



Certified Aromatics Counselor Course Instruction Manual

JOYFUL LIVING SERVICES

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Certified Aromatics Counselor Course Rules & Conditions

1. To be a part of this course you need to print each session. Be sure to write your name, telephone, e-mail address, and shipping address at the top of each page of the **Question and Answer page before you e-mail it back to us for grading.** You will receive a Question and Answer session at the end of each session. E-mail it to us at sacredeartharomatics@hotmail.com. There is no time limit as to when the Question and Answer session must be completed. However, we do recommend that you complete each session within the week you receive it so you do not get behind in the study.
2. To be eligible for Certification you must complete all 16 sessions of the online course. You also need to let us know that you want to become certified. At the end of the 16 sessions you will be given a test. You must give correct answers to 80% of the questions in **the Test**. Scores are **not** averaged for an overall grade.
3. You must not loan, sell or reproduce this online course in any form. **To do so is cause for expulsion from certification from Joyful Living Services.** This provision is to protect the integrity of the certification. Such protection is further assured by periodic rotating and changing of the questions.
4. You must not edit or share the instruction sessions or test. You must e-mail or fax your Question and Answer session to us as well as the final test where they are maintained as part of your permanent file.
5. In the event of failure: If you should fail the final test, you may repeat the test after a wait of 30 days. There will be a re-examination fee of \$15.00 to cover the costs of new materials, regrading and filing. Should you fail on this second attempt, you must then wait 60 days before making a third attempt. These mandatory delays are for the purpose of continuing study and preparation on your part.
6. When you have completed all sixteen sessions and question and answers, you will receive a bound final test. You must fill out the box at the bottom of the First Page of the Test Packet and have it notarized. There is a notarization form provided.
7. There is no time limit on the completion of this Online Course. Most candidates are full-time practitioners with little time to be able to rush through this course. So please take your time and get it correct the first time.
8. You may drop the online course at any time by notifying us. No refunds will be given if the course is dropped in the middle of any given month.
9. If you have any questions at any time, please e-mail your questions to sacredeartharomatics@hotmail.com, or call us at 970-639-0448. We will answer your questions and spend as much time as necessary to help answer your questions.
10. The time you need to study and answer the questions for each session will vary on the amount of iridology you already know and understand and the amount of information we decide to send you. Each session can take you anywhere from one-half to three hours but should not take you longer than three hours to study and answer the question and answer.

NOTE: Joyful Living Services reserves the right to change the test questions for any test repeated.

NOTE: All information regarding a candidate's grades, or the fact of any failures, is kept strictly confidential and is not released to any person.

CERTIFIED AROMATICS COUNSELOR COURSE - SESSION 1:

- ABOUT THE INSTRUCTOR
- COURSE OVERVIEW
- COURSE DEFINITION
- COURSE SCHEDULE
- INTRODUCTION

About The Instructor

Cindy Gould runs her alternative health business through [Sacred Earth Aromatics](#). She has spent most her life studying alternative health through herbs, essential oils, chemical free products, and healthy eating. Cindy is a certified Holistic Health Practitioner, and has been practicing for over 30 years. Cindy has studied Essential Oils, attended a C.A.R.E or Center for Aromatherapy Research and Education 3 day intensive with Certifications of Completion and Certified in Spiritual Aromatherapy. Cindy believes that knowledge is power which helps change our lives and the lives of those around us. Cindy has made products for over 25 years using herbs and essential oils. Cindy's qualifications include:



- Certified Holistic Health Practitioner
- Bachelor Degree in Spiritual Healing
- Certified Spiritual Aromatherapist
- Certified Meditation Instructor/Coach
- Trained in Raindrop and Vita Flex via C.A.R.E
- Certified Life Therapy Coach - Life Coach
- Certified Belief Therapist - Bible Based Therapy
- Herbalist
- Registered Healer - International Natural Healers Association
- Certified Vision Board Counselor/Coach
- Christian Reiki Master/Teacher
- Certified Crystal Healing

For questions about the course, contact Cindy at sacredeartharomatics@hotmail.com

Course Overview



This course runs for 16 weeks online. It contains 16 lessons on the web. The files are in PDF format and are ready to download. You will receive a certificate at the end of this course. There is homework with each session and there is a test at the end of the course. The homework and test will be graded as you turn them in. They will need to be mailed, faxed, or e-mailed to us. This course is on your own time so you can complete the lessons at your own pace. If you are going on vacation, are ill, or don't have the time every

week to read the lesson and complete the homework you will not be penalized. Because this course is online and is on your own time, you are responsible for turning in your homework when it is done. You will receive your certificate once all the homework has been turned in and once your final exam is graded and passed.

