

# Chapter 1

1. Herbalism and aromatherapy are not considered to be the same because:

- A) Herbalists have more training than aromatherapists.
- B) Herbal extracts are never used topically.
- C) The plants used in aromatherapy and in herbalism are always different.
- D) Aromatherapy products are sold over the counter.
- E) The methods of making extracts and of use are different.

2. Essential oils are volatile, which means that they:

- A) Evaporate easily.
- B) Are liquid at room temperature.
- C) Are extracted from aromatic plants.
- D) Enter the bloodstream quickly.
- E) Should not be taken internally.

3. Aromatherapy can be beneficial for conditions that are contraindicated for massage, such as:

- A) A painful low back
- B) Chronic inflammation of a joint
- C) Varicose veins
- D) Headaches
- E) Indigestion

4. Massage oils and lotions are ideal for diluting essential oils because they are:

- A) Water-based
- B) Liquid in form
- C) Oil-based or fat-based
- D) Easily warmed in the hands
- E) Strongly aromatic themselves

5. Clinical studies have been carried out on:

- A) Only the physical effects of essential oils
- B) Only the emotional and mental effects of essential oils
- C) Only the harmful effects of essential oils on the skin
- D) The physical, emotional, and mental effects of essential oils

6. Scope of practice for holistic aromatherapists does not include:

- A) Essential oils with hydrotherapy
- B) Internal use of essential oils
- C) Topical application of essential oils
- D) Steam inhalation of essential oils

7. The word 'aromatherapy' was coined by:

- A) Jean Valnet
- B) Hildegard of Bingen
- C) The ancient Greeks
- D) Marguerite Maury
- E) René-Maurice Gattefossé

8. Essential oils dissolve in:

- A) Fats and oils
- B) Cold water
- C) Herbal teas and infusions
- D) Warm water

9. Soaking or bathing in water before applying essential oils to the skin:

- A) Increases the risk of harmful skin reactions.
- B) Decreases the risk of harmful skin reactions.
- C) Decreases absorption of the essential oils.
- D) Increases absorption of the essential oils.
- E) Increases blood flow and, therefore, the effects of essential oils.

## Chapter 2

1. Out of all the plant species in the world, how many are known to produce essential oils?

- A) Less than 300
- B) About 300
- C) About 3,000
- D) About 30,000
- E) About 300,000

2. The plant produces essential oils:

- A) As a by-product of making sugars
- B) To protect the plant from infection and herbivores
- C) To provide nourishment for its seeds
- D) As a way of storing water in specialized structures

3. Pine and fir essential oils are usually extracted from:

- A) Needles
- B) Resin
- C) Wood
- D) Roots
- E) Cones

4. Citronella essential oil is extracted from:

- A) Resin
- B) Roots
- C) Bark
- D) Flowers
- E) Grass

5. Indian sandalwood is an endangered plant because:

- A) The essential oil is concentrated in the wood.
- B) The essential oil is used for making a popular incense.
- C) The trees are naturally very rare.
- D) The trees are often cleared to make way for urban development.
- E) There is only one species of sandalwood.

6. The product of steam distillation is a/an:

- A) Distillate
- B) Absolute
- C) Concrete
- D) Essence oil
- E) Essential oil

7. Essential oils and water naturally separate during extraction because they have different:

- A) Temperatures
- B) Densities
- C) Odours
- D) Electrical charges
- E) Textures

8. 'Still notes' are:

- A) Disagreeable odours produced when the distillation was too fast
- B) The solid plant residue left over at the end of distillation
- C) Very volatile chemical components of the newly distilled oil
- D) Particularly beautiful aromas produced by a highly skilled distiller
- E) Particles that need to be filtered out of the newly distilled oil

