



Canadian Federation of Aromatherapists

Canadian Federation of Aromatherapists

1236 Brookdale Ave, Po Box# 22057 Cornwall On, K6J 4P8

Tel: 613-330-6395

www.cfacanada.com

cfamanager@cfacanada.com

The Canadian Federation of Aromatherapists (CFA) is pleased to share this outline of Core Curriculum requirements.

This outline will provide a broad-based education in the areas of anatomy, physiology, pathology, essential oil characteristics and properties, organic chemistry, aromatherapy massage (CAHP only) and ethical business practice.

The program should be a **minimum of 425 hours** consisting of:

ESSENTIAL OILS: theory, characteristics and therapeutic actions/properties, aromatic chemistry, uses and applications and safety considerations	Minimum 180 Hours
BUSINESS PRACTICE:	Minimum 30 hours
MASSAGE/BODYWORK:	Minimum 55 Hours
CASE STUDIES:	Minimum 60 Hours
ANATOMY AND PHYSIOLOGY:	Minimum 100 Hours

Upon successful completion on this course, the student will demonstrate proficiency in:

1. Summarizing the history of aromatherapy from ancient to modern times.
2. Comprehending the detailed concepts of aromatherapy.
3. Comprehending the safe use of essential oils.
4. Comprehending the chemical properties of essential oils and applying this knowledge.
5. Developing a blend and treatment plan to address conditions listed in the core curriculum.
6. Comprehending the properties of the following essential oils as listed in the core curriculum: Students should be familiar with the following information on each essential oil:
 - a) Botanical name, Plant Family and Country of Origin.
 - b) Essential Oil Notes: Top/Middle/Base (Related to the Food and Fragrance Industry)
 - c) Main Properties.
 - d) How Properties Relate to Body Systems.

- e) Methods of Use.
- f) Physical/Emotional and Spiritual Use.
- g) Portion of the Plant Used and Distillation Method.
- h) Safety Precautions.

Comprehending the Use of Essential Oils

- a) Methods of absorption:
 - Cutaneous
 - Olfactory
- b) Methods of Use:
 - Baths (foot, sauna, steam, sweat lodge etc.)
 - Compresses
 - Diffusers
 - Environmental fragrancing
 - Massage
 - Poultices
 - Scalp and hair treatments
 - Steam inhalations
- c) Definition of Medical Aromatherapy:
 - Internal vs. external use
 - Precautions

The following are the essential oils listed in the Core Curriculum (A List)

- 1) Basil (*Ocimum basilicum*)
- 2) Benzoin (*Styrax benzoin*)
- 3) Bergamot (*Citrus bergamia*)
- 4) Black Pepper (*Piper nigrum*)
- 5) Cajeput (*Melaleuca cajeputi*, *Melaleuca leucadendron*)
- 6) Carrot Seed (*Daucus carota*)
- 7) Cedarwood, Atlas (*Cedrus atlantica*)
- 8) Chamomile, German (*Matricaria recutita*)
- 9) Chamomile, Roman (*Chamaemelum nobile*, *Anthemis nobilis*)
- 10) Cinnamon Bark (*Cinnamomum zeylanicum*)
- 11) Cinnamon Leaf (*Cinnamomum zeylanicum*)
- 12) Clary Sage (*Salvia sclarea*)
- 13) Clove Bud (*Syzygium aromaticum*, *Eugenia aromaticum*, *Eugenia caryophyllata*)
- 14) Coriander (*Coriandrum sativum*)
- 15) Cypress (*Cupressus sempervirens*)
- 16) Eucalyptus globulus
- 17) Eucalyptus radiata
- 18) Eucalyptus dives
- 19) Fennel, Sweet (*Foeniculum vulgare*)
- 20) Frankincense (*Boswellia carteri*)
- 21) Geranium (*Pelargonium graveolens*)
- 22) Ginger (*Zingiber officinale*)