Course Definition

An essential oil is a concentrated hydrophobic liquid containing volatile aroma compounds from plants. Essential oils are also known as volatile oils, ethereal oils or aetherolea, or simply as the "oil of" the plant from which they were extracted, such as *oil of clove*. An oil is "essential" in the sense that it carries a distinctive scent, or essence, of the plant. They are used in perfumes, cosmetics, soaps and other products, for flavoring food and drink, and for adding scents to incense and household cleaning products. Various essential oils have been used medicinally at different periods in history. Interest in essential oils has revived in recent decades with the popularity of aromatherapy, a branch of alternative medicine that claims that essential oils and other aromatic compounds have curative effects. Oils are volatilized or diluted in a carrier oil and used in massage, diffused in the air by a nebulizer, heated over a candle flame, or burned as incense. This course is designed to teach you about essential oils and how to use them to improve your health and the health of others.

Course Schedule

- Session 1: Course Overview and Introduction to Essential Oils
- Session 2: Using Essential Oils
- Session 3: Fixed Carrier Oils
- Session 4: Nut Butters and Waxes
- Session 5: Natural Preservative
- Session 6: Prepare Your Own
- Session 7: Animal Care
- Session 8: Baby and Children
- Session 9: Chemical Free Home and Cleaning
- Session 10: Skin Types
- Session 11: Masks, Facial Steams, Herbal Baths, Infused Oils, and Soaps
- Session 12: Healing Bath Oils and Bath Gelee
- Session 13: Herbal Tinctures
- Session 14: Body & Facial Scrubs, Lip Balms, Lotions, Creams, Salves and Ointments
- Session 15: Herbal Vinegars and Glycerites
- Session 16: Essential Oils for Energy Healing
- Session 17: Suppliers
- Session 18: Final Exam, Certification, and Class Evaluation

Introduction to Aromatics

Aromatic “essence” of a plant or Essential oils often called the “life blood” of the plant are obtained from: grass, buds, branches, peels, needles, leaves, seeds, bark, resins, gums roots, fruits, flowers, spices and herbs. Due to the small molecular structure of Essential Oils they are easily absorbed through the skin. Essential oils can be used to balance the emotions, ease sore muscles and clear congestion. They are considered a complimentary method to assist us in maintaining our health through body, mind and spirit. To fully understand just how quickly and essential oil is absorbed peel and slice a clove of garlic, rub that garlic on the large toe. Note how quickly you can taste the garlic in your mouth.

Brief History

The use of Aromatic plant material and Essential Oils have been used for over 2000 years BC. Although the extraction methods have been improved upon the concept still remains the same, using essential oils whether through inhalation or anointing.

Aromatic plants were used as an original healing method. There are over 500 references in the Holy Bible to “aromatic essence” being used to anoint the sick. In Exodus 30:36 Christ gave Moses the recipe for the Holy Anointing Oil which included Frankincense and Myrrh. The Egyptians burned resin as an offering to their Gods. Religious leaders used essential oils and aromatic plants during prayer and spiritual practices. Even today the Catholic church burns incense during some services.

Madam Marguerite Maury (1885-1968) focused mainly on the medicinal and skin care benefits of using essential oils. She began diluting the oils and applying or massaging them into the skin. Madam Maury then developed a massage technique of applying essential oils along the nerve centers of the spine. Because she chose her oils based on the emotional as well as the physical needs of her clients she began to see results. Her techniques helped to improve the body and the mind as well as improvements in the skin of her clients.

There are many benefits of Aromatic Essential oils today. By learning to use Essential oils it can open up a whole new world of chemical free living. Please understand this course is not intended to diagnose or prescribe Aromatic Essential oils, but rather to educate you on the many uses available to you today.

Essential oils today are gaining in popularity with many being used in the cosmetic industry, the food industry, soap making, beverages, candles, toothpaste just to name a few. Massage therapy incorporates the use of essential oils as a means to relax the muscles and calm the mind. They are also being used in Corporate offices in Japan piped through the duct system to help their employees remain alert while at work. Hospitals currently are exploring the use of Essential oils in emergency rooms and throughout the hospital. Illness & stress is reduced.