9. German chamomile (*Matricaria recutita*) has yellow and white flowers, but the essential oil is:

- A) Deep red
- B) Amber
- C) Deep blue
- D) Very pale green
- E) Clear

10. This oil cannot be extracted by distillation because of the heat of the process:

- A) Jasmine
- B) Rose
- C) Neroli
- D) Chamomile
- E) Sandalwood

11. In solvent extraction, the solvent used may be:

- A) Alcohol
- B) Fat
- C) Water
- D) Butane
- E) Wax

12. Supercritical extraction is a type of solvent extraction in which the solvent is:

- A) Carbon
- B) Carbon monoxide
- C) Carbon dioxide
- D) Oxygen
- E) Hydrogen

13. Cold expression can only be used as an extraction technique for:

- A) Citrus rinds
- B) Resins
- C) Fleshy roots, such as ginger
- D) Flowers
- E) Seeds

14. Enfleurage is not often used today because:

- A) The equipment is dangerous to operate
- B) It is labour intensive and expensive
- C) It is environmentally unfriendly
- D) The details of the technique have been lost
- E) It produces an oil with an inferior aroma

## Chapter 3

1. Aromatherapy makes up about \_\_\_\_\_ of the market for essential oils.

- A) 1%
- B) 5%
- C) 20%
- D) 33%
- E) 75%

2. Adulteration is:

- A) Laboratory analysis of an essential oil.
- B) A type of perfumery blending.
- C) Purification of an essential oil for the food industry.
- D) The addition of other essential oils or chemical components after distillation of an oil.
- E) Overpricing of an essential oil.

3. 'Lavandula' in *Lavandula angustifolia* is the:

- A) Species name
- B) Family name
- C) Therapeutic name
- D) Supplier's name
- E) Genus name

4. Botanical names are used to identify essential oils because:

- A) Common names vary from area to area and are confusing.
- B) They are required by law.
- C) Names of essential oils vary depending on the extraction method used.
- D) They are required by international quality-control organizations.

5. Cinnamon essential oil can be distilled from the:

- A) Root or leaf.
- B) Stem or flower.
- C) Fruit or bark.
- D) Wood or seed.
- E) Bark or leaf.

6. Fractional distillation is:

- A) A slow, cool distillation
- B) A short, hot distillation
- C) A method in which several grades of essential oil are produced
- D) The same method as hydrodiffusion
- E) When several plants are co-distilled

7. 'Ylang ylang complete' is:

- A) An absolute produced by solvent extraction
- B) A CO<sub>2</sub> extraction
- C) A ylang ylang with a higher ester content than usual
- D) A type of extract used only by the perfumery industry
- E) A combination of various grades of ylang ylang

8. Most inexpensive perfumes consist of:

- A) Essential oils only
- B) Mostly essential oils with a small amount of preservatives
- C) About half essential oils and half synthetic compounds
- D) Mostly synthetic compounds

9. Which of the following is an essential oil that is frequently used to adulterate rose?

- A) Jasmine
- B) Geranium
- C) Lemon
- D) Frankincense
- E) Lavender

10. Which of the following can always detect if an essential oil has been adulterated?

- A) Gas-liquid chromatography test.
- B) A well-trained nose.
- C) Nothing can consistently detect adulteration.
- D) A full range of laboratory tests.
- E) Comparison with a known essential oil.

11. Extended oils are:

- A) Essential oils with natural or synthetic compounds added
- B) Essential oils that have been certified for purity by the supplier
- C) Essential oils distilled with very low heat over a long time period
- D) Completely synthetic oils produced for the pharmaceutical industry
- E) Essential oils that have been redistilled to remove certain components

12. Gas-liquid chromatography is:

- A) A new method of extraction using liquid hydrogen
- B) An odourless additive used to dilute essential oils
- C) A scale used to measure the strength of an essential oil
- D) A test used to determine if an essential oil is organic
- E) A laboratory test used to identify the chemical components of an oil

## Chapter 4

1. The topical application of essential oils:

- A) Affects the brain only.
- B) Affects the skin only.
- C) Affects the body by creating warming or cooling effects on the skin's surface.
- D) Affects the body via absorption into the bloodstream.
- E) Has no effect on the brain or the body.