- 23) Grapefruit (*Citrus paradisi*)
- 24) Helichrysum/Immortelle (*Helichrysum angustifolium, Helichrysum italicum*)
- 25) Jasmine (*Jasminum grandiflorum*)
- 26) Juniper Berry (*Juniperus communis*)
- 27) Lavender (True) (*Lavandula angustifolia*)
- 28) Lemon (*Citrus limon*)
- 29) Lemongrass (*Cymbopogon citratus*)
- 30) Lime (*Citrus aurantifolia*)
- 31) Mandarin (*Citrus reticulata*)
- 32) Marjoram Sweet (*Origanum marjorana*)
- 33) Melissa (*melissa officinalis*)
- 34) Myrrh (*Commiphora myrrha*)
- 35) Myrtle (*Myrtus communis*)
- 36) Neroli (*Citrus aurantium*)
- 37) Niaouli (*Melaleuca viridiflora*)
- 38) Orange Bitter (*Citrus aurantium* var. *amara*)
- 39) Orange Sweet (*Citrus sinensis*)
- 40) Palmarosa (*Cymbopogon martini*)
- 41) Patchouli (*Pogostemon cablin*)
- 42) Peppermint (*Mentha piperita*)
- 43) Petitgrain (*Citrus aurantium* var. *amara*)
- 44) Pine, Scotch (*Pinus sylvestris*)
- 45) Ravintsara (*Cinnamomum camphora*)
- 46) Rose (*Rosa damascena*)
- 47) Rosemary (*Rosmarinus officinalis*)
- 48) Sage (*Salvia officinalis*)
- 49) Sandalwood (*Santalum album*)
- 50) Spruce, Canadian Black (*Picea mariana*)
- 51) Spruce, Hemlock (*Tsuga canadensis*)
- 52) Tea Tree (*Melaleuca alternifolia*)
- 53) Thyme, Red (*Thymus vulgaris*)
- 54) Vetiver (*Vetiveria zizanoides*)
- 55) Yarrow (*Achillea millefolium*)
- 56) Ylang Ylang (*Cananga odorata*)

The following are the essential oils listed in the Core Curriculum (B List)

- 1) Angelica Root (*Angelica archangelica*)
- 2) Bay, Laurel (*Laurus nobilis*)
- 3) Bay, West Indian (*Pimenta racemosa*)
- 4) Cardamom (*Elettaria cardamomum*)
- 5) Cedarwood, Virginian (*Juniperus virginiana*)
- 6) Fir Needle (*Abies alba*)
- 7) Galbanum (*Ferula galbaniflua*)
- 8) Hyssop (*Hyssopus officinalis* var. *decumbens*)
- 9) Lavandin (*Lavandula x intermedia*)
- 10) Nutmeg (*Myristica fragrans*)
- 11) Rosewood (*Aniba roseodora*)

7. Describing the properties and comprehending the use of carrier oils:
- a) Definition
 - b) Their use, storage and approximate shelf life
 - c) Description of the oil, botanical name, specific qualities that make it unique (i.e. vitamins, mineral and acid content etc.)
 - d) Expanded information on vitamin, mineral and acid content of carrier oils.
 - e) Uses, reasons, percentages.
 - f) Allergic reactions (i.e. nuts, phenols, gluten).
 - g) Absorption of essential oils in carriers.

The following are the carrier oils listed in the Core Curriculum (A List)

- 1) Sweet Almond Oil
- 2) Apricot Kernel Oil
- 3) Avocado Oil
- 4) Coconut, Fractionated
- 5) Coconut, Solid
- 6) Evening Primrose Oil
- 7) Grapeseed Oil
- 8) Hazelnut Oil
- 9) Jojoba Oil
- 10) Macadamia Nut Oil
- 11) Olive Oil
- 12) Rose Hip Seed Oil
- 13) Safflower Oil
- 14) Sesame Oil
- 15) Soya Oil
- 16) Sunflower Oil
- 17) Wheatgerm Oil

The following are the carrier oils listed in the Core Curriculum (B List):

- 1) Borage Oil
- 2) Callophyllum Oil
- 3) Castor Oil
- 4) Kukui Oil

The following are infused oils listed in the Core Curriculum:

- a) What they are and how to make them.
- b) How to avoid botulism.
- c) Botanical name
 - 1) Calendula
 - 2) Carrot Root Tissue
 - 3) St. John's Wort

8) Describing the properties and use of hydrosols:

- a) What they are and how they are made.
- b) Major uses and benefits for them.
- c) Botanical names for them.
- d) Approximate shelf life.

- 1) Chamomile
- 2) Eucalyptus
- 3) Geranium
- 4) Lavender
- 5) Orange Blossom
- 6) Peppermint
- 7) Rose
- 8) Rosemary
- 9) Tea Tree
- 10) Witch Hazel

9) Producing a variety of personal aromatherapy products.

10) Classifying the main systems of the body and identifying the major structures of each system. The body systems should include;

- 1) Integumentary System
- 2) Skeletal System
- 3) Muscular System
- 4) Cardio Vascular System
- 5) Lymphatic System
- 6) Respiratory System
- 7) Nervous System
- 8) Sensory System
- 9) Digestive System
- 10) Endocrine System
- 11) Reproductive System
- 12) Urinary System
- 13) Immune System

11) Identifying and differentiating the major pathologies for each body system as outlined in the Core Curriculum.

12) Describing and comprehending the fundamental components of a holistic business practice.

13) Recognizing the purpose of and performing a professional consultation and assessment.

14) Differentiating how aromatherapy applies to special groups.

15) Engaging at all times in a code of conduct set out by CFA and beneficial to their clients.

16) Performing a full body massage. (CAHP only)