

# Aromatherapy Certification Assignments



## ASSIGNMENTS REQUIRED FOR AROMATHERAPY CERTIFICATION

*The following activities must be submitted to your instructor for grading.*

### Activity: Make Your Own Body Butter

1. Aromatic or Therapeutic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

### Activity: Make a Room Spray

1. Aromatic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

### Activity: Diffuser Blends

1. Aromatic or Therapeutic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

### Activity: Make Bath Salts

1. Therapeutic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

# Aromatherapy Certification Assignments



## Activity: Make a Sitz Bath

1. Therapeutic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

## Activity: Make a Body Lotion

1. Aromatic or Therapeutic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

## Activity: Sciatic Nerve Compress

1. Therapeutic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

## Activity: Make a Body Wrap Detox Blend

1. Aromatic or Therapeutic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

## Activity: Balm Ointment Blend

1. Therapeutic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

## Activity: Make a Facial Toner & Astringent Blend

1. Therapeutic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

# Aromatherapy Certification Assignments



## Activity: Make a Pain Relief Blend

1. Therapeutic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

## Activity: Joint Compress Blend

1. Aromatic or Therapeutic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

## Activity: Love My Heart Massage Blend

1. Aromatic or Therapeutic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

## Activity: Make an Inhaler

1. Aromatic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

## Activity: Make a Tummy Roll-on Blend

1. Therapeutic Report Form
2. Recipe Report Form
3. Picture of final product (jpg)

## Activity: Make Bath Salts

4. Therapeutic Report Form
5. Recipe Report Form
6. Picture of final product (jpg)

# Aromatherapy Certification Assignments



## CASE STUDIES

1. Ten Therapeutic Report Forms (one for each product made for each case study; in most cases you will make multiple products for one case study)
2. Seventeen Recipe Report Forms (one for each product made for each case study)
3. Ten Aromatherapy Client Intake Forms (one per client totaling ten case studies)
4. Five to Ten Aromatherapy Clinical Practice Intake Notes (one per client totaling five case studies)

## Research Paper

In order to receive your NAHA certification, an 8-10 page single-spaced written research paper is required. Here is your chance to explore any topic in the field of aromatherapy that interests you. Spend time considering current world events, new advancements in the medical industry, and health concerns for the 21st century and how they relate to aromatherapy.

For example, you might want to research how essential oils are being used to treat or prevent diseases such as cancer, Parkinson's, or diabetes. Or, maybe you or a family member suffers from insomnia and you would like to know more about which essential oils can help. Other conditions, such as irritable bowel syndrome, or treating acne would make great topics. As you can see, the possibilities are endless. Keep in mind, you will want to write about topics that relate to the material we covered in the Aromatherapy Certification program.

Once you have an inkling of what you want to write about, submit your idea to me via email for approval. Once you get the green light, you have up to one year to complete your paper from the date of purchase. When writing your paper, please be sure to cite all material used.