



AROMA 911

AROMATHERAPY FOR EVERY DAY EMERGENCIES,
EMERGENCY PREVENTION + A LIFETIME OF SELF CARE

ONLINE LEARNING EXPERIENCE



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INTRO

In this accessible course you will be guided through step by step, the best practices to creating a clear understanding of aromatherapy for your home aroma-pharmacy, emergency situations, emergency prevention, and your personal self-care.

Aromatherapy is a valid, tried and true modality for your wellness practice and your own wellbeing. There is a deep science behind this powerful aromatic healing art. We are going to delve into that in a way that will be inspiring and immediately applicable.

WHAT DO YOU GET?

Enjoy this go-at-your-own-pace learning experience, a visual feast for the sense as you follow along in the videos, audio slides and companion downloads. **Questions will be answered and recipes shared in the online members FB group for the course.** An integrated way to engage in the vibrant healing community of like-minded learners and lovers of aromatherapy.

3 MODULES PLUS A BONUS MEDITATION VIDEO AND AUDIO

will prepare and inspire you in the healing arts of emergency aromatherapy and self-care.

You will begin to feel empowered and confident as you prepare to:

- **GET SAVVY** about-AROMA SAFETY AND FIRST AID AROMA PRACTICES
- **BE PRESENT** with AROMA-PRACTICES
- **FEEL INSPIRED** to create AROMA 911-PRODUCTS
- **INTEGRATE** this knowledge and the practices into your SELF-CARE routine.

MODULE 1 LESSON ONE PART 2

No Taboo Aroma-Chemistry 101

Through even a basic understanding of the chemistry you can broaden the practical applications with a more accurate and informed outcome.

The science-minded and artists alike will love this important section of evidence-based aromatherapy. On understanding Chemistry 101 for Aroma 911 you will know better what to reach for in most any situation and also have a more deeply informed aroma plan for preventive self-care. An aromatic journey of art and chemistry.

Includes:

- The Ten Primary Chemical Families
- Benefits, blending synergies, and effects according to the aromatic molecules.

MODULE 1 LESSON TWO

Meet your Aroma-Pharmacy

Therapeutic benefit Profiles of 38 Essential Oils and their primary uses in first aid emergencies and self-care practices.

Now that you have a foundation for safety with essential oils and the science behind this healing art, **we're going to meet 38 unique essential oils for the specific use of emergency and preventive self-care.** This is like meeting your soul-mates where you get to recognize an affinity with every one of these personalities.

This comprehensive virtual aroma-pharmacy is your go-to 'aroma-bible' for referencing essential oils when using, mixing, preparing, blending, and applying various aromatherapy products and practices for first aid, 'emergency' events and daily ongoing self-care routines.



MODULE 2 LESSON ONE

First Aid and Emergency Readiness with Aroma-911 Remedies and Practices.

This module is all about getting prepared and being ready for anything when it comes to your health and unexpected emergency events. This aroma 911 kit that you will create is like the Olympics of aromatherapy preparedness.

Includes:

- Be Prepared - Your Aroma Lab
- Plan, Prepare, Practice - Getting ready to make your First Aid Aroma-Kit.
- Blending guidelines and dilutions.
- Carrier Oils for your Aroma-Pharmacy
- Emergency Prevention + Seasonal Practices - Ayurveda and aromatherapy
- Synergistic Diffuser Blends
- Additional emergency preparedness blends and aroma product-making.
- Beyond the Recipes!

GASP!
Cough, Cold, Shortness of breath, Panic attack, Hyperventilating.

Most of the treatments and applications use essential oils that are anti-allergenic, anti-disinfectant, anti-microbial, anti-inflammatory (promote the discharge or expulsion of mucus) (help to relieve or suppress coughing), and they open the breath pathways, promote relaxation, and reduce stress.

- Basil
- Lavender
- Cypress
- Frankincense
- Eucalyptus
- Oregano
- Lemon
- Rosemary
- Peppermint
- Ravintsara
- Ravintsara
- Cedar
- Majoram
- Thyme
- Tulsi (Holy Basil)

AROMA 911
EMERGENCY RECIPES & REMEDIES

911 BLENDING GUIDELINES AND DILUTIONS

AROMA 911
Aromatherapy for every day emergencies, emergency prevention, and a lifetime of self-care.

DOSAGES AND DILUTIONS

VSOHA

ORGANIZE YOUR SUPPLY CHECKLIST

To ensure a good result, before beginning any project, make a list of all the essential oils and raw materials and supplies you will need. This is especially helpful when pre-stocking your AROMA 911 Apothecary.

CONTAINERS/PACKAGING	QUANTITY	SIZE	SUPPLIER
DROPPER BOTTLES			
ORIPIC RESILICER BOTTLES			
ROLL-ON BOTTLES			
SPRAY BOTTLES			
ATOMIZER MISTING BOTTLES			
JARS			
TINS			
LABELS			
OTHER			
OTHER			
OTHER			
MIXING/BLENDING EQUIPMENT			
GLASS BEWERS			
GLASS STIRRING FICUS			
PIPETTES			
SCENT STICKS			
OTHER			
OTHER			
OTHER			

AND TINS
YOUR OWN SALVES AND BALMS
X (2-4OZ) TINS AND/OR 4 X (2-4OZ) JARS
go jars are best when working with essential oils.

ay for fine misting: Glass or plastic.