Toxins more than ever before bombard us with the use of synthetic chemicals & fragrance. They can be found in our drinking water, our food supply, incorporated into our fibers used to make our clothing, plastics that contain our milk and bottled water, personal care, baby care, to the supplements we take internally.

Although we cannot eliminate synthetic chemicals completely, we can minimize the use and therefore the toxic effects. Our homes are actually of the most toxic place to be. The use of chemicals in cleaning products combined with the fact that windows are usually closed, our carpets contain chemicals, paint contains chemicals and we breath these in on a daily basis.

The use of parabens in personal care products has been shown to be hormone disruptors as well as being found in tumors of breast cancer patients.

I cannot stress enough the importance of purchasing 100% pure essential oils from a reputable supplier that you can trust and preferably wild crafted and organic. So many oils on the market today are adulterated with synthetic chemicals and extenders. Adulterated oils are not safe, they are poor quality and nothing more than perfume oil. They contain no therapeutic value and can cause reactions due to the use of synthetics. Although Essential oils might seem rather expensive, they are very cost effective and well worth the money when you consider they are from plants and not a created or altered in a lab. Quality is the key to having an enjoyable experience with the therapeutic benefits that organic oils can provide.

When you begin to work with Essential oils you must remember that “LESS IS MORE”, please do not fall into the thinking that if you use more you will see results quicker, far from the truth. Because Essential oils are highly concentrated plant material you only need a very small amount to see results. It only takes 1-2 drops in a teaspoon of oil.

There are specific safety guidelines that you MUST follow when working with Essential oils to avoid any adverse reactions. Each essential oil has numerous constituents or chemical compounds which makes them complex and multidimensional. One oil with its many constituents can have several effects on the body. Essential oils are beautiful aromatic healing substances if used correctly and with respect. The constituent or chemical compound is what gives an essential oil its therapeutic value ex: reduces inflammation. Each essential oil will have a profile which shows its Latin name, botanical name, origin – region where it was cultivated, active constituents, therapeutic action, common name, parts used (leaves, flowers), any contraindications or cautions. When used responsibly and following the safety guidelines, and any contraindications it will help you to be successful in your choices of application.

It is always wise to perform a skin patch test when beginning with any new oil. This is especially beneficial if anyone has any known allergies. Simply apply to the wrist or forearm 1 drop essential oil diluted with a 1 drop carrier oil and leave for a few hours. Check the area to see if there is any irritation, redness, itching or burning. If you see any of these it is best not to use the oil. When in doubt always do a skin patch test before you begin application.

Safety Guidelines

- Always keep out of reach of children.
- Avoid contact with the eyes and inside the ears.
- Do Not apply Photo-toxic essential oils prior to sun exposure
- Avoid prolonged use of the same oil to avoid sensitization
- Never take an Essential Oil internally unless advised by a Medical Professional
- Never use Essential oils undiluted
- Do a skin patch test if in doubt of a possible reaction
- Always store essential oils in dark bottles away from sun to limit rancidity

Constituents of Essential Oils

Alcohols: Generally end in "ol"

Common: Geraniol, linalol, menthol

Keywords: antiseptic, antiviral, germicidal, bactericidal.

EO examples: neroli, beramot, sandalwood, sweet marjoram

Aldehydes: Generally end in "al"

Common: citral, citronellal

Keywords: antifungal, anti-inflammatory, antiviral, sedative, disinfectant

Caution: Avoid in Pregnancy. May cause irritation to mucous membrane & skin

EO example: lemon balm, lemongrass, eucalyptus citriodora

Esters: Generally end in "ate"

Common: linalyl acetate, geranyl acetate, benzyl acetate

Keywords: antifungal, antimicrobial, sedative

EO example: roman chamomile, geranium

Phenols: Generally end in "ol" or "ole"

Common: eugenol, thymol, carvacrol

Keywords: stimulant, antiseptic, disinfectant, topical analgesic

Cautions: Do not use undiluted. High or prolonged use may cause liver toxicity

EO example: oregano, thyme, clove

Non Toxic Phenols: fennel anethole, tarragon estragole

Ketones: known to be toxic. Powerful - aggressive towards mucous

Common: Thujone

Keywords: anticatarrhal, expectorant, vulnerary

Cautions: Use with extreme care. Highly toxic. Never Internally. Avoid if pregnant or breast feeding, epilepsy or high blood pressure.

