and safety issues; methods of essential oil analysis.
- **Essential oil safety and contraindications:** hazards of essential oil use including irritant dermatitis, allergic contact dermatitis, sensitization, photosensitivity, acute and chronic toxicity; essential oil metabolism and excretion; therapist safety; safe bottling and labelling.

2. ESSENTIAL OIL PRODUCTION & QUALITY

This module gives students an understanding of how essential oils and related products are produced, and the factors that influence their purity and quality.

- **Methods of extraction:** hydrodistillation, steam distillation; expression; solvent extraction; carbon dioxide extraction; enfleurage.
- **Quality control:** essential oil identification criteria; organoleptic analysis (colour, viscosity and aroma profile); methods of physical analysis; adulteration.
- **Storage:** handling and storing essentials oils; oxidation, spoilage and shelf life.
- **Related botanical products:** hydrosols (aromatic waters), tisanes, decoctions, tinctures, herbal oils – their production, quality control and therapeutic uses.
- **Important fixed oils:** sweet almond, apricot kernel, avocado, castor, coconut, evening primrose, hazelnut, jojoba, kukui nut, macadamia nut, olive, peach kernel, rose hip, safflower, sesame seed, sunflower seed, tamanu, walnut, wheatgerm oils.
- **Important herbal oils:** arnica, calendula, wild carrot, comfrey, devil’s claw, echinacea, fenugreek, gotu kola, hypericum, lime blossom, meadowsweet oils.

3. HISTORICAL & PHILOSOPHICAL ROOTS

This module traces the development of Aromatherapy from its origins in the ancient use of aromatics to its emergence as a modern form of natural healing.

- **The evolution of aromatherapy:** the traditional use of aromatics; the development of distillation; the modern history of essential oil use to the present day.
- **Modern natural medicine:** holistic principles of health; biochemical, energetic, structural and psychological forms of natural healing; complementary medicine and integrated healthcare; regulatory issues.

4. METHODS OF APPLICATION & BLENDING

In this module we look at the various routes through which essential oils are absorbed by the body, together with the ways they are applied therapeutically.

- **Mechanisms of action:** inhalation (olfaction; cerebral and respiratory absorption); skin absorption; internal administration (reference only).
- **Methods of application:** direct inhalation; steam inhalation; diffusion; baths; massage; compresses; creams, ointments, lotions and gels; hair and mouth care.
- **Blending:** theories of blending according to fragrance, chemistry and symptomatology; aesthetic, clinical and psychological approaches; synergy and antagonism.
- **Practical formulating:** hands-on base product creation of creams and ointments from raw materials; in-class formulating of aromatic products for the skin and hair.

Students studying lavender plants and their essential oils at the Royal Botanic Kew Gardens
5. INDIVIDUAL ESSENTIAL OILS

This module is composed of an in-depth survey of 70 essential oils and their main chemotypes. The study of each aromatic plant includes its botanical name and family; botanical source and geographical origin; physical characteristics and aroma; chemical composition; traditional and general uses; energetic and psychological effects according to Oriental Medicine; therapeutic applications; cautions and contraindications.

