



Professional Essential Oils Therapy (PEOT)



PEOT - Course Syllabus

Accredited by: IFA - International Federation of Aromatherapists





AN ACCREDITED, PROFESSIONAL CLINICAL AROMATHERAPY COURSE

The Professional Essentials Oils Therapy Aromatherapy Diploma Course (PEOT) is designed to develop knowledge and understanding of the clinical application of essential oils, and provides the learner with the skills to provide advanced therapeutic treatments within a clinical setting and the skills to create your own product line.

Pitched at an advanced level and devised by industry experts, this comprehensive essential oils aromatherapy course is unsurpassed by others. It enables you to work confidently with 90 essential oils and 34 carrier oils and how to use scents for emotional and mental benefits, which help in the treatment of illnesses of psychosomatic origins.

The aromatherapeutic module details natural ingredients and their uses, base products, ingredients to avoid and how to guide the therapist through making natural remedies in the clinic. Having a thorough understanding of the therapeutic properties of each specific oil, and their methods of application, enables the learner to tailor and formulate blends to individual clients when applying prescriptive aromatherapy.





WHAT DOES THIS COURSE COVER?

This course will develop your product formulation skills while expanding your knowledge of essential oils therapy to an advanced level. The course is taught from the IFA syllabus which has clear aims and learning outcomes and incorporates the National Occupational Standards (NOS), Qualifications and Credit Framework (QCF) and surpasses the Aromatherapy Core Curriculum requirements.

- Enable learners to develop comprehensive knowledge and understanding of the principles of essential oils therapy from a historical and philosophical perspective.
- Enable learners to explore and develop an in depth understanding of the art and science of 90 essential oils safely and in context; botany, extraction and production, chemistry, potential hazards and toxicity in a range of therapeutic treatments.
- Enable learners to understand the sense of smell and the limbic system; odour characteristics and preferences; essential oils and psycho-emotional benefits and as an aid to cognition.
- Enable learners to identify and evaluate the necessary skills to assess individual needs and the implementation of appropriate treatment based on sound research-based evidence.
- Enable learners to formulate aromatherapeutic and natural remedies for the clinic; study of hydrolats and over 34 carrier/vegetable oils and natural raw ingredients suitable for the essential oil therapy practice.
- Enable learners to understand the art of the perfumer; essential oils odour classification, volatility and the notes systems, blending ratio and dosage.
- Enable learners to utilise reflective practice and the use of personal and professional development within the boundaries of client management and understanding a therapeutic relationship.
- Enable learners to recognise and critically appraise the importance of personal and professional development and the need for lifelong learning in a critical and systematic way.
- Enable learners to identify the factors required to create a safe and appropriate working environment, and to develop an understanding of the ethics, limitations and business requirements of the practice of essential oils therapy.
- Enable learners to develop an awareness of current research into aromatherapy and associated products, methodology to carry out and write research, understanding the relationship and differences between traditional medicine and research based clinical studies.



WHO IS THIS QUALIFICATION FOR?

This course is aimed at natural product designers and those who want to incorporate essential oils into a variety of clinical contexts for a multi-discipline approach. Our IFA-Accredited Professional Essential Oils Therapy Diploma is suitable for those who hold a qualification in healthcare or Complementary and Alternative Medicine (CAM) and will provide a route of progression for those who already hold an aromatherapy diploma or massage qualification, wanting to expand their knowledge and applications of essential oils.

PREREQUISITES

Learners must hold a qualification in one of the following to be eligible to enrol on this course. Please note this list is not exhaustive. If you are unsure if your qualification is suitable please [contact us](#).

Acupuncture, Aesthetics, Aromatherapy (minimum level 3), Biomedical, Chiropractic, Counselling, Herbalism, Homeopathy, Massage, Nutrition, Registered nurse, Osteopathy, Perfumery, Pharmacy, Psychotherapy, Physiotherapy, Psychology, Reiki, Reflexology.

WHAT COULD THIS QUALIFICATION LEAD TO?

This internationally recognised qualification is designed to lead to employment in a variety of roles, product development and consultancy work, complementary therapy clinics, pharmacy, hospitals, hospices, special care units, private practice or alternatively to enhance the current services you provide for a multi-discipline approach. This qualification automatically entitles you to apply for PEOT membership with the International Federation of Aromatherapists (IFA), the oldest and largest professional body for aromatherapists since 1985 and a listing on the register. Please visit ifaroma.org for more details.



5 COMPREHENSIVE MODULES OF LEARNING



INTRODUCTION & ORIENTATION: WELCOME TO YOUR COURSE

To begin your journey onto becoming a clinical aromatherapist, you'll find a warm welcome to your course, gaining full access to our online distance learning membership platform, and a tour around our easy-to-use website showing you how to access your online course, including your downloadable course material, and student area.

