

Table of Contents Practical Potions, Introductory Aromatherapy Program

1. Welcome Aboard! Start Your Adventure, Practical Potions for Daily Routines, Methods of Using Essential Oils

- A. Start Your Aromatic Adventure!
- B. Your Adventure Guides & Contact Information
- C. Scenting the Scene
- D. Aromatherapy Introductory- Practical Potions to Transform Your Daily Routines
- E. Methods of Using Essential Oils
- F. Ginger – A Fabulous Essential Oil for Your Journey

2. Let Your Nose Be Your Guide, References, Chemistry, The Scent Impression Sheet, & the Lamiaceae

- A. Measurement Tables-Dry and Liquid Potions & A Welcome
- B. Aromatic Glossary
- C. Course References
- D. Chemistry – Introduction The Wizard Behind the Curtain
- E. The Scent Impressions Sheet
- F. The Lamiaceae Family – Part 1 Basil-Melissa The Devas of Versatility
- G. The Lamiaceae Family-Monarda-Thyme, Part Two.
- H. Canadian Cosmetic Regulations

3. Venturing Deeper – Massage, Baths, The Lauraceae, Council of Plants, Toxicology, The Myrtaceae, The Coniferae, The Brain, Cleaning, Distillation

- A. Massage, Bath and Shower Recipes
- B. The Lauraceae Family – Devas of Healing
- C. The Council of Plants... and Devas
- D. Toxicology- Introductory- Brew Your Potions Safely

- E. The Myrtaceae Family – Devas of Breath
- F. How Essential Oils Effect the Mind – Become a Magi of Mood
- G. The Cleaning Genie
- H. The Coniferae Family – The Forest Devas
- I. Distillation – The Wizardry of Creating the Elixirs

4. Plants and Personalities – The Compositae, The Geraniaceae, The Burseraceae, The Enneagram, The Gramineae, The Zingiberaceae, Project Assignment Overview

- A. The Compositae Family – Devas of Calming – With a Dark Edge
- B. The Geraniaceae Family – Devas of Beauty
- C. The Burseraceae Family – The Devas of Spirit
- D. The Enneagram-Unraveling the Mystery-A Way to Know Yourself and Your Client
- E. The Gramineae Family-Devas of Grounding
- F. The Zingiberaceae Family-The Devas of Spice
- G. Project Assignment-Students Honour 3 Plant Devas

5. Creating With Your Potions- Carrier Oils, Potions & Perfumes, Medical Aroma Intro. ,The Interview Template, Aroma Lab

- A. Carrier Oils – The Alchemy of Dilution and Enhancement
- B. Creating Practical Potions & Perfumes- An Introduction
- C. Medical Aromatherapy Introduction
- D. The Interview Template-Practically Magic-Good Questions Deliver Clear Responses
- E. Aroma Lab – “Scentual” Magic the Aromatic Pleasure Kit