<table>
<thead>
<tr>
<th>No.</th>
<th>Essential Oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aniseed (Pimpinella anisum)</td>
</tr>
<tr>
<td>2</td>
<td>Angelica Root (Angelica archangelica)</td>
</tr>
<tr>
<td>3</td>
<td>Basil (Ocimum basilicum)</td>
</tr>
<tr>
<td>4</td>
<td>Bergamot (Citrus bergamia)</td>
</tr>
<tr>
<td>5</td>
<td>Cajeput (Melaleuca cajuputi)</td>
</tr>
<tr>
<td>6</td>
<td>Caraway (Carum carvi)</td>
</tr>
<tr>
<td>7</td>
<td>Cardamom (Elettaria cardamomum)</td>
</tr>
<tr>
<td>8</td>
<td>Carrot Seed (Daucus carota)</td>
</tr>
<tr>
<td>9</td>
<td>Cedar, Atlas (Cedrus atlantica)</td>
</tr>
<tr>
<td>10</td>
<td>Cedar, Red (Juniperus virginiana)</td>
</tr>
<tr>
<td>11</td>
<td>Chamomile, German (Chamomilla recutita)</td>
</tr>
<tr>
<td>12</td>
<td>Chamomile, Roman (Chamaemelium nobile)</td>
</tr>
<tr>
<td>13</td>
<td>Cinnamon Leaf (Cinnamomum zeyLANICUM)</td>
</tr>
<tr>
<td>14</td>
<td>Citronella (Cymbopogon nardus)</td>
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<tr>
<td>15</td>
<td>Clary Sage (Salvia sclarea)</td>
</tr>
<tr>
<td>16</td>
<td>Clove Bud (Syzygium aromaticum)</td>
</tr>
<tr>
<td>17</td>
<td>Coriander Seed (Coriandrum sativum)</td>
</tr>
<tr>
<td>18</td>
<td>Cypress (Cupressus sempervirens)</td>
</tr>
<tr>
<td>19</td>
<td>Eucalyptus (Eucalyptus species)</td>
</tr>
<tr>
<td>20</td>
<td>Everlasting (Helichrysum italicum)</td>
</tr>
<tr>
<td>21</td>
<td>Fennel, Sweet (Foeniculum vulgare)</td>
</tr>
<tr>
<td>22</td>
<td>Frankincense (Boswellia carteri)</td>
</tr>
<tr>
<td>23</td>
<td>Geranium (Pelargonium graveolens)</td>
</tr>
<tr>
<td>24</td>
<td>Ginger (Zingiber officinalis)</td>
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<tr>
<td>25</td>
<td>Grapefruit (Citrus x paradisi)</td>
</tr>
<tr>
<td>26</td>
<td>Hinoki (Chamaecyparis obtusa)</td>
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<tr>
<td>27</td>
<td>Ho Leaf (Cinnamomum camphora ct linalool)</td>
</tr>
<tr>
<td>28</td>
<td>Hyssop (Hyssopus officinalis)</td>
</tr>
<tr>
<td>29</td>
<td>Jasmine, Arabian (jasminum sambac)</td>
</tr>
<tr>
<td>30</td>
<td>Jasmine, Spanish (jasminum grandiflorum)</td>
</tr>
<tr>
<td>31</td>
<td>Juniper Berry (Juniperus communis)</td>
</tr>
<tr>
<td>32</td>
<td>Laurel (Laurus nobilis)</td>
</tr>
<tr>
<td>33</td>
<td>Lavandin (Lavandula x intermedia)</td>
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<tr>
<td>34</td>
<td>Lavender, Spanish (Lavandula stoechas)</td>
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<tr>
<td>35</td>
<td>Lavender, Spike (Lavandula latifolia)</td>
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<tr>
<td>36</td>
<td>Lavender, True (Lavandula angustifolia)</td>
</tr>
<tr>
<td>37</td>
<td>Lemon (Citrus limonum)</td>
</tr>
<tr>
<td>38</td>
<td>Lemongrass (Cymbopogon citratus)</td>
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<tr>
<td>39</td>
<td>Lime (Citrus aurantifolia)</td>
</tr>
<tr>
<td>40</td>
<td>Mandarin; Tangerine (Citrus reticulata)</td>
</tr>
<tr>
<td>41</td>
<td>Marjoram (Origanum majorana)</td>
</tr>
<tr>
<td>42</td>
<td>Melissa (Melissa officinalis)</td>
</tr>
<tr>
<td>43</td>
<td>Mint, Lemon (Mentha citrata)</td>
</tr>
<tr>
<td>44</td>
<td>Myrrh (Commiphora myrrha)</td>
</tr>
<tr>
<td>45</td>
<td>Myrtle (Myrtus communis)</td>
</tr>
<tr>
<td>46</td>
<td>Neroli (Citrus aurantium ssp aurantium flos)</td>
</tr>
<tr>
<td>47</td>
<td>Niaouli (Melaleuca quinquenervia)</td>
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<tr>
<td>48</td>
<td>Orange, Sweet (Citrus sinensis)</td>
</tr>
<tr>
<td>49</td>
<td>Palmarosa (Cymbopogon martini var motia)</td>
</tr>
<tr>
<td>50</td>
<td>Patchouli (Pogostemon cablin)</td>
</tr>
<tr>
<td>51</td>
<td>Pepper, Black (Piper nigrum)</td>
</tr>
<tr>
<td>52</td>
<td>Peppermint (Mentha piperita)</td>
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<tr>
<td>53</td>
<td>Petitgrain (Citrus aurantium ssp aurantium fol)</td>
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<tr>
<td>54</td>
<td>Pine, Scots (Pinus sylvestris)</td>
</tr>
<tr>
<td>55</td>
<td>Ravintsara (Cinnamomum camphora ct cineole)</td>
</tr>
<tr>
<td>56</td>
<td>Rock Rose (Cistus ladaniferus)</td>
</tr>
<tr>
<td>57</td>
<td>Rose (Rosa damascena)</td>
</tr>
<tr>
<td>58</td>
<td>Rosemary (Rosmarinus officinalis chemotypes)</td>
</tr>
<tr>
<td>59</td>
<td>Sage, Spanish (Salvia lavandulifolia)</td>
</tr>
<tr>
<td>60</td>
<td>Sandalwood (Santalum species)</td>
</tr>
<tr>
<td>61</td>
<td>Savory, Winter (Satureia montana)</td>
</tr>
<tr>
<td>62</td>
<td>Spearmint (Mentha spicata)</td>
</tr>
<tr>
<td>63</td>
<td>Spikenard (Nardostachys jatamansi)</td>
</tr>
<tr>
<td>64</td>
<td>Spruce, Black (Picea mariana)</td>
</tr>
<tr>
<td>65</td>
<td>Tea Tree (Melaleuca alternifolia)</td>
</tr>
<tr>
<td>66</td>
<td>Thyme (Thymus vulgaris chemotypes)</td>
</tr>
<tr>
<td>67</td>
<td>Vetiver (Vetiveria zizanoides)</td>
</tr>
<tr>
<td>68</td>
<td>Yarrow (Achillea millefolium)</td>
</tr>
<tr>
<td>69</td>
<td>Ylang Ylang (Cananga odorata)</td>
</tr>
<tr>
<td>70</td>
<td>Yuzu (Citrus junos)</td>
</tr>
</tbody>
</table>
6. AROMATHERAPY ACCORDING TO ORIENTAL MEDICINE

This module gives students a practical foundation in the basic application of Oriental Medicine to Aromatherapy. It provides a holistic approach to essential oil therapeutics based on a widely-respected traditional system of medicine, and complements the study of essential oil science.