Here you will also find the outlined learning objectives for your course, with access to your progress chart, along with the preliminary orientation FAQs located in your Learning Portfolio, for ease of reference as you travel through the modules within the course.

In this section you will also complete your Personal Development Profile (P.D.P.) Part of this is an initial personal statement where you will outline some of your personal course objectives, and what you would like to achieve from this course. At the end of each module you'll complete a Reflective Learning Journal detailing your course progress, with a Final Personal Statement upon completion of the course. These sections of your Personal Development Profile will be included as part of your final assessment module.





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

ESSENTIAL OILS THERAPY

The aim of this module is to enable the learner to explore and develop an understanding of the art and science of 90 essential oils and 34 carrier oils and their methods of application, which can be tailored to individual clients when applying prescriptive essential oils therapy. It also provides the learner with valuable information how to use scents for emotional and mental benefits which help in the treatment of illnesses of psychosomatic origins.

This module includes the following units:

Essential Oils Therapy in Context

- Historical Use of Plants and Development of Essential Oils Therapy
- Research and Essential Oils Therapy

Applied Science for Essential Oils Therapy

- The Sense of Smell in Essential Oils Therapy
- Botany for Essential Oils Therapy
- Chemistry for Essential Oils Therapy
- 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 34 Fixed Oils and Other Carriers
- Study of 90 Essential Oils
- Hydrolates
- Therapeutic Blending, Dosage & Methods of Application
- Aromatherapeutic Skincare Formulations
- Aromatherapeutic Dermacare
- Benefits and Contra-indications of Essential Oil Therapy



(Module 2: Essential Oils Therapy - Continued)

Practice of Essential Oils Therapy

- Safety, Legal Requirements and Health Regulations for Essential Oils Therapy
- Presentation and Preparation and Therapeutic Environment
- The Essential Oils Therapy Treatments

Glossary of Terminology

Through this section the learner will understand:

- The Latin name and common synonyms of 90 essential oils and 34 carrier oils
- The botanical families of 90 essential oils and 34 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 90 essential oils and 34 carrier oils

Assessment Methods

The assessment method of this module is a two hour theoretical Essential Oils Therapy examination paper and practical assessment (including sampling of five aromatherapeutic remedies, Interview and review of coursework), 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, before entering into the IFA external examinations.

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

Practical: Pass or refer





MODULE 3

ADVANCED AROMATHERAPEUTIC FORMULATION

In this module we teach you how to formulate and produce skincare products across the four core cosmetic skincare product families including emulsions, anhydrous formulas, gels, and surfactant-based products, as well as extending your learning into advanced formulating techniques and performance ingredients. The products that you will learn about are tailored for clinical aromatherapy applications, and include all aspects of skincare formulation and product manufacture teaching you the necessary skills required understand about the use of essential oil in your own natural & organic skincare products, that are suitable for personal use, and for the skin well-being of your therapy clients.

This module includes the following units:

Initial Setup

- How to set up your consultation and formulation workspace
- Equipment, storage, and Good Manufacturing Practice (GMP)
- Record keeping, including client records, a Product Information File (PIF) and your Formulation Diary
- Knowing and understanding the difference between formulations and recipes, and how to create them
- An introduction to ingredients used during skincare formulation including emulsifiers, surfactants, gums, actives, fats, waxes, and the importance of preservation systems
- The benefits of using essential oils in topical applications

Skincare Emulsions

- What are skincare emulsions, and why are they used in aromatherapy topical applications
- Learn how to formulate a Simple Cream Emulsion
- Learn how to formulate a Rich Cream Emulsion
- Learn how to formulate a Lotion Cream Emulsion





(Module 3: Advanced Aromatherapeutic Formulation - Continued)

Gel Products

- Gel product definition, & main principles of formulation using gums
- The reason why we use gel products in aromatherapy skincare
- Learn how to formulate a Simple Gel Product using Xanthan Gum
- Learn how to formulate an Aloe Vera Gel product
- Learn how to formulate a skincare gel using Cellulose Gum

Anhydrous Products

- What are anhydrous products and why are they used in aromatherapy topical applications
- Learn how to formulate a Simple Anhydrous Aroma Massage Oil Product
- Learn how to formulate a Soft Balm / Salve Anhydrous Product
- Learn how to formulate a firm 'Lip-stick style' Balm

Surfactant Products

- What are surfactant cosmetic products and why are they used in aromatherapy topical applications
- Learn how to formulate a Simple Liquid Soap
- Learn how to formulate a Cream Wash Surfactant Product
- Learn how to formulate a Shampoo

Advanced Active Ingredients

- Clays and masks
- Minerals, salts and natural exfoliate
- Herbal decoctions, infusions and hydrolats
- Tinctures and extracts including AHA's, macerated oils & new fixed oils
- CO² extracts
- Vitamins
- Learning about the pH, and how the pH can affect the viability and safety of the aromatherapeutic end product
- How to measure and safely adjust the pH

Assesment Methods

Advanced aromatherapeutic formulation of product. Learners must formulate, make and submit a safe and stable aromatherapeutic product using at least one of the advanced ingredients together with appropriate essential oils that meet their brief, to be submitted as part of your portfolio evaluation.

