



INTERNATIONAL FEDERATION OF AROMATHERAPISTS

The Professional Aromatherapy Diploma Course





Prospectus

The IFA's Professional Aromatherapy Diploma Course

The IFA's Professional Aromatherapy Diploma course will provide you with the valuable knowledge and the practical skills you need to become a qualified Clinical Aromatherapist. Our philosophy is that you should understand not only how to perform certain tasks, but also the reason for those tasks, and the principles behind them. This gives you excellent job prospects and the opportunity for career advancement.

The course includes the following modules:

- Module 1: Anatomy, Physiology and Pathology
- Module 2: Aromatherapy
- Module 3: Massage Therapy
- Module 4: Professional Practice
- Module 5: Business Studies

Module 1: Anatomy, Physiology and Pathology

The aim of this module is to enable the learner to understand the human body and the diseases and disorders that can affect it. It also provides the learner with an understanding of the anatomical terms used when describing the human body. This will enable the learner to work with the public safely and effectively while remaining within the scope of their professional practice.

Through this section the learner will understand:

- How to define terminology used when describing the human body
- How the human body is organised
- How to identify body systems and their main organs and structures
- How to explain the main functions of each body system
- How to explain the concept of homeostasis
- How to identify signs and symptoms of deviations from homeostasis
- How to describe signs and symptoms of deviations
- How to describe the structure and functions of cells and the process of cell reproduction

Glossary of Terminology

Through this section the learner will understand:

- The anatomical terms commonly used when describing the human body
- The definitions of diseases and disorders

Assessment Methods

The assessment method of this module is a one hour Anatomy and Physiology examination paper, invigilated by an IFA Quality Assurance Assessor. Please note you must have completed all coursework and assignments set by your tutor and successfully passed the internal mock examination at your Centre before entering into the IFA external examination.

Marks: 65% (pass), 80% (merit), 90% (distinction)



Module 2: Aromatherapy

The aim of this module is to enable the learner to explore and develop an understanding of the art and science of essential oils safely and in context; in a range of therapeutic treatments. It also provides the learner with the therapeutic properties of 60 essential oils and 30 carrier oils and their methods of application, which can be tailored to individual clients when applying prescriptive aromatherapy.

This module includes the following units:

Aromatherapy in Context

- Historical Use of Plants and Development of Aromatherapy
- Research and Aromatherapy

Applied Science for Aromatherapy

- The Sense of Smell in Aromatherapy
- Botany for Aromatherapy
- Chemistry for Aromatherapy
- Cultivation and Production
- Adulteration, Quality Control and Storage
- Potential Hazards and toxicity of Essential Oils
- Pharmacology, Pharmacokinetics and Therapeutic Properties

Aroma-therapeutic Remedies and Application

- Study of 30 Fixed Oils and Other Carriers
- Study of 60 Essential Oils
- Therapeutic Blending, Dosage & Methods of Application
- Benefits and Contra-indications of Aromatherapy

Practice of Aromatherapy

- Safety for Aromatherapy Practice
- Presentation and Preparation
- The Aromatherapy Treatment

Glossary of Terminology

Through this section the learner will understand:

- The Latin name and common synonyms of 60 essential oils and 30 carrier oils
- The botanical families of 60 essential oils and 30 carrier oils
- The chemical constituents of essential oils and absolutes
- The Latin name and common synonyms of 40 essential oils not to be used in aromatherapy
- The therapeutic properties of 60 essential oils and 30 carrier oils

Assessment Methods

The assessment method of this module is a two hour theoretical Aromatherapy and Body Massage examination paper, invigilated by an IFA Quality Assurance Assessor. Please note you must have completed all coursework and assignments set by your tutor and successfully passed the internal mock examination at your Centre before entering into the IFA external examination.

Marks 65% (pass), 80% (merit), 90% (distinction)



Module 3: Massage Therapy

The aim of this module is to enable the learner to understand how massage has developed, a range of skills in therapeutic massage, and how to utilise evidenced based research to support your chosen method of application. The learner will also gain knowledge of how to record and critically examine the physical and mental factors which may impact the use of massage and the importance of creating a safe working environment.

This module includes the following units:

Theory of Massage Therapy

- Background to Massage Therapy
- Massage and Research
- Benefits and Contraindications
- Classification of Massage Movements
- Massage Media

Practice of Massage Therapy

- Preparation and Presentation
- Consultation and Treatment Planning

Assessment Methods

The assessment method of this module is a three hour practical examination including an hour and a half body massage and facial cleanse observation, client consultation and aftercare. The learner will also be interviewed by the IFA Quality Assurance Assessor regarding their choice of essential oils, blend, dosage and techniques applied.

Marks: 70% (pass), 80% (merit), 90% (distinction)

Module 4: Professional Practice

The aim of this module is to enable the learner to understand the ethical, legal and professional boundaries they have with clients and enable the learner to develop empathy, sensitivity and respect within the therapeutic relationship. The learner will also understand the importance of reflective practice, self-care and form a general understanding of other complementary therapy mediums for a multi-discipline approach to client needs.