With its profound insights into the nature and benefits of medicinal plants, Oriental Medicine allows us to frame the holistic effect of essential oils in an accessible and accurate way. It offers in addition an approach to health assessment which ensures that essential oil treatment addresses the root cause of a health issue — in addition to its symptoms.

The module includes an indepth study of the energetic and psychological effects of natural fragrance: how various primary fragrance notes reflect the therapeutic actions of essential oils on the body-mind’s vital energy (Qi). At the same time, it introduces one of the main pillars of Oriental Medicine - the theory of the Five Elements - and how the Five Elements is applied to Psychological Aromatherapy.

- **Fragrance energetics**: fragrance as an active quality; the Oriental and Ayurvedic classification of herbal taste qualities; odour profiling; essential oil fragrance families and their energetic and psychological effects.
- **The Oriental Five Elements**: their associated season, Organs, Spirit, root emotion and fragrance energy; Five Element Health Assessment and Psychological Aromatherapy; the treatment of nervous tension, anxiety and depression, worry and ‘overthinking’ etc.

- **Yin and Yang**: Yin-Yang in Nature; Yin-Yang aspects of the body and mind; Yin-Yang properties of essential oils.
- **The Vital Substances**: Qi (vital energy), Blood, Fluids, genetic Essence and Shen (consciousness) — their functions and disharmonies; the tonifying, dispersing and regulating actions of essential oils.
- **Oriental Health Assessment**: client questioning and observation; tongue diagnosis; taking a case history; analysing and interpreting signs and symptoms.
- **Oriental Medicine in clinical practice**: the functions and dysfunctions of the organs in Oriental Medicine; diagnostic categories of organ disharmony; indicated essential oils for each main category; the energetic properties of 70 essential oils and their chemotypes.

![Clary sage (Salvia sclarea) — the essential oil of which is important in the aromatherapy treatment of menstrual pain, for example.](image)

![Gabriel Mojay with students the Royal Botanic Kew Gardens](image)
7. AROMATHERAPY IN CLINICAL PRACTICE

This module provides the range of skills and knowledge required for the safe and effective practice of Aromatherapy.

- **Treatment room preparation**: ensuring an hygienic, safe and professional clinical environment.
- **Consultation skills**: effective case history recording; listening and questioning skills; producing a detailed Consultation Report; monitoring ongoing progress.
- **Treatment planning**: essential oil selection; clinical formulating; treatment type, duration and frequency.
- **Clinical contraindications**: conditions requiring the avoidance of specific essential oils or treatment methods.
- **Aromatherapy for specific conditions**: strategies for helping a range of common ailments, including insomnia, headache, bronchitis, asthma, osteoarthritis, menstrual pain, fungal infections, and other conditions.
- **Psychological aromatherapy**: the mental-emotional benefits of essential oils; helping clients with problems such as nervous tension, anxiety and depression, etc.
- **Aromatherapy for specific client groups**: treating pregnant mothers, babies and children, elderly clients; aromatherapy and essential oils in cancer care.
- **Client home care**: post-treatment guidance; preparing and dispensing aromatherapeutic products for client home use; basic dietary and lifestyle recommendations.
- **Client referral**: conditions that require the attention of a physician and/or other healthcare professional.

8. AROMATHERAPY RESEARCH

This module provides students with an understanding of scientific research, and its vital role in Aromatherapy.

- **Research methodologies**: defining and distinguishing research and audit; qualitative and quantitative research; *in vitro* and *in vivo* research methods; placebo; validity.
- **Research literature**: conducting an effective and valid literature search; critically analysing research papers; applying research to clinical practice.
- **Aromatherapy research**: essential oil constituent analysis and research; laboratory investigation; clinical research trials; research project planning; clinical audit.

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9. PRACTICE MANAGEMENT & BUSINESS SKILLS

The focus of this module is on training students in the promotion and management of a professional practice.

- **Ethics and professionalism**: codes of professional conduct; ethical practice; confidentiality and secure record keeping; data protection; the therapeutic relationship and its professional boundaries.
- **Legal aspects of practice**: health and safety regulations; Consumer Protection Act; Goods and Services Act; Trade Descriptions Act; local by-laws; professional indemnity; public and products liability insurance.
- **Practice promotion**: establishing and maintaining a professional aromatherapy practice; advertising and marketing; social media; curriculum vitae.
- **Business skills**: sole traderships, partnerships and limited companies; financial management; keeping accounts; taxation; National Insurance; pensions.
- **Liaison with other healthcare professionals**: when and how to liaise with medical personnel; working within mainstream healthcare settings.

10. PROFESSIONAL SELF-DEVELOPMENT

This module provides students with an understanding of the key elements of continuing professional development.