2. The primary organ of smell is called the:

- A) Cribriform plate
- B) Olfactory bulb
- C) Aromatic cilia
- D) Nervous cortex
- E) Olfactory receptor

3. The main area of the brain that processes smells is the:

- A) Limbic system
- B) Cerebrum
- C) Cerebellum
- D) Brainstem
- E) Dura mater

4. Because of their effects on the brain, aromas can strongly affect the:

- A) Lymphatic and urinary systems
- B) Muscular and lymphatic systems
- C) Nervous and endocrine systems
- D) Integumentary and cardiovascular systems
- E) Skeletal system

5. What is the learned odour response?

- A) A method for perfumers to memorize aromas
- B) A genetic response to certain environmental odours
- C) A method used to help students study for tests
- D) A conditioned emotional or physical reaction to a smell
- E) An inborn mechanism whereby babies recognize their mothers by smell alone

6. Fastest absorption through the skin occurs where:

- A) The skin is thickest.
- B) The skin is thinnest.
- C) The skin is exposed to light and air.
- D) There are a lot of hair follicles and sweat glands.
- E) There is a thick layer of subcutaneous fat.

7. Covering an area of the body to prevent evaporation of essential oils is known as:

- A) Occlusion
- B) Volatility
- C) Hydration
- D) Super-absorption
- E) Conditioning

8. Heat affects the rate and amount of essential oil absorption because:

- A) Essential oils evaporate more in warm environments.
- B) Essential oils affect the brain more rapidly in warm environments.
- C) The warmth makes the client relax.
- D) Warmth is beneficial to the lymphatic system so that fluids circulate more quickly.
- E) Blood vessels dilate with heat and can absorb essential oils more easily.

9. With which carrier will absorption of essential oils be slowest?

- A) Lotion
- B) Gel
- C) Vegetable oil
- D) Ointment
- E) Water

10. The main risk to clients in topical applications of essential oils is:

- A) Skin irritation
- B) Nausea
- C) Headaches
- D) Slow absorption
- E) Dizziness

11. Essential oil components are absorbed easily through the skin because:

- A) They dissolve well in water.
- B) They have a large molecular size.
- C) They have a small molecular size.
- D) They are picked up by receptors on the olfactory bulb.
- E) They do not evaporate easily.

12. Which method of application allows essential oils to enter the bloodstream in the highest concentrations?

- A) Application to the skin
- B) Inhalation
- C) Steam inhalation
- D) Internal use
- E) Use in hydrotherapy

13. The limbic system includes the following structures:

- A) The lymph and lymph nodes.
- B) The hypothalamus and amygdala.
- C) The cerebrum and cerebellum.
- D) The pituitary and pineal glands.
- E) The brainstem and spinal cord.

14. Smell and taste are known as the:

- A) Immediate senses
- B) Chemical senses
- C) Biological senses
- D) Necessary senses
- E) Primitive senses

15. Aromas can help produce a feeling of calm by activating the:

- A) Lymphatic system
- B) Endocrine system
- C) Musculoskeletal system
- D) Sympathetic nervous system
- E) Parasympathetic nervous system

## Chapter 7

1. When very mild dilutions of essential oils are used in massage, the client is probably most influenced by:

- A) Absorption of the essential oils into the bloodstream
- B) The warming effect of the oils on the skin
- C) Inhalation of the essential oil molecules
- D) The analgesic action of the essential oil on soft tissue.

