

# Course Information Sheet

## Wellbeing Through Scents

**AE09E43A**



<b>Venue</b> Hyde Park House	<b>Start Date</b>	12 Sept 2024 18:00
	<b>End Date</b>	3 Oct 2024 20:30
	<b>Fee</b>	Full Fee £35 Concession £13
	<b>Materials</b>	£5

[OCSW AE09E43A Wellbeing Through Scents \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Discover the power of aroma! This 4-week course explores the fascinating world of scent therapy and equips you to harness the power of essential oils for improved wellbeing.

### Course Description:

Aromatherapy offers a natural approach to enhancing your mood and overall well-being. Our Wellbeing Through Scents course introduces you to the science of essential oils and their therapeutic properties. Learn how to safely incorporate aromatherapy into your daily life to manage stress, improve sleep, and boost your mood. This course is perfect for anyone interested in natural wellness practices and exploring the potential of aromatherapy.

### What will I learn?

- **Week 1: Introduction to Aromatherapy:** Explore the history and science of essential oils, understand different extraction methods, and discover the safe use of aromatherapy products.
- **Week 2: The Chemistry of Scents & Wellbeing:** Learn how essential oils interact with the body and mind, explore the impact of scent on mood and emotions.
- **Week 3: Essential Oils for Common Ailments:** Discover a range of essential oils for stress management, sleep improvement, respiratory problems, and other common concerns.
- **Week 4: Creating Your Own Wellbeing Routine:** Learn safe application methods for essential oils, craft personalised aromatherapy blends, and explore DIY recipes for diffusers, bath soaks, and massage oils.

### **How will I be assessed?**

- **Formative:** Interactive quizzes, group discussions, self-reflection activities, and practical exercises with essential oils throughout the course.
- **Summative:** Develop a personalised aromatherapy self-care plan and present a DIY essential oil blend for a specific wellness goal.

### **Who is this course for?**

This course is designed for anyone interested in natural approaches to well-being and exploring the potential of aromatherapy. It's perfect for individuals seeking to manage stress, improve sleep, or enhance their overall sense of calm.

### **Progression Opportunities:**

After completing this course, you could progress to more advanced aromatherapy training programs, focusing on specific applications like massage therapy or clinical aromatherapy. Numerous online resources and certifications are available to further your knowledge in aromatherapy and related fields like herbalism or holistic wellness.

### **Career or Job Enhancement Pathways:**

- **Complementary Therapist:** Gain the foundation for a career integrating aromatherapy into massage or other therapeutic practices.
- **Wellness Entrepreneur:** Explore opportunities to create and sell aromatherapy products or develop workshops to share your knowledge.
- **Retail Specialist:** Enhance your expertise in essential oils for a career in natural product sales or customer service.
- **Personal Wellness Coach:** Integrate aromatherapy into your coaching practice to offer clients a holistic approach to well-being.

### **How do I enrol?**

If you are paying the full fee, the quickest way to enrol is online at [www.oucoursesouthwest.co.uk](http://www.oucoursesouthwest.co.uk), simply create an account and select enrol now. Alternatively, you will need to speak to one of our customer service team on 01752 660713.

**How will the course be delivered?**

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

**Will I need to practise outside the classroom?**

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

**How will I know I'm making progress?**

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

**What will I need?**

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

**Please note:**

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onscoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