- **Continuing professional development**: lifelong learning and its importance for practitioners; keeping abreast of developments within the profession; aromatherapy professional bodies including the International Federation of Professional Aromatherapists (IFPA); practitioner support groups.
- **Personal self-development**: the importance of maintaining practitioner health and well-being.

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*Gabriel Mojay addressing the audience attending the official Launch of IFPA at the UK Houses of Parliament, April 2002*
11. THERAPEUTIC MASSAGE

Massage is one of the most important methods of applying essential oils in Aromatherapy, and is of proven therapeutic benefit in its own right. Proficiency in Therapeutic Massage is an IFPA membership requirement, and the Institute has long history of excellence in this field.

The Therapeutic Massage module provides students with all the necessary skills to carry out an effective full body massage treatment — one that can be fluently adapted to meet individual client needs. Our approach to massage is therefore broad-based, and encompasses elements drawn from both Holistic and Swedish Massage.

The main objectives of the massage techniques taught are to relieve tension, promote blood circulation and lymphatic drainage, improve muscular tone, and enhance nervous conductivity. At the same time, they serve as an effective method of essential oil application.

- The history and benefits of massage: physiological and psychological effects; massage styles; equipment.
- Posture, balance, focus and intention; touch and sensitivity; client care, comfort and handling.
- The living anatomy of each body surface area; local muscular and skeletal structures.
- Classical movements and principal techniques: effleurage, petrissage, friction, vibration and tapotment; developing the use of fingers, thumbs, elbows and palms.
- Therapeutic massage of the entire body and face; incorporating techniques for each body surface area.
- Special manual techniques: soft tissue manipulation; neuromuscular technique; muscle energy techniques; passive stretching; joint mobilization.
- Contraindications: circumstances and disorders for which massage treatment should be avoided or modified.
- Client assessment; tailoring massage to the client’s needs; post-treatment evaluation.
- Massage for specific client groups: treating pregnant mothers and elderly clients; massage in cancer care.

12. ANATOMY & PATHOPHYSIOLOGY

This module gives students a thorough grounding in the anatomy, physiology and basic pathology of the human body, essential for the practice of complementary medicine.

- Cells: organization, metabolism, responsiveness, growth, repair and reproduction; cell structure and function.
- Tissues: epithelial, connective, muscular and nervous tissue; tissue repair and conditions affecting it.
- The Integumentary System: the functions of the skin; the epidermal, dermal, subcutaneous skin layers; common skin diseases and allergies.
- The Skeletal System: the development and structure of bone cells; the structure, location and functions of the bones and joints; surface anatomy; the spinal vertebrae; common skeletal disorders.
- The Muscular System: skeletal, smooth and cardiac muscle, its structure and functions; muscle contraction; origin and insertion; muscle fatigue; tendons and ligaments; common diseases of the muscular system.
- The Nervous System: the structure and functions of neurons and glial cells; synapses; the structure and functions of the brain and spinal cord; the limbic system; sensory reception and adaptation; the autonomic nervous system; common diseases of the nervous system.
- The Special Senses: the structure and functions of the special senses: hearing, sight, taste, touch and smell; the process of olfaction; sensory disorders.
- The Endocrine System: the functions of the endocrine system; homeostasis; the principal glands and hormones; common diseases of the endocrine system.
- The Cardiovascular System: the composition and functions of the blood; blood disorders; the structure and functions of the heart; common heart diseases; the principal arteries and veins; vascular disorders.
- The Lymphatic System: the structure and functions of the lymphatic system; lymph nodes and lymphatic tissue; common diseases of the lymphatic system.
- The Immune System: specific immunity and non-specific defence mechanisms; antigens and antibodies; inflammation; the allergic response; immune disorders.
- The Respiratory System: major respiratory structures; the structure and functions of the lungs; external and internal respiration; common respiratory diseases.
- The Digestive System: the structure and functions of the digestive system; ingestion, digestion, absorption and elimination; the small and large intestines; common diseases of the digestive system.
- The Urinary System: the structure and functions of the urinary system, kidneys and nephrons; water and electrolyte balance; common urinary diseases.
- The Reproductive System: the structure of the male and female reproductive systems; male and female sex hormones; the menstrual cycle; the stages of pregnancy; common diseases of the reproductive system.
Norfolk Essential Oils produces a wide range of English essential oils. Their policy is to offer pure, natural products grown and distilled by the farmer members of their Cooperative.

Currently in full commercial production are English/Roman Chamomile (*Chamomelum nobile*), German Chamomile (*Chamomilla recutita*), Angelica Root and Seed (*Angelica archangelica*), Rosemary (*Rosmarinus officinalis*), English Peppermint (*Mentha piperita*), Clary Sage (*Salvia sclarea*), Dill Herb (*Anethum graveolens*), Hyssop (*Hyssopus officinalis*), Melissa (*Melissa officinalis*) and Yarrow (*Achillea millefolium*).

The Cooperative owns and runs its own purpose built steam distillation plant. The still is possibly the largest of its type in the UK and its design enables Norfolk Oils to process a wide variety of high quality essential oils.

Norfolk Lavender, founded in 1932, is England’s most famous lavender farm, and once had nearly 100 acres of lavender under cultivation. The site encompasses demonstration lavender oil distillation, the National Lavender Collection and Herb Garden, the Lavender Kitchen Restaurant, and the Walsingham Farms shop.