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.





ASSESSMENT CRITERIA

All components of the course are mandatory unless you are eligible for exemption from the Anatomy and Physiology module, [click here to download Recognition of Prior Learning and Exemption Policy](#).

The course is taught from the IFA PEOT Diploma Syllabus, which has clear aims and learning outcomes for each unit contained within a module which incorporates the **National Occupational Standards (NOS)**, **Regulated Qualifications Framework (RQF)** and surpasses the Aromatherapy Core Curriculum requirements. The syllabus also provides sample examination questions at the end of each unit.

The **Regulated Qualifications Framework (RQF)** provides a structure for all qualification levelling. This qualification is pitched at Higher Education Level 5-6 and equates to 37 or more credits. The credit value represents the depth and breadth of the teaching and learning content and the time reasonably expected to be consumed in delivery, study, research, revision and completion of tasks and assignments.

The qualification includes 4 modules:

1. Anatomy, Physiology and Pathology (65 GLH - 150 SSH - 10 Credits)
2. Essential Oils Therapy (182 GLH - 230 SSH - 23 Credits)
3. Professional Practice (21 GLH - 50 SSH - 03 Credits)
4. Business Studies (07 GLH - 20 SSH - 01 Credits)

The methods of teaching and the number of guided learning hours and self-study hours are stipulated to ensure learners are confident, caring, competent and enthusiastic about their profession.

Please observe the following definitions:

Guided Learning Hours (GLH): include an estimate of the time allocated to contact hours with the tutor or other means of structured learning time i.e. directed assignments, videos seminar, assessments or other means of supportive individual study and practice. For each contact teaching hour, 1 to 3 hours are added for self-study hours.

Self-Study Hours (SSH): includes the hours a learner independently studies which include revision, portfolio, research, web search, reflective practice, projects, case studies etc.



COMPULSORY ASSIGNMENTS

Learners are required to demonstrate their understanding through formative and summative assessments in order to attain the IFA PEOT Diploma qualification. Each learner is required to submit coursework at the end of each unit, which provide evidence of the learners progress and understanding. On completion of the course learners are required to illustrate their knowledge by undertaking the IFA external theoretical and practical examinations.

All compulsory assignments below are assessed and verified by your principal tutor before being presented to the IFA Quality Assurance Assessor at the practical examination, which will be externally graded. Learners will present their coursework in a portfolio. The portfolio will also include the learners own course notes, completed internal assessments and assignments set by their tutor to measure performance and any other evidence of other related training and qualifications.

Case Studies Assignment

Learners are required to complete case studies consisting of 60 individual treatments. The case studies must include evaluations and reflective practice. These may consist of, 6 clients receiving 6 individual treatments (36) and 24 individual treatments of applying aromatherapeutic formulations or other methods of application. Case studies provide evidence of the learner's practical skills and ability to develop and adapt treatment plans and create appropriate remedies.

Business Studies Assignment

Learners are required to create a business plan project 2000 – 2500 words in length. Business projects provide evidence of the learner's ability to appropriately research, prepare, cost and present a business plan. They demonstrate the learner's understanding of what is required to set up a successful complementary therapy business and prepare the learner for setting up their own business.

Research Assignment

Learners are required to write a research paper 5000 words in length. Research papers provide evidence of the learner's ability to audit the efficacy of clinical research trials and seek, review and evaluate information from a variety of sources (books, journals, electronic data bases etc.).

Reflective Practice Assignment

Learners are required to provide a reflective practice portfolio. Reflective practice portfolios provides evidence of the learner's ability to evaluate their practice and process; awareness of the scope and limitations of their practice and the importance of attending to their own continuous professional development.



COMPULSORY EXTERNAL EXAMINATIONS

In order to be awarded the IFA PEOT Diploma qualification, learners must successfully complete the IFA external examinations. Before entering the IFA examinations the learner must have completed all the compulsory coursework components, as prescribed above, successfully passed the internal mock examinations set by your tutor and have a minimum of 80% attendance record.

There are 3 examinations for this qualification:

1. Essential Oils Therapy Examination Paper – 2 hours
2. Anatomy & Physiology Examination Paper – 1 hour (*exemptions may apply*)
3. Practical Assessment - (includes sampling of 5 aromatherapeutic remedies, interview and review of coursework)

Exemptions

Exemptions may be granted for the Anatomy and Physiology examination only. Click [here](#) to download Recognition of Prior Learning and Exemption Policy.

READY TO APPLY?

Please visit us online at www.purodem.com to signup for the
Professional Essential Oils Therapy - Diploma Course

If you have any questions about the course, please contact us via the website,
or email us at: hello@purodem.com





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