

Guiding Light School of Massage Therapy

Iowa Massage Board Category A

Course (20 credit hrs): Aroma Therapy Topical Applications

Date of Instruction: Jan 27th-29th, 2012

Instructor: Joy L. Mellum, L.M.T.

Location: **Guiding Light School of Massage Therapy**
51 E. Broadway Street, Fairfield IA

Objective:

- Offer professional guidance on the use and misuse of essential oils in therapeutic massage applications.
- Profile 30 essential oils and their use for physical/emotional/mental and/or spiritual affects within an individual.
- Indications and Contraindications for the use of essential oils in a therapeutic session.
- Blending practices – the do's and don'ts – essential oil compatibility'.
- Business potential and enhancement of treatments by incorporating essential oils into a massage practice.

Skills:

- Proper consultation/intake process for application of essential oils
- Indications/contraindication recognition of essential oils
- Basic Blending: conservative approach
- Analgesic products and applications
- Indications and Contraindications of carrier oils
- Application of 4 Aromatherapy Treatments
 1. Nervous System Connection/Stress
 2. Bladder Meridian Influence/Energy
 3. Spot Treatment – Muscle/Connective Tissue/Joint
 4. Circulation and Lymphatic support