**ITINERARY**

6.30 am  Meet at Regent’s Univ and board coach.
9.00 am  Arrive at Norfolk Oils, Wisbech, Norfolk (www.neoils.com): field and distillation tour.
12.30 pm Arrive at Norfolk Lavender, Heacham (www.norfolk-lavender.co.uk)
2.00 pm  Norfolk Lavender field and distillation tour.
4.00 pm  Depart for London... arrive at Regent’s University at approx 7.00 pm.
AROMATHERAPY DIPLOMA COURSE: GENERAL INFORMATION

Course Dates, Fees and Enrolment
Please refer to the accompanying Course Details sheet and Application Form, or let us know if you require these.

Accommodation and Travel
Where required, the Institute can recommend economical overnight accommodation very near Regent’s University. Students are eligible for mainline Student Rail Cards.

Exemption from A&P and/or Therapeutic Massage
Prospective students can claim exemption from classes and assessments in Anatomy and Pathophysiology and/or Massage through submitting evidence of prior training.

Course Material and Presentation
The course incorporates extensive printed course notes, and numerous photos of aromatic plants are shown.

Written Assignments and Case Studies
Home-based learning is a vital part of the Diploma Course. A student will need to devote 6 to 8 hours per week to completing written assignments and case study work. Case study practice involves giving Aromatherapy consultations and treatment sessions to family members and friends. It provides students with invaluable experience in all aspects of Aromatherapy practice, and prepares them for a confident start to their professional work.

Examinations
In order to qualify for the Institute Diploma, students are required by the International Federation of Professional Aromatherapists to pass the following final assessments:

1. A practical exam in Aromatherapy and Massage;
2. A written exam in Aromatherapy;
3. A written exam in Anatomy and Physiology (unless exemption is granted prior to the start of the course).

Student Attendance and Course Work Requirement
Students are expected to attend at least 80% of classes in order to be eligible for the Diploma. All outstanding written assignments must be submitted within 6 months of the final teaching day, while all case studies should be submitted within 12 months. Students are expected to sit all examinations within 2 years of the final teaching day.

Professional Membership
Diploma Course graduates are eligible for membership of the International Federation of Professional Aromatherapists (IFPA), the world’s largest Aromatherapy association. IFPA membership includes benefits such as client referrals, insurance cover, international conferences, and subscription to its quarterly professional journal, *In Essence*.

Career Opportunities
The number of people seeking the services of professional complementary therapists has been growing steadily for over the last three decades. This trend has reflected the expanding interest in natural medicine as a whole, now one of the strongest growth areas of many national economies.

The demand for well-trained Professional Aromatherapists has meant that graduates of the Institute practice in a wide variety of situations, including natural health centres, health clubs and spas, nursing homes and hospitals — as well as at their own home-based treatment rooms.

As with any new business, Professional Aromatherapy requires enthusiasm and commitment to establish a career in this rewarding field. Our graduates have consistently shown us that the potential for success is always there — together with the fulfilment that comes from improving the well-being of others.

Overview
It is important that the course one undertakes is able to do justice to the knowledge and skills that make up the therapy of one’s choice. Only a truly comprehensive training is able to provide the expertise and confidence necessary for success as a Professional Aromatherapist.

The Institute has trained many successful practitioners, and has an outstanding reputation for thorough, dynamic instruction. We are dedicated to ensuring that, by the end of their training, each student is fully competent to carry out all that is required of a first-class Aromatherapist.

Our graduates, in addition, possess a range of further skills and knowledge that reflect the unique aspects of our training programme — in particular, Oriental Medicine and essential oil energetics, and an in-depth study of the chemistry and therapeutic properties of essential oils.

Testimonials
Over the years we have received numerous unsolicited letters of appreciation from Diploma Course graduates. More than 200 of these are available to read at our website: www.aromatherapy-studies.com/dip-feedback.html
Gabriel Mojay LicAc,CertEd,FIFPA

INSTITUTE PRINCIPAL
Senior Tutor in Clinical Aromatherapy and Oriental Medicine

Gabriel Mojay first studied natural medicine in 1978, initially training in Shiatsu Therapy and Oriental Medicine. He later became a registered member of the Shiatsu Society. In 1988 he completed four years of training in Traditional Chinese Medicine and Acupuncture, and became a member of the British Acupuncture Council.

Gabriel has completed courses in scientific Aromatherapy with Piérre Franchomme and Dr. Daniel Pénöel and with the Natural Oils Research Association (President: Professor Dietrich Wabner). In his private practice, Gabriel specializes in the therapeutic use of essential oils, Western herbal medicines, and Aromatic Acupressure and Meridian Massage.

In 1990 Gabriel founded the Register of Qualified Aromatherapists, and was the first Chairman of the Aromatherapy Organisations Council (AOC). In 1992 he organized an AOC conference entitled Essential Oils and Public Safety, at which experts on toxicology and the essential oil industry addressed important issues of essential oil safety. The conference paved the way for the formation of the Aromatherapy Trade Council (ATC).

Gabriel was instrumental in the formation of the International Federation of Professional Aromatherapists (IFPA) in April 2002, and has served as its founding Vice-Chairman, Publications Chair and Conference Chair. In 2005 he was awarded Fellowship of IFPA.

