

KLE COLLEGE OF PHARMACY BENGALURU

A CONSTITUENT UNIT OF KLE ACADEMY OF HIGHER EDUCATION & RESEARCH, BELAGAVI



VALUE ADDED COURSE IN AROMATHERAPY

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KLE COLLEGE OF PHARMACY, BENGALURU

(A Constituent College of, KLE Academy of Higher Education and Research)

Course Name: Aromatherapy

Aromatherapy helps one to get peaceful mind along with peaceful attitude. Many of the ailments are naturally healed or treated by aromatherapy. Bring the change in routine with a new learning and applying the same to heal the various parts of a body and mind professionally. Get into the celestial world of essential oils and Nature's wonder. Join Certificate course in aromatherapy course and training.

KLE College of Pharmacy, Bengaluru, offers the Certificate course in Aromatherapy, empowering the candidates with all necessary theoretical and practical knowledge of the course content.

Objectives:

- ✓ Provide a basic understanding of how to use essential oils safely for health and wellness.
- ✓ Understand essential oil dilution rates.
- ✓ Learn basic methods of extraction and identification of essential oils.
- ✓ To know the properties of essential oils and its adulterants.
- ✓ Gain knowledge of formulating natural aroma products
- ✓ Become aware of precautions and contraindications before applying an aromatherapy treatment.

Course outcome:

- **You can become your personal guide to alternative healing.**
- **You'll learn about the methods of extracting essential oils and their uses.**
- **You can become entrepreneur.**
- **The various carrier oils and their benefits when mixed, and be guided through creating your own blends.**
- **Aromatherapy can either supplement another healing art, such as massage or reflexology, or can be practiced on its own.**
- **Aromatherapy careers are recognized as an excellent natural healing method to promote wellness and enhance mood through fragrant substances.**
- **Many also utilize their aromatherapy education as an added component to enhance an existing natural or allopathic health care practice. Often, trained aromatherapists successfully incorporate their newly gained knowledge in their current professional health care practice.**

Eligibility	Duration	Programme Convener	Programme coordinator
B.Pharm (During 4 th yr) / Pharm D.(After 3 rd yr) B.Sc, BSc Horti.	3 months	Dr. Rajamma.A.J Principal Professor & HOD, KLECOP, Bengaluru	Dr. Raman Dang Principal, KLECOP. Dr. Rajamma AJ Professor & HOD, KLECOP, Bengaluru

Here are a few potential aromatherapy career opportunities:

- Aromatherapeutic counsellor
- Entrepreneur
- Essential oil store manager
- Essential oil production manufacturer
- Custom aromatherapy blender or formulator
- Community holistic health clinic participator
- Aromatherapy consulting business entrepreneur
- Essential oils retailer
- Aromatherapy writer and book author
- Aromatherapy tutor

Course content:

1. The History of Aromatherapy
2. Introduction to Essential Oils and Aromatherapy
3. Specific essential oil blending techniques used by herbalists and aromatherapists
4. Basic skills and techniques for incorporating essential oils into your daily routine
5. In depth understanding of properties essential oils and their healing properties
6. Instruction on creating your own essential oil blends with free blend recipes (Formulation)

Module	Contents	hrs
MODULE 1 Theory	Introduction to aromatherapy	1
	Discovering aromatherapy	1
	Aroma therapy-past, present and future	1
MODULE 2 Theory	Exploring essential oils & how essential oils are produced	1
	The therapeutic properties of important 20+ essential oils	1
MODULE 3 Practicals	Hydrosols and preparation of hydrosols	2
	Best ways to use hydrosols	2
MODULE 4 Theory	Exploring carrier (base) Oils	1
	The basics about vegetable fixed oils using as carrier	1
	Criteria's to select carrier oil	1
MODULE 5 Theory	Toxicity and safety of essential oils	1
	Approaches for safe use of essential oil	1
MODULE 6 Practicals	Blending and creating essential oil combination for summertime	2
	Blending and creating essential oil combination for wintertime	2
	Blending and creating favourite essential oils that is right one for you	2
MODULE 7 Practicals	Blending and creating a hand cleanser	2
	Blending and creating a body massage oil	2
	Essential oil combination for children body massage	2
MODULE 8 Practicals	Diffusing essential oils, how to make a personal inhaler	2
	Aromatherapy for depression and anxiety	2
MODULE 9 Practicals	Essential oil for Hair therapy	2
	Aromatherapy for hair fall prevention	2
MODULE 10 Practicals	Essential oil for skin therapy	2
	Aromatherapy for skin health	2
	Formulations of your choice	4
****Note	Theory in week days Practicals on Saturday	

(Formulation of your choice)

Some of the products are listed below for different types of skin are

Cleanser
Toner
Moisturiser
Lotion
Fairness cream
Anti-wrinkle cream
Face packs
Face scrubs
Sun protection lotion
Cleansing oils and Gel
Exfoliating Creams

Treatment for wrinkles

Anti-aging
Pigmentation
Scars
Under-eye dark circles
Facial oils

Lip care - Lip Balm/Lip Gloss/Sun protection

Hand and Foot treatment- Lemon/Butter/Cuticle cream

Foot cream- Rose water/Chamomile and Lavender water/Deodrants/MulthaniMitti (Clay)
Kasturi Arshna/Shea Butter

Aromatic hair treatments:

Scalp treatment oil
Lice treatment oil
Anti-Dandruff oil
Preventing Hair Fall oil
For Grey Hair
Shampoo for normal hair
Anti-Dandruff Shampoo
Aromatic Mehndi
Aromatic Shikakai (Soap Nut Powder)

Aromatic HealthCare Treatments are available for:

Headache
Sinusitis
Migraine
Feet cracks
Hair Rinse
Constipation
Oral Hygiene
Eczema

Arthritis/Rheumatism/Muscle Pain
Menstrual problems
General allergies and Health Disorders

Aromatherapy helps maintain emotional balance. Mental Health Care Treatments are available for: Stress

Tension
Depression
Anxiety