

About study time and content

Level 1: 50 hours

OHANA HEALING INSTITUTE AROMA LEVEL 1 TOTAL HOUR : 61hours

(Does not include anatomical physiology course)

On class lessons 26hours

Home study

**Level 1 Learning 20 of essential oil preparation and review(1essential oils
15min x 20 essentail oils = 5hours)**

Case study 25 hours (1case 5hours X 5cases)

Study time for the test 5hours

Anatomy & Physiology 1. 37.5 hours

Tissue & The Integumentary System

Skeleton, Joints & The Skeletal System

Muscle, Muscle Tissue & The Muscular System

Nervous Tissue & The Central Nervous System

The Peripheral Nervous System

The Autonomic Nervous System

Cellular Structure & Types, Basic Chemistry

LESSON	HOURS	CLASS FORM
LESSON 1. HISTORY OF AROMATHERAPY	2hours	On class
ACTIVITY 1. MAKING HUNGARY WATER	30min	On class
Hungary water Deodorant spray recipe	1hour	Home study
LESSON 2. SOURCES OF ESSENTIAL OILS	2hours	On class
AROMATHERAPY ACTIVITY 2.BLENDING THE ESSENTIAL OILS OF THE THREE EXTRACTION METHODS WITH THE HYDROSOL.	30min	On class

LESSON 3. AROMATHERAPY METHODS OF AROMATHERAPY SAFETY GUIDELINES	2hours	On class
AROMATHERAPY ACTIVITY 3. PMS RELIEF FACIAL STEAMING	30mi	On class
AROMATHERAPY ACTIVITY 4. AFTER EXERCISE MASSAGE OIL BLEND	1hour	Home study
AROMATHERAPY ACTIVITY 5. AROMATHERAPY SPRAY	1hour	Home study
LESSON 4. ABOUT THE QUALITY OF ESSENTIAL OILS	2hours	On class
Aromatherapy Activity 6. Make a balm	30min	On class
LESSON 5. BASIC ESSENTIAL OIL CHEMISTRY WITH CONTRAINDICATIONS OF CERTAIN ESSENTIAL OILS	2hours	On class
Aromatherapy Activity 7. Oil blending	30min	On class
LESSON 6. MECHANISM OF AROMATHERAPY	2hours	On class
LESSON 7. CARRIER OILS	2hours	On class
LESSON 8. HOW TO PROCEED WITH CASE STUDY	2hours	On class
Case study practice	30min	On class
LESSON 9. CASE STUDY	2hours	On class
LESSON 10. NAHA CODE OF ETHICS FINAL EXAM	2hours	On class

LEVEL2: 150 hours

OHANA HEALING INSTITUTE AROMA LEVEL 2 TOTAL HOUR : 159 hours

(Does not include anatomical physiology course)

On class lessons 24hours

Home study

Level 2 Learning 20 of essential oil preparation and review(1 essential oils

15min x 20 essential oils = 5hours)

Research paper 10pages 20hours

Case study Total 75 hours (1case 5hours X 15cases)

Study time for the test 5hours.

Practice blending with 20 of Level 2 essential oils 30 hours

Anatomy & Physiology 2. Total 37.5 hours

The Reproductive System

The Cardiovascular System

The Lymphatic System & The Immune System

The Urinary System

The Digestive System

LESSON	HOURS	CLASS FORM
Lesson 1. History and Modern Development Aromatherapy Today	2hours	On class
Aromatherapy Activity1.Touch the prototype of the scent	30min	On class
Lesson 2. Medicine and Essential oil	2hours	On class
Aromatherapy Activity 2. Pain Relief Synergy Blend with Avocado oil	30min	On class
Lesson 3. The basics of botany for aromatherapist.	2hours	On class
Aromatherapy Activity 3. Anti fungal Aloe vera gel	30min	On class

LESSON. 4 Taxonomy Chemical composition of essential oils Phenols	2hours	On class
Aromatherapy Activity 4. Blended oil to help with colds & Flu	30min	On class
LESSON 5. Organic Chemistry Chemical composition of essential oils Esters	2hours	On class
Aromatherapy Activity 5.Hair mask oil	30min	On class
LESSON 6. Blending essential oils Chemical composition of essential oils Ethers	2hours	On class
Aromatherapy Activity 6 . Lotion for digestive health	30min	On class
LESSON 7. Carrier oil Part 2.	2:30hours	On class
Aromatherapy Activity7 . Carrier oil blending	30min	On class
LESSON 8. Consultation and treatment program design	2hours	On class
Aromatherapy Activity 8 . Consultation Practice.	1hours	On class
LESSON 9. How to become a professional aroma therapist	2hours	On class
LESSON 10. Preparing for the final exam About case study	2hours	On class

LEVEL3: 100 hours

OHANA HEALING INSTITUTE AROMA LEVEL 3 TOTAL HOUR : 130 hours

(Does not include anatomical physiology course)

On class lessons 25hours

Home study

20 Case studies 100hours (1case 5hours x 20 cases)

Study time for the test 5hours

Advanced Pathophysiology 3. Total 50hours

The mechanisms of diseases and pathophysiological conditions affecting,

The integumentary system

The circulatory system

The reproductive system

The musculoskeletal system

The lymphatic/immune system

The endocrine system

The nervous system

The urinary system

The digestive system

LESSON	HOURS	CLASS FORM
LESSON 1. 10 NEW ESSENTIAL OILS PART 1	2hours	On class
THERAPEUTIC APPLICATIONS 5 essential oils	1hours	On class
Practice with essential oil sheets 5 essential oils	2hour 30min	Home study
LESSON 2. 10 NEW ESSENTIAL OILS PART 2	2hours	On class
THERAPEUTIC APPLICATIONS 5 essential oils	1hours	On class
Practice with essential oil sheets 5 essential oils	2hours 30min	Home study
LESSON 3. AROMATHERAPY FOR WOMEN PART 1. AROMATHERAPY TO REDUCE FEMALE PROBLEMS	2hours	On class

LESSON 4 . AROMATHERAPY FOR WOMEN PART 2. PREGNANCY	2hours	On class
LESSON 5. AROMATHERAPY FOR WOMEN PART 3. CHILDBIRTH	2hours	On class
LESSON 6 . AROMATHERAPY FOR ELDERLY	2hours	On class
LESSON 7. AROMATHERAPY FOR STRESS	2hours	On class
LESSON 9. COMPLETE LEVEL 3 COURSE	2hours	On class
LESSON 10. LEVEL 3 EXAMINATIONS PRACTICE	2hours	On class