Aromatherapy
An Introductory Course in Aromatherapy
August 29 – 30, 2020

You will be introduced to essential oils for boosting the immune system and relieving stress! Learn how to stay safe and protect yourself and your patients during this COVID-19 Pandemic.

This course is a hands-on instructional workshop, so be prepared to formulate your own products and learn the appropriate applications of foundational essential oils through evidence-based research. Discover the science behind aromatherapy and how it may be used to support wellness. An overview of aromatherapy, the process of distillation, and information on classifying essential oils aromatic chemistry will be presented. In the workshop portion of this course, you will learn about proper dilution, various carriers and form factors with their numerous modes of application. The characteristic properties of different oils and how each can be applied as a therapeutic adjuvant for a particular symptom presentation will be discussed; this is the heart of aromatherapy as a complementary modality.

Course Instructor: Cary Caster, LMT, CA

You will learn:

- Characteristic properties of 15 essential oils.
- The basic chemistry foundations behind how essential oils work and how they affect the human systems with aromatherapy.
- To evaluate which oils are best for which conditions through in depth analysis of individual oils.
- Blending principles, storage & safety tips
- Contraindications.
- A solid foundation of knowledge about essential oils and how to use them based on science and evidence-based research.

Cary Caster, LMT, CA
After receiving her B.S. degree in Botany from the University of Florida, Cary studied Aromatherapy in the UK, where it is still practiced as a medical treatment, with Gabriel Mojay. She then earned her certification as an Advanced Clinical Aromatherapist with Rhannon Harris of Essential Oil Resource Consultants in France. Cary received her Massage License from the Florida College of Natural Health and currently sits on the board of the Alliance of International Aromatherapists. She maintains a private massage practice where she utilizes her blends to bring another layer of health and balance to her clients.

Continuing Education Credit (CEU): This conference has been planned and implemented in accordance with the essential areas and policies of the Florida Board of Nursing for Continuing Education Provider #50-2105.
Credit Designation: 7 CEU’s have been approved by the University of Miami School of Nursing and Health Studies.
7 CEUs have been approved by the Florida Boards of Acupuncture, Clinical Social Work, Marriage and Family Therapy, Mental Health Counseling, Psychology, Florida council of Licensed midwifery, and the Florida Council of Dietetics and Nutrition. CE Provider Number: 50-2682.
7 CEUs have been approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB). CE Provider Number: 452044-12

Saturday, August 29th – 10 AM – 1:45 PM
Sunday, August 30th. – 2 PM – 5:45 PM
CEU Fee: $240.00 / $165.00 (ONLINE FEE)
Non-CEU: $180.00 / $135.00 (ONLINE FEE)
Location: UM ZOOM link will be provided

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