Gabriel has given lecture presentations at international conferences hosted by the International Federation of Professional Aromatherapists (UK), the Tisserand Institute (UK), the National Association for Holistic Aromatherapy (USA), the Alliance of International Aromatherapists (USA), the Pacific Institute of Aromatherapy (USA), the Canadian Federation of Aromatherapists, the British Columbia Association of Practicing Aromatherapists, the Czech Association of Aromatherapists, and botanica2012 — organised the Essential Oil Resource Consultants (France). He has also given seminars in Japan, China, Hong Kong, Australia, Ireland and Mexico.

Gabriel is co-author of Shiatsu ~ the complete guide (HarperCollins), and author of Aromatherapy for Healing the Spirit (Healing Arts Press/Fragrance Journal). The latter book outlines a systematic approach to utilizing the psychological benefits of essential oils according to the body-mind relationships of Oriental Medicine. It has been translated into several different languages, and has been well-received around the world.

Gabriel has contributed articles to leading Aromatherapy and natural health journals including the International Journal of Aromatherapy, Aromatherapy Quarterly (UK), Positive Health (UK), the NAHA Aromatherapy Journal (USA), Aromatic Thymes (USA) and Aromatopia (Japan). He was founding Co-Editor of IFPA’s professional journal, In Essence, and is currently Associate Editor of International Journal of Clinical Aromatherapy (France).

Gabriel is a very experienced Aromatherapy teacher who conveys his passion for this healing art and science to all who study with him. He is a leading authority on the application of Oriental Medicine to Aromatherapy, and has taught extensively in both the UK and abroad.
Emma Charlton BA, PGCE, MIFPA

INSTITUTE VICE-PRINCIPAL
Senior Tutor in Clinical Aromatherapy and Therapeutic Massage

Following a career in the mental health and homeless sector, Emma completed her Aromatherapy and Therapeutic Massage training at ITHMA in 2000. She went on to practise at a multidisciplinary therapy centre in Barnes, where she specialised in treating pregnant women. For several years her complementary therapy work was based partly in the corporate sector, where she provided workplace massage to large companies.

Since qualifying, Emma has developed her therapeutic skills by completing a variety of further training courses including Pulsing, No Hands Massage, Indian Head Massage, pregnancy massage and Reiki. In 2002 she set up the West London Aromatherapy Network, which she remains an active member of. Since 2010 Emma has worked as an aromatherapist for the Cara Trust, a London charity supporting adults living with HIV/AIDS.

Emma has taught Therapeutic Massage at ITHMA since 2004. A qualified adult education tutor, she gained a Postgraduate Certificate in Education (PGCE) from Canterbury Christchurch University in 2009. She was the lead aromatherapy tutor at Raworth College in Dorking for three years, and is a registered IFPA External Examiner. Emma currently maintains a busy Aromatherapy practise in Twickenham, combining this with her practise at the Cara Trust and her teaching work.

Ian Cambray-Smith MSc, PGCE, FIFPA

Senior Tutor in Essential Oil Science

A one-time research chemist, Ian trained as an Aromatherapist in 1994, and has since established himself as one of the leading teachers of essential oil science. He has taught at a number of aromatherapy schools and universities across the UK. He also provided a consultancy service to companies and organisations supplying and using essential oils.

Ian was one of only twenty experts invited by the Under Secretary of State for Health to serve as members of the Independent Review Panel for the Classification of Borderline Products. He was Chair of the International Society of Professional Aromatherapists and in 2002 became the first Chair of the International Federation of Professional Aromatherapists. He is currently Technical and Compliance Director for Fragrant Earth International.

Jo Kellett MIFPA, TIDHA, CIMI

Senior Tutor in Therapeutic Massage, Practice Management and Business Studies

Jo qualified as an Aromatherapist through the Tisserand Institute in 1996. Following graduation, she went into partnership with a fellow graduate to develop a programme of aromatherapy and yoga, to increase women’s awareness of essential oils and their choice of care in pregnancy. She later returned to the Tisserand Institute to teach Essential Oil Therapeutics, and currently teaches on the diploma course at Neal’s Yard Remedies.

A qualified baby massage instructor, Jo offers Continuing Professional Development (CPD) courses in aromatherapy for pregnancy, and workshops for the lay person on the use of essential oils in pregnancy, labour and postnatal care. Jo holds qualifications in advanced remedial massage, acupressure massage, Indian head massage and clinical aromatherapy and massage in obstetrics.
Mary Dalgleish MEd,FHT,MAR
Senior Tutor in Anatomy and Pathophysiology

Mary originally pursued a career in teaching, and holds a Master’s Degree in Education. In 1999 she qualified as an Aromatherapist through the Tisserand Aromatherapy Institute, where she later became a member of faculty, teaching anatomy and pathophysiology. Mary’s aromatherapy studies deepened her interest in natural health generally, prompting her to undertake a variety of further training courses including Reflexology, Indian Head Massage and Natural Face Lift Massage. She currently maintains a busy private practice in southwest London, combining this with her teaching work.