This module includes the following units:

- The Therapeutic relationship
- Consultation and Treatment Planning
- Reflective Practice
- Working Practices and Self-care
- Hygiene, Health and Safety
- Complementary Therapies and Allopathic Medicine

Assessment Methods

The assessment method of this module is through the reflective practice coursework provided at the practical examination, to be viewed by the IFA Quality Assurance Assessor and will form part of the learners overall practical examination grade.

Module 5: Business Studies

The aim of this module is to enable the learner to understand how to establish a flourishing business. The learner will understand personal management, market research, financial planning, swot analysis, how to formulate financial projections and various employment options amongst other relevant legalities and legislation.

This module includes the following units:

- How to explore and analyse the procedures for starting a complementary therapy business
- How to explore, analyse, manage and operate a complementary therapy business
- How to assess and identify the legal issues relating to starting and managing a complementary therapy business
- How to assess and identify resources required to start up and manage a complementary therapy business
- How to critically appraise and implement marketing strategies appropriate to a complementary therapy business

Assessment Methods

The assessment method of this module is through the business project coursework provided at the practical examination, to be viewed by the IFA Quality Assurance Assessor and will form part of the learners overall practical examination grade.



30 Fixed Oils

- 1) Almond sweet (*Prunus communis*)
- 2) Apricot kernel (*Prunus armeniaca*)
- 3) Argan (*Argania spinose*)
- 4) Avocado (*Persea americana mill*)
- 5) Borage (*Borago officinalis*)
- 6) Calendula (*Calendula officinalis*)
- 7) Camellia (*Camellia oleifera*)
- 8) Carrot (*Daucus carota sativa*)
- 9) Castor (*Ricinus communis*)
- 10) Coconut (*Cocos nucifera*)
- 11) Evening primrose (*Oenothera biennis*)
- 12) Grapeseed (*Vitis vinifera*)
- 13) Hazelnut (*Corylus avellana*)
- 14) Jojoba (*Simmondsia chenensis*)
- 15) Kukui nut (*Aleurites moluccana*)
- 16) Linseed (*Linum usitatissimum*)
- 17) Macadamia (*Macadamia ternifolia*).
- 18) Olive (*Olea europaea*)
- 19) Peach kernel (*Prunus vulgarus*)
- 20) Peanut (*Arachis hypogaea*)
- 21) Rice bran (*Oryza sativa*)
- 22) Rosehip seed (*Rosa rubiginosa* or *Rosa moshata* Herrm)
- 23) Safflower (*Carthamus tinctorius*)
- 24) Sea buckthorn berry (*Hippophae rhamnoides*)
- 25) Sesame (*Sesamum indicum*)
- 26) Soya (*Glycine max*)
- 27) St John's Wort (*Hypericum perforatum*)
- 28) Sunflower (*Helianthus annuus*)
- 29) Walnut (*Juglans regia*)
- 30) Wheatgerm (*Triticum vulgare*)



60 Essential Oils

- 1) Basil ct linalool (*Ocimum basilicum*)
- 2) Benzoin (*Styrax benzoin*)
- 3) Bergamot (*Citrus bergamia*)
- 4) Cardamon (*Elettaria cardamomum*)
- 5) Cajeput (*Melaleuca leucadendron*)
- 6) Cedarwood, Atlas (*Cedrus atlantica*)
- 7) Chamomile, German (*Matricaria recutita*)
- 8) Chamomile, Roman (*Chamaemelum nobile*)
- 9) Cinnamon (*Cinnamomum zeylanicum*)
- 10) Clary Sage (*Salvia sclarea*)
- 11) Coriander (*Coriandrum sativum*)
- 12) Cypress (*Cupressus sempervirens*)
- 13) Eucalyptus, lemon (*Eucalyptus citriodora*)
- 14) Eucalyptus, broad leaf (*Eucalyptus dives*)
- 15) Eucalyptus, blue gum (*Eucalyptus globulus*)
- 16) Eucalyptus, gully gum (*Eucalyptus smithii*)
- 17) Fennel, Sweet (*Foeniculum vulgare*)
- 18) Frankincense (*Boswellia sacra*)
- 19) Geranium Bourbon (*Pelargonium graveolens*)
- 20) Ginger (*Zingiber officinale*)
- 21) Grapefruit (*Citrus x paradise*)
- 22) Helichrysum (*Helichrysum italicum*)
- 23) Jasmine (*Jasminum grandiflorum*)
- 24) Juniper berry (*Juniperus communis*)
- 25) Lavender (*Lavandula angustifolia*)
- 26) Lavender, spike (*Lavandula latifolia*)
- 27) Lavandin (*Lavandula x intermedia* Emeric ex)
- 28) Lemon (*Citrus limon*)
- 29) Lemongrass (*Cymbopogon citratus*)
- 30) Lime (*Citrus aurantifolia*)
- 31) Mandarin (*Citrus nobilis*)
- 32) Marjoram, sweet (*Origanum majorana*)
- 33) May Chang (*Litsea cubeba*)
- 34) Melissa (*Melissa officinalis*)
- 35) Myrrh (*Commiphora myrrha*)
- 36) Myrtle (*Myrtus communis*)
- 37) Neroli (*Citrus aurantium*)
- 38) Niaouli (*Melaleuca viridiflora*)





