

According to ITEC the main aim of this qualification is enable therapists to provide treatments for the purposes of relaxation and stress release with massage and essential oils.purposes of relaxation and stress release with massage and essential oils.

It consists of the following modules:

[Anatomy and Physiology](#)

[Professional Conduct](#)

**Aromatherapy**

## Definition of Aromatherapy

Advanced aromatherapy techniques are included in the course including lymphatic drainage and acupressure points as well as the holistic approach.

The properties of 42 essential oils are studied and the course teaches the uses of the oils to create the remarkable results they provide. Key to the course are the Case Studies undertaken by students.

## Pre-requisites

ITEC Holistic Massage Diploma or equivalent is strongly recommended

## Duration

Full Time: 5 Weeks.

**Additional time will be needed to complete case studies, experiential hours and final assessments.**

**Kit**

**Aromatherapy Kit**