



South Indian Children's Education Society's Degree College of Arts, Science and Commerce

DEPARTMENT OF BOTANY

Announces



A Certificate Course in "AROMATHERAPY"

MODULES

- Main branches of Aromatherapy
- Properties and Types of Essential Oils
- Techniques to Extract Essential Oils
- Dilution and Blending Essential Oils
- Identification, storage and Shelf Life of Essential Oils
- Carrier Oils, Application
- Carrier Oils - Therapeutic properties and use
- Workshop - Exhibition



Mode – Offline Course

Duration – 30 hrs

Course Credits – 2

Commencing from –
October 2024

Fees – Rs. 300

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AROMATHERAPY

This course consists of 30 hours.

- **20 hours for theory.**
- **10 hours for practicals.**

NUTRITION AND DIETETICS

SYLLABUS

UNIT	COURSE CONTENT
1	<ul style="list-style-type: none"><li data-bbox="266 468 1348 518">▪ Introduction to “AROMATHERAPY”<li data-bbox="266 582 1193 632">▪ Main branches of Aromatherapy<li data-bbox="266 696 1335 746">▪ Properties and Types of Essential Oils<li data-bbox="266 811 1286 861">▪ Techniques to Extract Essential Oils

UNIT	COURSE CONTENT
2.	<ul style="list-style-type: none">• Methods of Using Essential Oils• Dilution and Blending Essential Oils• Identification , storage and Shelf Life of Essential Oils

UNIT	COURSE CONTENT
3.	<ul style="list-style-type: none"><li data-bbox="227 386 938 444">•Carrier Oils, Application<li data-bbox="227 539 1499 596">•Carrier Oils - Therapeutic properties and use

UNIT	COURSE CONTENT
4.	<p data-bbox="247 292 1296 354">Practical – Preparation of essential oil</p> <p data-bbox="247 406 884 468">Workshop - Exhibition</p>

Aromatherapy

- Aromatherapy is a branch of phytotherapy that uses the volatile active ingredients of aromatic plants.
- Aromatherapy is the use of essential oils from plants for healing. Although the word "aroma" makes it sound as if the oils are inhaled, they can also be massaged into the skin, or rarely, taken by mouth. You should never take essential oils by mouth without specific instruction from a trained and qualified specialist.

Essential oils

- Essential oils are the naturally occurring complex compounds, sometimes referred to as secondary metabolites of aromatic plants produced by flowers, buds, seeds, leaves, wood, fruits, roots, twigs and bark of mostly spices, bestowed with strong odor and volatile nature.

Branches of Aromatherapy

- Cosmetic Aromatherapy
- Massage Aromatherapy
- Medical Aromatherapy



Properties of Essential Oils

- Antimicrobial
- Anti-inflammatory
- Analgesic
- Sedative
- Antioxidant

Types of Essential Oils

- Floral, Citrus, Herbaceous
- Woody, Spicy, Resinous

Steam Distillation Process

Plant Material

Steam Heating

Vapor Formation

Condensation

Essential Oil

Cold Pressing Process

Citrus Peel

Mechanical Press

Oil Extraction

Solvent Extraction

Plant Material

Solvent Added

Concrete

Absolute Oil

Conclusion

- Natural healing method
- Widely used in wellness & medicine
- Growing importance in research



Methods of Using Essential Oils

- Inhalation (diffusers, steam)
- Topical application (massage, creams)
- Baths and compresses
- Aromatic sprays

Dilution of Essential Oils

- Mixed with carrier oils (coconut, almond)
- Prevents skin irritation
- Typical dilution: 1–3%

Blending Essential Oils

- Combining oils for enhanced effect
- Top, middle, base notes
- Example: Lavender + Lemon + Sandalwood

ESSENTIAL OIL PAIRINGS
choose oils from specific categories to achieve a desired outcome:

RELAXATION floral + wood	UPLIFTING mint + citrus	FOCUS herbaceous + mint + citrus
MOTIVATION mint + citrus + spice	DIGESTION mint + floral + herbaceous	IMMUNE SUPPORT citrus + spice + herbaceous

BLENDING ESSENTIAL OILS

mint TOP NOTE PEPPERMINT, SPEARMINT, WINTERGREEN	citrus TOP NOTE WILD ORANGE, LIME, LEMON, BERGAMOT
floral MIDDLE NOTE LAVENDER, YLANG-YLANG, GERANIUM	spice MIDDLE TO BASE NOTE CINNAMON, CLOVE, CASSIA
wood MIDDLE TO BASE NOTE SANDALWOOD, CEDARWOOD, DOUGLAS FIR, ARBORVITAE	herbal MIDDLE NOTE BASIL, THYME, ROSEMARY, MARJORAM

CREATING BLENDS

ROLLER BOTTLES FILL PART WAY WITH ESSENTIAL OILS, LEAVE ROOM FOR CARRIER OIL.	DOUBLE A DIFFUSER RECIPE FOR A ROLLER BOTTLE BLEND	DIFFUSER BLENDS		
60% BASE NOTES	30% MIDDLE NOTES	10% TOP NOTES	TOP WITH CARRIER OIL	
BASE NOTES			MIDDLE NOTES	TOP NOTES

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Identification of Essential Oils

- Color and aroma
- Botanical name and source
- Purity testing (no synthetic additives)

Storage of Essential Oils

- Store in dark glass bottles
- Keep away from sunlight and heat
- Tightly sealed containers

Shelf Life of Essential Oils

- Citrus oils: 1–2 years
- Most oils: 2–3 years
- Woody oils: 4–6 years
- Proper storage increases shelf life

CARRIER OILS: INTRODUCTION

Carrier oils are vegetable oils derived from seeds, nuts, or kernels, used to **dilute essential oils** before applying them to the skin.



CHARACTERISTICS OF CARRIER OILS

Non-volatile (do not evaporate like essential oils)

Mild or no strong aroma Rich in: Fatty acids Vitamins (A, D, E)

Easily absorbed into the skin

Safe for direct skin application

APPLICATION OF CARRIER OILS

1. Massage Therapy

- Mixed with essential oils
- Helps in:
 - Muscle relaxation
 - Improved blood circulation

2. Skin Care

- Used as:
 - Moisturizers
 - Anti-aging treatments
- Improve skin hydration and elasticity



3. Hair Care

- Nourishes scalp and hair
- Reduces dandruff and dryness

4. Dilution Medium

- Prevents irritation from concentrated essential oils
- Ensures safe topical application

5. Medicinal Use

- Used in traditional systems (Ayurveda, aromatherapy)
- Helps in wound healing and inflammation reduction



COMMON CARRIER OILS AND THEIR USES

Coconut Oil

- Light and moisturizing
- Antimicrobial
- Used in skin and hair care

Almond Oil

- Rich in Vitamin E
- Nourishes dry skin
- Improves complexion

Jojoba Oil

- Similar to skin sebum
- Non-greasy
- Ideal for acne-prone skin

Sunflower Oil

- Light texture
- Rich in Vitamin E
- Good for sensitive skin

Olive Oil

- Deeply nourishing
- Used for massage and dry skin



THERAPEUTIC PROPERTIES OF CARRIER OILS

✓ **Moisturizing**

- Prevents dryness
- Maintains skin hydration

✓ **Anti-inflammatory**

- Reduces redness, swelling
- Useful in skin disorders

✓ **Antioxidant**

- Protects against free radicals
- Slows aging

✓ **Healing Properties**

- Promotes wound healing
- Repairs damaged skin

✓ **Emollient Action**

- Softens and smoothens skin



USES IN AROMATHERAPY

- Base for essential oil blends
- Enhances absorption through skin
- Provides additional skin benefits
- Makes aromatherapy safe and effective