EO example: thujone, mugwort, tansy

Terpenes: Broad spectrum

Common: limonene, pinene, chamazulene

Keywords: anti-inflammatory, antiviral, antiseptic, bactericidal

EO examples: nutmeg, cardamon, petitgrain

Sesquiterpene:

Keyword: analgesic, antiseptic, hypotensive, anti-spasmodic, anti-inflammatory

Common: farnesene, chamazulene

EO Example: German Chamomile, Basil, Yarrow

Monoterpenes:

Keywords: analgesic, expectorant, stimulant, bactericidal

Common: d-limonene, pinene

EO examples: cypress, juniper, pine

There is much to learn about essential oils and their constituents, but with practice you will begin to relate each oil to the properties and constituents. Try buying a single oil from each constituent group above with the exception of the ketones. With a marker label the oil noting it's main constituent example: "E" on geranium for Ester. Purchase testing strips and add 1 drop essential oil to the testing strip, use only one oil at a time. Smell the oil everyday for several days noting the changes

your nose detects. Take time to learn the constituents and their therapeutic actions. Use note cards to record the therapeutic values and main constituents. Be sure to keep a notepad of your experiences, how you used the essential oil and the results you obtained. If it helps you can buy the little round sticky notes and put them on the cap of each essential oil. Never store essential oils in plastic they can dissolve it, essential can also cause rubber to begin to melt.

Distillation

Water Distillation

Used with dried plant material that will not be damaged during the boiling process. Gum. Wood chips and needles are placed with water in a chamber, it is then heated until all the plant material is liquified. One example is turpentine gum.

Steam & Water Distillation

Used for fresh or dried plants that will not be destroyed by boiling. The plant material is put on a grid and the water level is just below the grid. This process allows the steam to pass throughout the plant materials. This method is a cool low pressure method and is used cinnamon and clove.

Direct Steam Distillation

Higher pressure is used on plant materials such as wood, seeds and roots. These materials are generally fresh, they also are placed on a grid in a distilling tank. Steam is then forced through the material and the oil droplets are carried through a vapor pipe to a condensing chamber where it is collected.

Cold Processed

This method is used for citrus. The fruit is rolled or expressed using sharp needle like objects puncturing the oil glands. Similar to the oil that squirts out when you peel an orange. Once punctured the peel is then pressed, sprayed with water and the oil is then separated and skimmed off.

Solvent Extraction

This method is most widely used with delicate flower petals. Unfortunately some use petroleum as an extraction solvent which is toxic, others use hexane, ether or benzene. These solvents are mixed with the flowers until completely dissolved. Because it contains insoluble waxes and pigments it is then frozen to separate the two. The solvent is then removed by vacuum pressure. This process goes from concrete to absolute, they are highly concentrated, however solvents may still be in the final product.

Measurements Depending on Thickness of the Oil

- 6 t. = roughly 600 drops = 30 ml. Or 1 oz
- 3 t. = roughly 300 drops = 15 ml or ½ oz
- 1.5 t = roughly 100-150 drops = 13.5 ml or ¼ oz
- 1 t. = roughly 100 drops = 5 ml or 1/6 oz

Dilution Guidelines

- 0-2 years: 1 drop EO to 100 drops carrier
- 2-3 years: 1 drop EO to 5 drops carrier
- 3+ years: 1 drop EO to 1 drop carrier 50/50
- elderly: 1 drop EO to 3 drops carrier 25/75

Mix your essential oils with the carrier then use 1-2 drops of the mixture for application. Avoid mineral oil or baby oil, these are absorbed through the skin and enter the blood stream destroying fat soluble vitamins as it is metabolized. Use pure cold pressed natural organic carrier oils.

“ The Whole is Greater than the Sum of it's Parts”

Chemical compounds in Essential Oils work in a synergistic way to produce the desired therapeutic outcome. These chemical compounds and their therapeutic value depend a great deal on: The region they are grown in, the soil they are grown in, the seeds used, use of any herbicides, pesticides or insecticides, cultivation, the distillation process and the temperature used. Any or all of these variables can alter the chemical compounds. Scientist may be able to recreate the aroma of an Essential Oil, but they cannot replicate the therapeutic actions due to the amount of constituents in each oil. If you isolate and remove a single constituent like linalol acetate you will not have the same therapeutic action as you would with the whole complete oil.

