



Level 3 Diploma in Aromatherapy

Study Type

Part Time

Course Area

Beauty Therapy

Entry Requirements

Entry Requirements:

- Ideally a qualification or a background in anatomy and physiology or a Level 2 beauty therapy qualification.

A good level of English is required to enable the successful completion of the underpinning knowledge and assignment work.

Applicants must have a genuine interest in holistic therapy, enthusiasm and commitment.

A suitability and dexterity assessment may be required.

There is a large proportion of independent and home study (minimum/approximately 5 hours per week) and practice required (60 case studies).

Course Information

This VTCT Level 3 Diploma in Aromatherapy course is an advanced training programme providing a high level of expertise and enhanced career opportunities. It is ideal for anyone aspiring to train and practice at a high level and is an essential skill for any holistic therapist.

Aromatherapy is based on the usage of aromatic essential oils, to improve psychological or physical well-being. The essential oils are extracted from the parts of herbs and plants and contain all the properties of the plants themselves. There are several ways of applying the oils, including adding the oils to your bath, or inhaling them, but the most popular and effective is through massage.

You will create a portfolio of assessments and undertake theory exams that are essential for the completion of the qualification. Practical tuition, online learning, guidance and support will be given throughout the course. Assignments will be completed to ensure the understanding of underpinning knowledge.

Your study programme will consist of the following units:

- Principles and Practice of complementary therapies
- Business practice for complementary therapies
- Knowledge of anatomy, physiology and pathology for complementary therapies
- Provide Aromatherapy for complementary therapies

You will cover many of the following areas during the course as part of theory or practical sessions or your own independent study:

- The origins, development of Aromatherapy
- Aromatherapy theories
- Effects of Aromatherapy
- Aromatherapy routine
- Benefits and effects of essential oils
- Clinic health and safety
- Consultation Procedures & Treatment planning
- Contraindications & contra-actions
- Aftercare/Home care advice
- Professional behaviours
- Equality, diversity, ethics, referrals and legislation

Considerations

It is advisable to secure work experience alongside your qualification to further enhance your customer service skills.