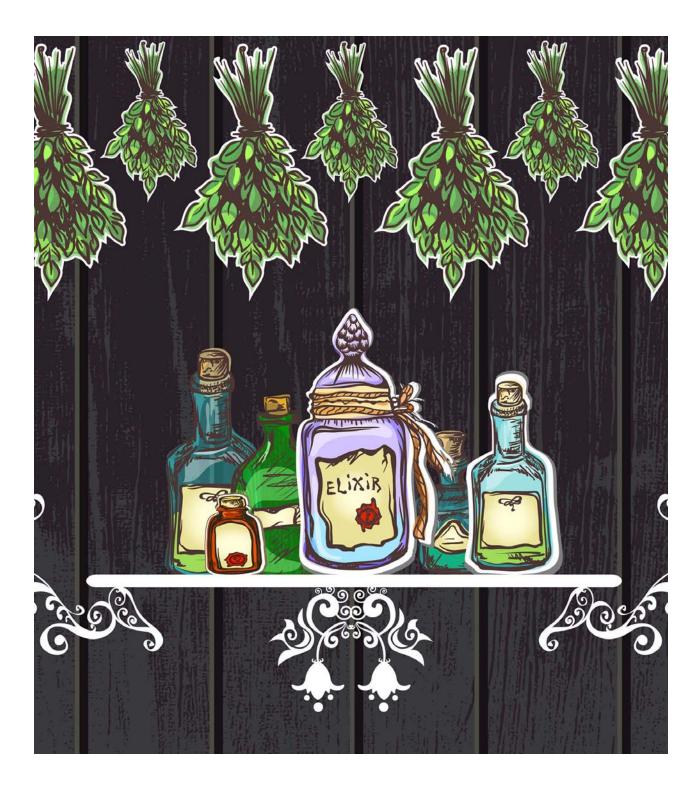# Practical Potions An Aromatic E Course

Unit 5E
Aroma Lab - "Scentual" Magic the Aromatic Pleasure Kit

Transformational Step

Aroma Lab - "Scentual" Magic

Creating the Aromatic Pleasure Kit

Exercise

Create the Aromatic Pleasure Kit:

Submit the written assignment and a photo of your completed simple products to Laurie at selfheal@telusplanet.net Also post a small explanation and picture on our college Facebook page to show other students.

Due Date - 2 weeks before the end of the course.

Labels- We are assuming you are making home made labels for this project. If you do get professional labels made follow the regulations for labellng with the government of Canada.

Aromatic Pleasure Kit Assignment
Find someone to work with who loves essential oils. This may be a family member, friend, or associate.

Use your questionnaire and observational abilities to help determine their sensitivities and allergies. Ensure they understand the cautions about essential oils.

Do not use with children under 3.

Ensure the client is not sensitive or allergic to the oil.

Use only the safer essential oils, no oral use.

Do not use with anyone pregnant, allergic or otherwise sensitive, be it people or animals.

Determine which essential oils and carriers will work for the simple products you create. Create the products for them.

Purpose: Tying it all together. You have made some of these products for yourself already. Now is the time to refine them and make them for someone else. Ensure you have good bottles, oils and supplies. Be sure to label all of your products, with an indelible pen. Include written instructions for all products so they know how to use them.

Exercise

The Aromatic Pleasure Kit- Project

Student Name:

Email:

Date:

Client:

Interview your client to determine their preferences. Set up a plan to give them simple aromatic tools for their daily life. Since you have not yet done the classes on blending and cream creation, (again content in aroma advanced), stick with blending your singular oil into commercial creams, lotions, shower gels. Check out an aromatic store near you for lovely ready-made mediums to blend in, or just add the oil into product that you already use.

The purpose of this exercise is to provide experience in creating product for clients and to bring aromatherapy into your daily life to make certain moments more rhythmic, healing and pleasant.

For each product check your course to determine which singular oil to use for each product.

For each product specify the proportions of essential oil, to water, or to carrier oil, (or

other mediums). You can find information on proportions in your course introduction or on the web.

Provide written instructions on how to apply- (on skin, in a diffuser, in the bath, etc.).

Justify why you chose each ingredient- I.e. All three oils chosen for diffusing in the car increase mental alertness and are therefore suitable for the purpose of good driving. Include any Cautions related to the essential oils or carrier oils in your blend.

