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Dr. Christopher's School of Natural Healing

College of Aromatherapy

COURSE DESCRIPTION

Aromatherapy, the art and science of using oils extracted from aromatic plants to enhance health and beauty, has been practiced in one form or another since the beginning of civilization. Almost everyone has used aromatherapy sometime in their life without realizing it. For example, Vicks Vaporub® is actually aromatherapy, so is Listerine®, and so are most cough drops.

The School of Natural Healing's Aromatherapy Home Study Program will fill your home with vibrant fragrances from around the world. This course not only teaches you the fundamentals of natural health care, but also gives you experience making your own essential oil formulas to try out on yourself and your friends. Once you know how to make your own essential oil crafts you might find yourself giving them away as gifts or even starting your own business. This one of a kind correspondence course includes thirty-two essential oil vials, seven text books, four study guides, four videos and two audio cassettes. Detailed information is including on every aspect of basic aromatherapy, anatomy, and making simple remedies at home. This correspondence course is designed with many "hands on" assignments that help you gain experience and knowledge in working with the essential oils themselves.

LEVEL 100-FAMILY HERBALIST

(Level 100 from Master Herbalist Course)

The “Family Herbalist” introductory course is a popular feature of every School of Natural Healing home study program. This level covers concepts that even the most experienced natural healers need to know for success.

Materials included in this level:

An Herbal Legacy of Courage text by David Christopher
Herbal Home Health Care text by David Christopher
Study guide for *Herbal Home Health Care*
Fundamentals of Herbology (2 hour DVD)
Simple Home Remedies (1 hour DVD)
Study guide for videos
Internal Cleansing (1 hour audio CD)
Safety of Herbs (1 hour audio CD)
Master Herbalists Speak (1 hour audio CD)

LEVEL 200 – ANATOMY

(Level 1700 from the Master Herbalist Course)

Understanding how the body works is critical for the aspiring aromatherapist. This level covers cells, organs, and systems of the body in a way that is both informative and easy to understand. A specific emphasis is placed on applying the information you have learned in the course to common diseases.

Materials included in this level:

Human Body In Health & Disease text by Memmler, Cohen and Wood
Study guide for *Human Body in Health & Disease*
Aromatherapy essay questions

Level 300 - Basic Aromatherapy

This introduction to aromatherapy includes thirty-two professional essential oils from around the world along with basic information on how to use them. Since most people learn best when they do “hands-on” assignments, this level gets you using your essential oils right away.

Materials included in this level:

The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood
Study Guide for *The Complete Book of Essential Oils*
Essential Oil Research Kits 1-4
Aromatherapy (1 hour audio cassette)

LEVEL 400 – BLENDING & FORMULATING WITH ESSENTIAL OILS

This level focuses on designing and making your own aromatherapy creations. You will learn to make your own creams, essential oil deodorant, potpourri, facial masks, and even perfume or cologne. You will also explore the chemistry behind essential oils and their historical usage.

Materials included in this level:

Aromatherapy Workbook by Marcel Lavabre
Study guide for *Aromatherapy Workbook*
Aromatherapy Formulation Assignment

LEVEL 500 – AROMATHERAPY SKILLS

Over one hundred of the most used essential oils as well as the most used carrier oils are covered in this level. This advanced information will help you hone your skills as an aromatherapist while designing blends for specific diseases. After this level you may take an exam and become a Certified Aromatherapist.

Materials included in this level:

Aromatherapy Materia Medica text by The School of Natural Healing
Aromatherapy Treatment Assignment
Aromatherapy Research Assignment

TUITION:

Entire Aromatherapy Program: \$1215.00 (You are saving \$200 by enrolling in the entire program instead of taking it one level at a time)

Enroll today by calling 1-800-372-8255 or securely online at <http://www.snh.cc>

Tuition and materials subject to change.