Mary has been teaching anatomy and pathophysiology for complementary therapy courses since 2000, and in addition teaches continuing professional development (CPD) courses in Indian Head Massage, Natural Face Lift Massage, Ayurvedic Foot Massage and Ear Candling. She is co-author of *Indian Head Massage: the Essential Guide* and *Ear Candling: the Essential Guide*. Mary is a member of the Federation of Holistic Therapists and the Association of Reflexologists.

Dr Viv Anthony BSc(Hons),PhD,MSM,MIFPA
Senior Tutor in Essential Oil Science

Viv trained as a botanist and plant disease specialist, and has worked for over 20 years in Plant Science Research and Development for a major international agribusiness. Following her interest in the healing properties of plants, Viv qualified in Aromatherapy and Essential Oil Science at Neal’s Yard Remedies, London. For the last three years she has had an aromatherapy practice in Switzerland. She has also studied at the Institute of Stress Management. She now specialises in aromatherapy for stress management and is an advisor to industry on occupational health and wellness programmes.

Viv combines her work in aromatherapy with plant science consulting on plant biodiversity, and her interest in field botany, and alpine and medicinal plants. In summer months she is an alpine flower guide in the Swiss Alps and Italian Dolomites. Together with aromatherapist Harriet Robinson, Viv recently published four articles in IFPA’s professional journal, *In Essence*, on leading aromatherapy gardens, including *An Aromatic Walk at Kew* (Summer 2008 issue).

Tanya Moulding MIFPA,MIFA,CNHC
Senior Tutor in Aromatic Formulating

Tanya trained in Holistic Clinical Aromatherapy with the Tisserand Institute, and went on to study Deep Tissue Massage, Indian Head Massage, Reiki, Aromatherapy Product Formulation and Natural Perfumery. As well as maintaining a private aromatherapy practice, Tanya works in the NHS as a complementary therapist specializing in palliative care.

Tanya has served as Principal Tutor in Aromatherapy and Massage at Essentials for Health, and offers introductory and post-diploma training in Aromatherapy, Massage and Product Blending. Tanya’s study of Natural Perfumery, and of the role of scent on the psyche, has led her to develop classes in perfumery blending, including regular workshops for a Marylebone craft studio. She creates Natural Perfumery products on a commission-only basis, and is currently developing a small range of artisan perfumes as well as writing a book on the subject.
INSTITUTE FACULTY

Samantha Allen BA,MIFPA
Therapeutic Massage Tutor

After many years working in fashion and for BBC Television, Samantha decided to change direction and follow her heart into the world of holistic health and wellbeing. She qualified through ITHMA in Aromatherapy and Therapeutic Massage in 2008, and quickly set up her own therapy business. She combines a busy practice in Stoke Newington with providing in-house massage for a variety of corporate clients in and around London as well as teaching, delivering workshops, and working with Shoreditch Spa.

Samantha has also qualified as a Reflexologist with the London School of Reflexology, and has trained in No Hands Massage. She has further extended her fields of expertise through qualifying in Indian Head Massage, Aromatherapy in Pregnancy, Reflexology in Pregnancy and Postnatal Care, and Aromatherapy and Massage in Cancer Care.

Wendy Spencer BA(Hons),MIFPA
Therapeutic Massage Tutor

Wendy qualified in Aromatherapy and Therapeutic Massage with ITHMA in January 2010, and immediately dedicated herself to setting up her professional Aromatherapy business in Eastbourne. She now has a thriving Aromatherapy practice called Let the River Flow, offering Aromatherapy in pregnancy, Aromatic Acupressure, and bespoke natural perfumes co-created with clients. In addition, she designs and formulates aromatic massage blends for The Aromatherapy Store.

Wendy facilitates Aromatherapy workshops under the title Sensual Alchemy, which aims to encourage people to sensualise their lives through essential oils, and to more fully experience what it means to be multi-sensory. She also works within her local community in schools, providing massage to teachers in order to help foster a relaxed learning environment.