Articulate your client's situation- "Mary drives within the city where much alertness is required".

Let me in on your client's preference from the oils you suggest. Mary prefers lemon out of the 3 essential oils, (rosemary, peppermint and lemon) that I suggested were good for increasing alertness, while she drove.

Email the written piece to Laurie's email address- selfheal@telusplanet.net

Forward a picture of the products you have created and implemented in your life.

Exercise Example

Car Oil

Client situation: Mary drives within the city. The purpose of an oil for driving is to increase alertness. I would like an essential oil that is uplifting and stimulating for her car. When deciding between 3 alertness stimulating oils, (rosemary, peppermint and lemon), my client expressed a preference for lemon. I have created a small, ceramic diffuser suitable to hang safely on her car mirror. We will put 10 drops at a time in this diffuser.

1. Shower Gel, or Liquid Soap

Client situation:

Purpose for oil:

Oils that meet this criteria:

Client's oil preference from this criteria:

Proportion of essential oil to medium:

Justification and Cautions:

Create simple label and Give your product a name:

2. Car Essential Oil

Client situation:

Purpose for oil:

Oils that meet this criteria:

Client's oil preference from this criteria:

Proportion of essential oil to medium:

Justification and Cautions:

Create simple label and Give your product a name:

3. Oil to Freshen the Air at Work

Client situation:

Purpose for oil:

Oils that meet this criteria:

Client's oil preference from this criteria:

Proportion of essential oil to medium:

Justification and Cautions:

Create simple label and Give your product a name:

4. Oil to Clean the Desk or Work Space

Client situation:

Purpose for oil:

Oils that meet this criteria:

Client's oil preference from this criteria:

Proportion of essential oil to medium:

Justification and Cautions

Create simple label and Give your product a name:

5. Room Scent for Home

Client situation:

Purpose for oil:

Oils that meet this criteria:

Client's oil preference from this criteria:

Proportion of essential oil to medium:

Justification and Cautions:

Create simple label and Give your product a name:

6. Oil for Home Laundry

Client situation:

Purpose for oil:

Oils that meet this criteria:

Client's oil preference from this criteria:

Proportion of essential oil to medium:

Justification and Cautions:

Create simple label and Give your product a name:

7. Oil to Clean Home Cupboard Tops and Bathroom

Client situation:

Purpose for oil:

Oils that meet this criteria:

Client's oil preference from this criteria:

Proportion of essential oil to medium:

Justification and Cautions:

Create simple label and Give your product a name:

8. Oil for Meditation, Journeying, or Spiritual Practice

Client situation:

Purpose for oil:

Oils that meet this criteria:

Client's oil preference from this criteria:

Proportion of essential oil to medium:

Justification and Cautions:

Create simple label and Give your product a name:

9. Bath Oil

Client situation:

Purpose for oil:

Oils that meet this criteria:

Client's oil preference from this criteria:

Proportion of essential oil to medium:

Justification and Cautions:

Create simple label and Give your product a name:

10. Foot Rub Mixture

Client situation:

Purpose for oil:

Oils that meet this criteria:

Client's oil preference from this criteria:

Proportion of essential oil to medium:

Justification and Cautions:

Create simple label and Give your product a name:

11. Pillow Spray

Client situation:

Purpose for oil:

Oils that meet this criteria:

Client's oil preference from this criteria:

Proportion of essential oil to medium:

Justification and Cautions:
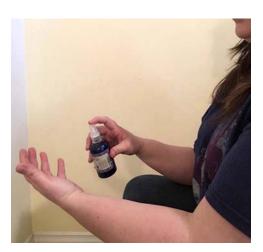
Create simple label and Give your product a name:

12. Hand Disinfecting-Spray

Client situation:

Purpose for oil:

Oils that meet this criteria:

Client's oil preference from this criteria:

Proportion of essential oil to medium:

Justification and Cautions:

Create simple label and Give your product a name:

13. Christmas Scent to Heighten Holiday Mood

Client situation:

Purpose for oil:

Oils that meet this criteria:

Client's oil preference from this criteria:

Proportion of essential oil to medium:

Justification and Cautions:

Create simple label and Give your product a name:

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