Essential oils have several if not many therapeutic actions and can be used for a variety of applications. When you look at a profile of essential oils you see the constituent and the therapeutic actions. Essential oils have a Major chemical compound, a secondary chemical compound and passive chemical compounds. Let's take for example Eucalyptus Radiata: chemical compounds: oxide 1,8 cineol (60-72%) major constituent known for it's expectorant properties, monoterpenes (24%) secondary active constituent it has stimulating and soothing properties, aldehydes (8%) passive constituents know to be bactericidal and analgesic. Contained within all essential oils are the major active constituent, the secondary active constituent and the passive active constituents. With any of these removed you can no longer expect the same therapeutic actions. This is where you would need to know the active constituent, essential oil high in phenols or ketones have to be diluted. These oils can cause what is know as a “hot” reaction or rubefacient action on the skin. These oils will cause a burning sensation and redness to the area of application. If for some reason you do apply a “hot” oil on the skin simply and immediately add a carrier oil directly on the area on top of the essential oil. This will stop the burning sensation.

Never underestimate the power of your own intuition, still small voice, your sense of smell, or that gut instinct. Our bodies have a wonderful and mysterious way of knowing exactly what it needs. Ayurveda medicine teaches us that if we sit down to eat an 8 course meal and only 4 of those foods sound good, then those are the ones your body needs most.

I would highly recommend taking Muscle Testing through Joyful Living Services, these techniques can help in the same way as they do with herbs. This form of listening to the body and letting it guide you towards it's need, can help you when it comes to choosing a single oil or oils for blends. Another method is to inhale the oil, take mental notes on the aroma. Is it pleasing or not, does it make you feel peaceful, calm, happy or does it make you feel excited. Don't fall into the trap of “if you do not like the aroma then that means you need the oil the most” not true. The pungent aroma of an oil when mixed with others can be unnoticeable. Start slow with a few drops so you don't waste your oils on blends you do not like.

You cannot use the terms “cure” or “can heal” when it comes to Essential oils, it is highly illegal and irresponsible. Essential oils, herbs or modern medicine cannot cure, only God can so you need to be very careful with your wording, you are not a Licensed Medical Professional. Check with your State on the regulations of alternative therapies.

Alternative therapies are a wonderful and excellent way to help us assist our bodies in remaining healthy. If we feed our bodies with proper nutrients, our mind with quality uplifting positive thoughts and our spirit with moral teachings, we can learn to work with the whole person. We are a complete package and whole person and therefore we must work on the whole body, mind and spirit. If you eat right but have negative thoughts you can defeat the purpose of helping and assisting the body.

Anger is held in the liver and can manifest throughout the body in forms of illness and using essential oils to help release the anger is very beneficial. Essential oils can also be used to help relieve depression, aid in increasing our ability to retain materials studied. They can help keep us alert on long trips, relieve jet lag or help us relax for a better nights sleep. Essential oils have the ability to increase oxygen to our within the blood, cross the blood brain barrier, help us with recall and memory retention. Students use peppermint to help them when studying for tests, by smelling the peppermint while studying and then again while taking the test they are able to recall the information studied.

You do not have to ingest essential oils to receive their many therapeutic benefits, they are highly effective when inhaled or applied with a carrier. Reflexology charts show the big toe represents the brain area, excellent place to apply your oils. Acupressure points are also an excellent area to apply essential oils. You can find foot reflexology and acupressure charts online, these are great tool in learning the correlation between the organs and the placement on the foot, hand or head

CERTIFIED AROMATICS COUNSELOR COURSE - SESSION 1 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail it back to us at sacredeartharomatics@hotmail.com. We will grade your question & answer session and will let you know if we have any questions or concerns.

- 1.) The more essential oil you use means it will work faster? T/F
- 2.) Name 3 plant materials used to obtain essential oils.
- 3.) Define Photo-toxic and list one oil in this category.
- 4.) What is the difference between Steam distillation & solvent extraction?
- 5.) 2 tsp. Of base/carrier oil is equal to how many drops?
- 6.) Define “major active constituent”.
- 7.) Ketones are safe? T/F Explain
- 8.) Any essential oil can be used neat without dilution on the skin. T/F
- 9.) Name 2 important Safety Guidelines.
- 10.) Define Phenol and any contraindications.