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| **Introduction to Aromatherapy Essential Oils**  (Courses are offered subject to viable numbers.) | |
| This course is for: | Adult learners who have an interest in Aromatherapy Essential Oils. This course will introduce you to Aromatherapy Essential Oils and their properties, how to blend oils and teach you Swedish Body Massage techniques needed to give a Hand & Arm massage. |
| What will I learn: | Course content below is subject to change based on prior knowledge and skills of each cohort.  **Week 1**   * Induction * Initial and diagnostic assessment and setting of personal goals * History of Aromatherapy, look at its uses in today’s busy world. * How to make an ‘Aromastick’.   **Week 2**   * Introduction to Essential Oils, their properties, benefits and uses. * What are Carrier Oils? * Principles of Blending Essential Oils. * How to make an aromatherapy rollerball * Demonstration of arm and hand massage     **Week 3**   * Basic Massage techniques. * Choose essential oils to make a calming and relaxing blend. * Learners will complete a Hand &Arm Massage with a partner.   **Week 4**   * Contraindications. * Choose essential oils to make an energising and invigorating blend. * Learners will complete a Hand & Arm Massage on a partner.   **Week 5**   * Learners will use their knowledge and understanding to mix and blend Essential Oils – aid concentration. * Learners will complete a Hand &Arm Massage with a partner.   **Week 6**   * Learners will use their knowledge and understanding to mix and blend Essential Oils to their preference. * Learners will complete a Hand &Arm Massage with a partner. * Review and evaluate course.   You will have the opportunity to discuss and set your individual learning targets with your tutor and discuss the support you might need to ensure you have an enjoyable and meaningful learning experience |
| Knowledge and skills needed: | This is a beginners course and no previous subject knowledge is needed. However on this course you will need to:   * follow verbal and written instructions and work through them at your own pace * be able to follow health and safety guidelines. * feel comfortable working ‘hands on’ with a paired learner in practical sessions. * take part in discussion and complete relevant paperwork * listen and join in group discussions. * jot down notes to record relevant information * keep your work organised in a file. * have some dexterity using your hands.   Your tutor can support you with the above |
| Materials needed: | At enrolment, you will need your NI number and proof of benefits (if applicable).  Your tutor will provide many of the learning resources, but you will need to come prepared to the lessons with an A4 pad; pen and folder or file to keep your work organised.  Please wear a ‘sleeveless’ top and bring a bath towel. |
| How will I learn: | Each session will consist of a dynamic tutor presentation followed by a range of interactive activities. You will practice massage techniques with a paired partner (arm and hand only), you will also blend aromatherapy essential oils.  There will be plenty of revision and consolidation and learning will build on previous learning.  Your progress will be monitored by informal assessment tasks, and you will receive verbal and written feedback from the tutor to help you make good progress. |
| Progression routes: | On completion of this course, you can progress onto a certified Swedish Body Massage course and then onto an Aromatherapy course (at a local FE College, Hugh Baird, Southport, or City of Liverpool).  Ask your tutor for advice and a copy of the progression ladder.  SCLS offers a range of Functional Skills courses from Entry 1 up to Level 2 if you need to brush up your maths and English skills or require a qualification to support you with your career path.  Sefton @ Work will be able to provide independent information, advice, and guidance to support you making informed choices for progression into further education, volunteering, or employment. |

V- July22