- 38a) Niaouli ct linalool (*Melaleuca viridiflora*)
38b) Niaouli ct nerolidol (*Melaleuca viridiflora*)
38c) Niaouli ct cineol (*Melaleuca viridiflora*)
39) Orange, sweet (*Citrus sinensis*)
40) Orange, bitter (*Citrus aurantium*)
41) Palmarosa (*Cymbopogon martini*)
42) Patchouli (*Pogostemon cablin*)
43) Pepper, black (*Piper nigrum*)
44) Peppermint (*Mentha piperita*)
45) Petitgrain (*Citrus aurantium*)
46) Pine needles (*Pinus sylvestris*)
47) Ravensara (*Ravensara aromatica*)
48) Rose cabbage (*Rosa x centifolia*)
49) Rose damask (*Rosa damascena*)
50) Rosemary (*Rosmarinus officinalis*)
50a) Rosemary ct verbenone (Corsica and France) (*Rosmarinus officinalis*)
50b) Rosemary ct camphor (Spain and Croatia) (*Rosmarinus officinalis*)
50c) Rosemary ct cineole (Tunisia and France) (*Rosmarinus officinalis*)
51) Rosewood (endangered) (*Aniba rosaeodora*)
52) Sandalwood, Australian (*Santalum spicatum*)
53) Sandalwood, Mysore (*Santalum album*)
54) Sandalwood, Pacific/New Caledonian (*Santalum austrocaledonicum*)
55) Spearmint (*Mentha spicata*)
56) Tea tree (*Melaleuca alternifolia*)
57) Thyme (*Thymus vulgaris*)
57a) Thyme ct thujanol (*Thymus vulgaris*)
57b) Thyme ct linalool (*Thymus vulgaris*)
57c) Thyme ct thymol/carvacrol (*Thymus vulgaris*)
57d) Thyme ct geraniol (*Thymus vulgaris*)
58) Vetiver (*Vetiveria zizanioides*)
59) Yarrow (*Achillea millefolium*)
60) Ylang Ylang (*Cananga odorata*)

**These oil lists are based on valid syllabus as of August 2023*





Course Results

When you have completed all units of the course and successfully passed the IFA externally invigilated examination's you will be awarded the IFA's Professional Aromatherapy Diploma Certificate, which includes your individual grade for each module.

Learners are given a percentage for each of their achievement tests and practical assessment which you can request from your tutor.

If you fail any part of the coursework, you will be given the opportunity to redo your work. Once you have passed your portfolio will be returned to you, which can act as a valuable form of reference throughout your career.

For information regarding re-sitting examinations please see the learner handbook for more information.

Help and Support

The International Federation of Aromatherapists (IFA) have created the syllabus from which the course is taught and set the qualifying requirements to ensure graduates are competent, caring and above all confident when embarking on their new career path. The IFA Professional Aromatherapy Diploma Course is delivered by our approved centres who have successfully completed the IFA's rigorous approval procedure and continue to meet with those requirements to remain approved.

Your chosen centre will be able to provide you with all the help that you need to complete the course. Once enrolled on an IFA course, your centre will register you as a student member with the IFA. Once registered, you will gain access to the member's area of the IFA's website where you can download supportive related material and study aids. On the IFA's website you can also find the 'Learner Handbook'. All members also receive the Aromatherapy Times magazine, registered with the British Library, keeping you abreast of all the very latest developments within the field.

Learners should very rarely need to contact the IFA, however you can telephone us on 0208 567 2243, or email us at office@ifaroma.org. The IFA team is happy to answer any queries you have.



Securing Employment

The IFA is referred to by the UK Government National Careers Office and UCAS as the professional body of choice for postgraduates. Once graduated you will be eligible to upgrade your membership and apply for full membership with the IFA, which affords a range of benefits including listing on the Professional Standards Authority (PSA) accredited register, recognised by the NHS. We can help you secure employment through our CV templates, interview technique pack (available in the postgraduate member's area) and job listings when looking for work. We also provide details of which companies recognise the IFA qualifications for healthcare insurance and discounted suppliers, boroughs of which you can obtain licensing exemption, free webinars to support your continual development and more. For the full details, please visit our member's benefits page.



Testimonials

I would like to take this opportunity to thank the federation for creating such a wonderful course! I am very happy with what I have learned, have found it greatly helpful and hope to take my career to the next level now. The staff at the office have been brilliant - I have rung a few times and every time they have been extremely friendly and helpful. I would definitely recommend this course to others.

Kirsty Mackenzie, Cambridge



146 South Ealing Road, Ealing, W5 4QJ

Website: www.ifaroma.org E-mail: office@ifaroma.org

Registered Charity No: 1165766 Companies House No: 09732439