2. Dilutions for full body relaxation massage are typically about:

- A) 0.5%
- B) 1–2%
- C) 5%
- D) 10–12%
- E) 25%

3. Dilutions stronger than 10% are mostly used for:

- A) Acute situations, such as first aid
- B) Relaxation massage
- C) Diffusion
- D) Treatment work for a chronic ailment
- E) Children and the elderly

4. Occluding part of the body after applying essential oils is done to:

- A) Prevent the client from smelling disagreeable odours
- B) Keep the area warm
- C) Immobilize the area
- D) Increase absorption of essential oils
- E) Prevent essential oils from getting on the client's clothes

5. Essential oils are applied to the skin in postevent sports massage generally to:

- A) Cool down the client
- B) Calm and sedate the client
- C) Stimulate the client
- D) Treat hypothermia or hyperthermia
- E) Treat sprains, strains, and overworked muscles

6. Which of the following essential oils can be used with manual lymphatic drainage to encourage movement of lymph?

- A) Grapefruit and cypress
- B) Rose and jasmine
- C) Pine and spruce
- D) Frankincense and lavender
- E) Patchouli and sandalwood



7. Large batches of preblended oils:

- A) Should never be used because different blends should be made for individual clients.
- B) Should be used often because it is more cost-effective.
- C) Are appropriate for certain styles of massage practice.
- D) Should be made for use with regular clients only.
- E) Should not be used because therapists cannot be sure of the ingredients.

8. Dilutions for use with a compress should be:

- A) More than 20%
- B) Similar to topical application for an injury
- C) Similar to full-body massage
- D) Less than 2%
- E) 10–15%

9. Which condition could not be appropriately treated with a foot bath?

- A) Headache
- B) Low-back pain
- C) Poor circulation
- D) Athlete's foot
- E) Sinusitis

10. Steam inhalation is used primarily to:

- A) Help recovery from exercise
- B) Reduce cravings
- C) Increase relaxation
- D) Reduce anxiety
- E) Treat respiratory conditions

11. Dilutions for a spritzer are usually:

- A) 0.5%
- B) 1–2%
- C) 3–5%
- D) 5–10%
- E) About 20%

## Chapter 8

1. For retail, essential oils are usually sold in what size?

- A) 5–15 mL
- B) 10–100 mL
- C) 250 mL
- D) 500 mL
- E) 1 fluid ounce

2. To calculate the cost per drop of an essential oil:

- A) Divide the cost of the bottle by the number of drops used.
- B) Multiply the number of drops used by the number of milliliters in the bottle.
- C) Multiply the cost of the bottle by the number of drops in the bottle.
- D) Divide the cost of the bottle by the number of drops in the bottle.
- E) Divide the number of drops in the bottle by the number of drops used.

3. One milliliter of very thick essential oils such as vetiver will contain about:

- A) 5 drops
- B) 10 drops
- C) 20 drops
- D) 35 drops
- E) 50 drops

4. One milliliter of very thin essential oils such as lemon will contain about:

- A) 5 drops
- B) 10 drops
- C) 20 drops
- D) 30-35 drops
- E) 50 drops

5. To make a 3% dilution in 100 drops of carrier oil, how many drops of essential oil will you need?

- A) 1
- B) 3
- C) 6
- D) 10
- E) 30

6. How many milliliters are there in one teaspoon?

- A) 1
- B) 3
- C) 5
- D) 10
- E) 15

7. Which of the following clients can tolerate a stronger dilution than the others?

- A) A child aged 3
- B) A baby
- C) Someone with allergies
- D) An elderly person
- E) A healthy person aged 60

8. A 1–3% dilution is most appropriate for:

- A) Full-body massage
- B) Low-back pain
- C) A recently sprained ankle
- D) An arthritic wrist
- E) An overworked thumb

9. Which of the following essential oils would not be used in strong concentrations on the skin?

- A) Geranium
- B) Cinnamon leaf
- C) Cardamon
- D) Lavender
- E) Sandalwood

## Chapter 9

1. Which of the following substances do not dissolve or disperse essential oils?

- A) Liquid soap
- B) Fat
- C) Oil
- D) Water
- E) Alcohol

2. Which of the following carriers has the fastest absorption into the skin?

- A) Vegetable oil
- B) Aloe vera gel
- C) Ointment
- D) Alcohol
- E) Massage lotion