Diploma students visiting a lavender field in Norfolk, July 2014
<table>
<thead>
<tr>
<th>COURSE DIPLOMA</th>
<th>LOCATION</th>
<th>DATES</th>
<th>COURSE FEE</th>
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<tbody>
<tr>
<td>AROMATHERAPY DIPLOMA</td>
<td>Regent's Univ London</td>
<td>Sat-Sun, September 15-16, 2018; Sept 29-30; Oct 13-14; Oct 27-28; Nov 10-11; Nov 24-25; Dec 8-9; Jan 5-6; Jan 19-20; Feb 2-3; Feb 16-17; March 2-3; March 16-17; March 30-31; April 13-14; April 27-28; May 11-12; May 25-26; June 8-9; June 22-23; July 13; July 27, 2019.</td>
<td>£3995 including VAT - payable through a deposit of £495 on booking, followed by £350 on the 1st course day, and £350 on Oct 15, Nov 15, Dec 15, 2018, Jan 15, Feb 15, March 15, April 15, May 15, June 15, 2019.</td>
</tr>
<tr>
<td>AROMATHERAPY DIPLOMA with exemption from Anatomy &amp; Physiology</td>
<td>Regent's Univ London</td>
<td>Sat-Sun, September 15-16, 2018; Sept 29-30; Oct 14; Oct 28; Nov 10-11; Nov 24; Dec 8-9; Jan 5-6; Jan 19-20; Feb 3; Feb 17; March 2-3; March 16; March 30-31; April 14; April 27-28; May 12; May 25-26; June 8-9; June 22-23; July 13; July 27, 2019.</td>
<td>£3495 including VAT - payable through a deposit of £495 on booking, followed by £300 on the 1st course day, and £300 on Oct 15, Nov 15, Dec 15, 2018, Jan 15, Feb 15, March 15, April 15, May 15, June 15, 2019.</td>
</tr>
<tr>
<td>AROMATHERAPY DIPLOMA with exemption from Therapeutic Massage</td>
<td>Regent's Univ London</td>
<td>Sat-Sun, September 15-16, 2018; Oct 13-14; Oct 27; Nov 10; Nov 24-25; Dec 8-9; Jan 6; Jan 19-20; Feb 2-3; Feb 16; March 2; March 16-17; March 31; April 13-14; April 27; May 11; May 25-26; June 8-9; June 22-23; July 13; July 27, 2019.</td>
<td>£4395 including VAT - payable through a deposit of £495 on booking, followed by £300 on the 1st course day, and £300 on Oct 15, Nov 15, Dec 15, 2018, Jan 15, Feb 15, March 15, April 15, May 15, June 15, 2019.</td>
</tr>
<tr>
<td>AROMATHERAPY DIPLOMA with exemption from Anatomy &amp; Physiology and Therapeutic Massage</td>
<td>Regent's Univ London</td>
<td>Sat-Sun, September 15-16, 2018; Oct 14; Nov 11; Nov 24; Dec 8-9; Jan 6; Jan 19-20; Feb 2; March 2; March 16; March 31; April 14; April 27; May 25-26; June 8-9; June 22-23; July 13; July 27, 2018.</td>
<td>£2995 including VAT - payable through a deposit of £495 on booking, followed by £250 on the 1st course day, and £250 on Oct 15, Nov 15, Dec 15, 2018, Jan 15, Feb 15, March 15, April 15, May 15, June 15, 2019.</td>
</tr>
</tbody>
</table>

Please note that the deposit (or equivalent sum of the pre-paid course fee), as well as paid instalments, are in all cases non-refundable and non-transferable.
Our next Diploma Course in Aromatherapy, Therapeutic Massage and Anatomy & Physiology starts on September 15, 2018. The full course consists of 42 class days held on weekends over a 10-month period at Regent's University in central London and a special 1-day field trip to Norfolk Lavender and Norfolk Oils distillery (travelling by coach from Regent's University).

Course Fee for full course: £3995 incl. VAT, payable through a deposit of £495 on booking and 10 monthly instalments of £350. Please note that the deposit (or equivalent sum of the pre-paid course fee), as well as paid instalments, are in all cases non-refundable and non-transferable. The course fee does not include the cost of 4 required course books, available for purchase on the first day (approximately £100).

Exemption from Anatomy & Physiology and/or Therapeutic Massage: Students holding previous qualifications have the option of claiming exemption from corresponding sections of the course. Exemption from Anatomy & Physiology or Therapeutic Massage results in a fee of £3495 incl VAT. Exemption from both subject areas results in a fee of £2995 incl. VAT. If you wish to claim exemption, please enclose copies of diplomas or certificates that show evidence of your prior training.

Assessments and exams: A Practical Assessment day (June 23, 2018) and two Written Examination days (July 27 and Sept 21, 2019) at Regent’s University are part of the course and are covered by the Course Fee. Where a student for any reason opts to take, or needs to re-take, an exam at a later date, an examination fee of £60 per exam paper is applicable.

Entry requirement: English language skills of a minimum Intermediate standard.

Refunds: Course fee deposits and paid instalments are non-refundable.

Disclaimer: While the Institute's policy is one of Equal Opportunity, and while it welcomes adults of every race, creed and gender, we nevertheless reserve the right to refuse the application of individuals who in highly exceptional cases do not meet the requirements for fitness to study and practice as defined by our accrediting body, the International Federation of Professional Aromatherapists.

How to book: To book a place, please submit your contact details and the deposit payment in any one of the following ways:

1. To book a place in person, please contact us by telephone or email (see above) to arrange to meet us at Regent's University.
2. To book a place by making an online bank transfer, please contact us for our bank details.
3. To book a place by making a secure credit/debit card payment, please contact us for the payment info.
4. To book a place by post, complete the form below and send it with a cheque (payable to ITHMA Ltd) to our office address (see above).

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ENROLMENT FORM

NAME:Miss/Ms/Mrs/Mr ____________________________________________

ADDRESS:____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

TEL/ MOB:____________________________________________________________________________________________________

EMAIL:____________________________________________________________________________________________________

Previous qualifications in complementary medicine (Please state here if you wish to apply for exemption from the Anatomy & Physiology and/or Therapeutic Massage section(s) of the Diploma Course, enclosing documentation showing evidence of prior training):
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________

Please enrol me on the Diploma Course starting: ______________________________

Signature: ____________________________________________ Date: ______________________________
MATERIA AROMATICA

Premium quality essential oils distilled from organically-grown and wild-crafted plants as recommended by the Institute

www.materiaaromatica.com