3. Carriers with a strong smell of their own may be suitable for:

- A) Full-body massage
- B) Treating small areas only
- C) Relaxation massage
- D) Sports massage
- E) Manual lymphatic drainage

4. All massage lubricants are based on:

- A) Water
- B) Fats
- C) Alcohol
- D) Wax
- E) Aloe vera gel

5. Which of the following terms would not be used to describe a massage oil in aromatherapy work?

- A) Volatile oil
- B) Carrier oil
- C) Base oil
- D) Vegetable oil
- E) Fixed oil

6. Plant oils are mainly found in which part of the plant?

- A) Roots
- B) Leaves
- C) Flowers
- D) Stems
- E) Seeds

7. At room temperature, unsaturated fats:

- A) Are solid.
- B) Are liquid.
- C) Evaporate easily.
- D) Smell strongly.
- E) Should not be used on the skin.

8. Which of the following is an example of a plant that produces a saturated fat?

- A) Pumpkin
- B) Flax
- C) Coconut
- D) Walnut
- E) Jojoba

9. Most supermarket vegetable oils are pale and odourless because:

- A) Different plants are used.
- B) The oils have been refined because of consumer preference.
- C) They are solvent extracted.
- D) The oils have been refined for massage work.
- E) The oils have been refined to prevent spoilage.

10. A 'cold-pressed' vegetable oil is one that has been:

- A) Extracted by pressure with no added heat
- B) Solvent extracted
- C) Refrigerated before being transported
- D) Extracted by freezing the seeds before pressing them
- E) Made locally in small cottage industries

11. An example of a carrier with a high rate of absorption into the skin is:

- A) Flax seed oil
- B) Mineral oil
- C) Petroleum jelly
- D) Coconut oil
- E) Shea butter

12. An example of a light oil with a low odour, suitable for full-body massage is:

- A) Coconut oil
- B) Hemp oil
- C) Almond oil
- D) Cocoa butter
- E) Wheat germ oil

13. What is a masking fragrance?

- A) An aroma used in facials
- B) A fragrance specially blended for use in massage oils
- C) An aroma used in scented candles and potpourri
- D) The natural smell of beeswax in certain lotions and ointments
- E) A fragrance used to disguise unpleasant odours in 'unscented' lotions

14. The basis of all lotions and creams is a mixture of:

- A) Saturated fats and unsaturated oil
- B) Unsaturated oils and alcohol
- C) Oil and water
- D) Wax and oil
- E) Alcohol and water

## Chapter 10

1. In most countries, essential oils:

- A) Can only be purchased by health professionals.
- B) Have the same restrictions as allopathic medications.
- C) Are sold only to adults.
- D) Are sold over the counter with some restrictions.
- E) Are sold over the counter with no restrictions.

2. Which of the following techniques does NOT increase absorption of essential oils?

- A) Hydrotherapy
- B) Occlusion or wrapping
- C) Heat
- D) Ice pack
- E) Strong dilutions

3. What is the most common hazard associated with topical application?

- A) Poisoning
- B) Nausea
- C) Lightheadedness or dizziness
- D) Skin irritation
- E) Insomnia

4. What is skin sensitization?

- A) An allergic reaction shown on the skin
- B) A severe skin rash with heat and pain
- C) When the skin is more likely to burn in sunlight
- D) An innate sensitivity to touch and essential oils
- E) The technique of using heat to increase absorption of essential oils

5. What is the correct remedy for an allergic reaction to a specific essential oil?

- A) That essential oil should always be blended with other essential oils when applied.
- B) The essential oil should always be applied together with aloe vera gel.
- C) The essential oil should never be used with that client again.
- D) The essential oil should be used in only very small amounts.
- E) The essential oil should be used in increasing amounts to desensitize the client.

6. Undiluted essential oils should only be used:

- A) With infants
- B) For acne and athlete's foot
- C) For larger areas of the body
- D) With healthy adults in full-body massage
- E) For acute care (first aid)

7. Using essential oils in this way increases the risk of allergic reaction.

- A) As perfumes
- B) Repeated use of undiluted essential oils
- C) In regular full-body massage
- D) In foot lotions
- E) In steam inhalations

8. Which of the following essential oils may be more irritating when applied with heat?

- A) Clove bud or peppermint
- B) Rosemary or clary sage
- C) Geranium or rose
- D) Chamomile or spearmint
- E) Cypress or cedarwood

9. When adding essential oils to hand or foot baths, they can be dissolved or dispersed in:

- A) Honey
- B) Liquid soap
- C) Shampoo
- D) Full fat milk
- E) Any of the above

10. For steam inhalation, essential oils that are high in the following chemical groups should be avoided.

- A) Monoterpene alcohols and sesquiterpene alcohols
- B) Esters and ethers
- C) Phenols and aldehydes
- D) Oxides and ketones
- E) Coumarins and lactones

11. Which of the following essential oils is NOT considered to be phototoxic?

- A) Bergamot
- B) Rue
- C) Lime
- D) Neroli
- E) Verbena

12. Which of the following essential oils should be avoided during pregnancy?

- A) Clary sage
- B) Hyssop
- C) Bergamot
- D) Rose
- E) Tea tree

## Chapter 11

1. When blending essential oils for perfumery:

- A) Scientific tests can accurately predict how the blend will smell.
- B) Only a highly trained perfumer can predict how the blend will smell.
- C) Only a few combinations are possible.
- D) Any combination will produce a pleasant smell.
- E) It is impossible to predict how the blend will smell.

2. Tester strips for smelling essential oils should be made from:

- A) Tissue paper
- B) Color-free paper
- C) pH-neutral paper
- D) Recycled paper
- E) Newspaper

3. It is easiest to smell the full aroma of an essential oil if it is:

- A) Chilled
- B) Warmed
- C) Burnt in a flame
- D) Placed in a bowl of cold water
- E) Smelled directly from the bottle

4. Which of the following oils is least volatile?

- A) Grapefruit
- B) Cypress
- C) Peppermint
- D) Rosemary
- E) Vetiver

5. Larger, less volatile molecules often smell more:

- A) Sour
- B) Musty
- C) Spicy
- D) Sweet
- E) Bitter

6. Professional perfumers will let their finished perfumes stand for this length of time before they are considered ready to sell.

- A) Several hours
- B) Several days
- C) Several weeks
- D) Several months
- E) Several years

7. Which of the following essential oils has the most intense smell?

- A) Sandalwood
- B) Cypress
- C) Grapefruit
- D) Roman chamomile
- E) Frankincense

8. What is a 'synergy'?

- A) A blend of essential oils that has a stronger effect than a single oil
- B) An excellent perfume blend
- C) Another name for a top-mid-base note blend
- D) A group of essential oils that all come from the same family
- E) Any blend that is created for therapeutic reasons

9. In blending by plant part (morphological blending), which would be an appropriate blend to treat the reproductive system?

- A) Jasmine, rose, and ylang ylang
- B) Cedarwood, sandalwood, and rosewood
- C) Rosemary, thyme, and basil
- D) Frankincense, myrrh, and benzoin
- E) Ginger, vetiver, and spikenard

10. The client may be included in the blending process:

- A) To find out if he/she has any allergies to the essential oils that are used
- B) To ensure that he/she likes the blend and will use it
- C) To prevent the aromatherapist from having to smell too many essential oils
- D) So that the essential oils will have an effect on the client before the session starts

## Chapter 12

1. When massage oil or lotion has been blended with essential oils:

- A) It should only be kept in glass bottles.
- B) It can be stored in glass or plastic bottles.
- C) It must be kept in colored glass.
- D) It should be put into a bowl and used immediately.
- E) It must be stored in a refrigerator.

2. Blending bowls should be made of:

- A) Unglazed pottery.
- B) Glass or glazed ceramic.
- C) Wood.
- D) Plastic

3. Foot baths:

- A) Should contain pebbles or stones.
- B) Should not be more than 9 inches deep.
- C) Should not be used at all in the massage room.
- D) Should be sanitized between clients.
- E) Are contraindicated for clients with asthma.

4. Which oils would be most useful for an aromatherapist who practices primarily relaxation massage?

- A) Ginger and cinnamon
- B) Sweet birch and wintergreen
- C) Peppermint and rosemary
- D) Eucalyptus and inula
- E) Sandalwood and ylang ylang

5. To keep the aromas in a massage room to a minimum, which of the following is it best to avoid using?

- A) A foot bath
- B) A hand bath
- C) Hot stone massage
- D) Steam inhalation

6. For individual blends for a massage session, or for take-home massage blends, the most convenient bottle sizes are:

- A) 1 mL and 5 mL
- B) 30 mL and 60 mL
- C) 100 mL and 150 mL
- D) 150 mL and 250 mL



## Chapter 13

1. Which of the following are not usually discussed in a standard massage consultation but would be relevant in an aromatherapy consultation?

- A) Muscular aches and pains
- B) Previous surgery
- C) Skin sensitivity
- D) Past serious illnesses
- E) Chronic ailments

2. When using aromatherapy with a client who has allergies, it is best to:

- A) Avoid essential oils completely.
- B) Use only lavender essential oil.
- C) Use essential oils only in inhalations.
- D) Start with milder dilutions than usual.

3. Which essential oils should be avoided with clients who are taking anticoagulant medication?

- A) Rosemary and thyme
- B) Wintergreen and sweet birch
- C) Cinnamon and clove
- D) Eucalyptus and pine
- E) German and Roman chamomile

4. Including the client in the selection of essential oils is particularly important in:

- A) Sports massage
- B) Relaxation massage
- C) Treatment massage
- D) Hydrotherapy
- E) Injury work

5. Treatments are most effective if the aromatherapist blends for:

- A) 1 issue only
- B) 1 or 2 main issues
- C) 3–5 issues
- D) As many issues as possible

6. Clients are asked about their scent preferences to:

- A) Determine their emotional state.
- B) Check whether those essential oils are contraindicated by their medications.
- C) Help the therapist decide which issues to concentrate on.
- D) Make the aromatherapy session a pleasurable experience.

7. Information about the essential oils used in the session should be recorded:

- A) In case the client shows an allergic reaction.
- B) So that the blend can be reproduced if necessary.
- C) To remind the practitioner when to change the blend.
- D) All of the above.

8. According to Marguerite Maury, two people with the same problem may need different essential oil blends because:

- A) They are different ages.
- B) The problem has different causes.
- C) They are different sexes.
- D) They have different scent preferences.

## Chapter 14

1. Which aromatherapy take-home remedy would be most appropriate for a client with carpal tunnel syndrome?

- A) Spritzer
- B) Strong dilution in lotion
- C) Bath blend
- D) Inhaler stick
- E) Chest rub

2. Which aromatherapy take-home remedy would be most appropriate for a client with sinus congestion?

- A) Spritzer
- B) Strong dilution in lotion
- C) Bath blend
- D) Inhaler stick
- E) Chest rub

3. Which aromatherapy take-home remedy would be most appropriate for a client with aches and pains over his whole body as a result of a car accident?

- A) Spritzer
- B) Strong dilution in lotion
- C) Bath blend
- D) Inhaler stick
- E) Chest rub

4. Why is it best not to give clients more than two take-home remedies?

- A) The effects of the essential oils will cancel each other out.
- B) The body will not be able to cope with such a large quantity of essential oils.
- C) The client may get confused and stop using the remedies.
- D) It is too expensive for the therapist.

5. Which of the following ailments would be best treated with a neat blend for use under a compress?

- A) Sinus congestion
- B) Athlete's foot
- C) Sunburn
- D) High blood pressure
- E) Menstrual cramping