TES
L DROPS AND BLENDING
ood to have around for blending, some oils are very thick and difficult to get out the a pipette for measuring drops. Glass or plastic.

MODULE 2 LESSON TWO

Must-Have Aroma Survival Tools and practices for first aid emergencies.

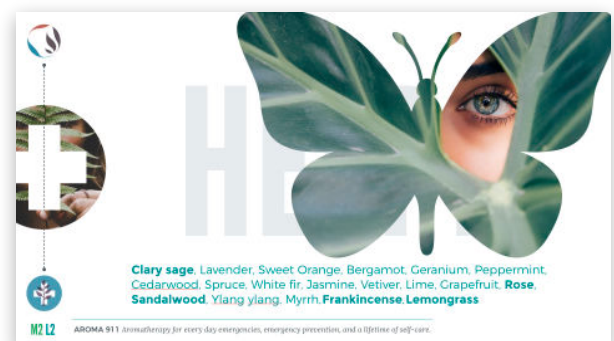
In this lesson we delve into making specific ready-to-go remedies and recipes for specific ailments to build your home pharmacy, with easy step-by-step instructions on treating common and unexpected emergencies with aromatherapy and applicable massage protocols.

The intelligence of the body aligned with the wisdom of aromatic plant medicine truly is a gift and a blessing especially when we know how to use them when needed.

The remedies and practices in the four categories are organized as OUCH. GASP. HELP. AND UGH.

Includes:

- Basics regarding Acute and Chronic Injuries
- OUCH - Pain. Cramps/spasms/strains. Bruises. Burns. Abrasions. Blisters. Boils. Abscess. Bites. Bleeding. Sunburn. Surgery.
- GASP - Cough. Cold. Shortness of breath. Panic attacks and Hyperventilating.
- HELP - Infection. Anxiety. Depression. Insomnia. Exhaustion. Stress
- UGH - Indigestion. Heartburn. Haemorrhoids. Hangover.



MODULE 3 LESSON ONE

Aroma 911 self-care practices for all the seasons of your life.

In Module 3 we focus on AVOIDING a 911 wellness crisis through daily consistent self-care using the practices of aromatherapy and Ayurveda. This is a gift to your future self but mostly it is a thriving lifestyle choice of wellbeing for all the seasons of your life.

Gain a deeper understanding and commitment to the truth that through daily self-care you are taking care of yourself and preventing 'lifestyle emergencies' down the road.

Includes:

- A daily Aroma 911 self-care practice to address **body, mind, emotions, and spirit.**
- Boosting Immunity and building *Ojas* (life essence)
- Preventive self-care routines
- Making easy-access aroma self-care products for daily/weekly use.
- Making oil infusions, balms, scrubs, masks, massage oils.

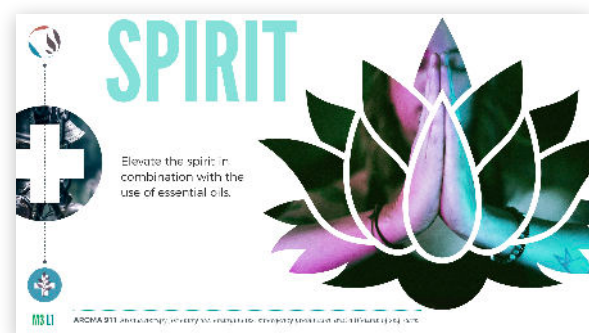
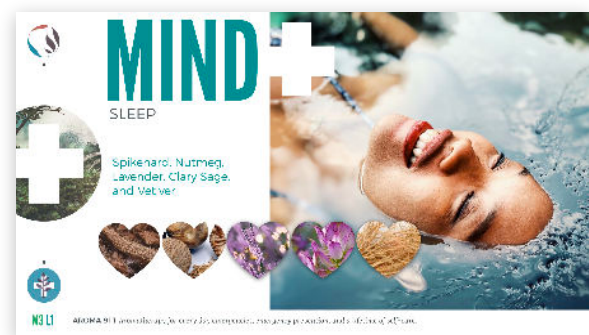
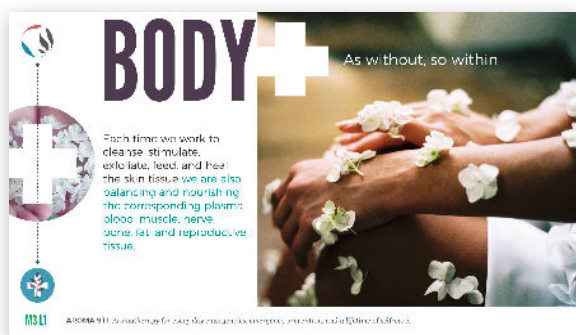
MODULE 3 LESSON TWO

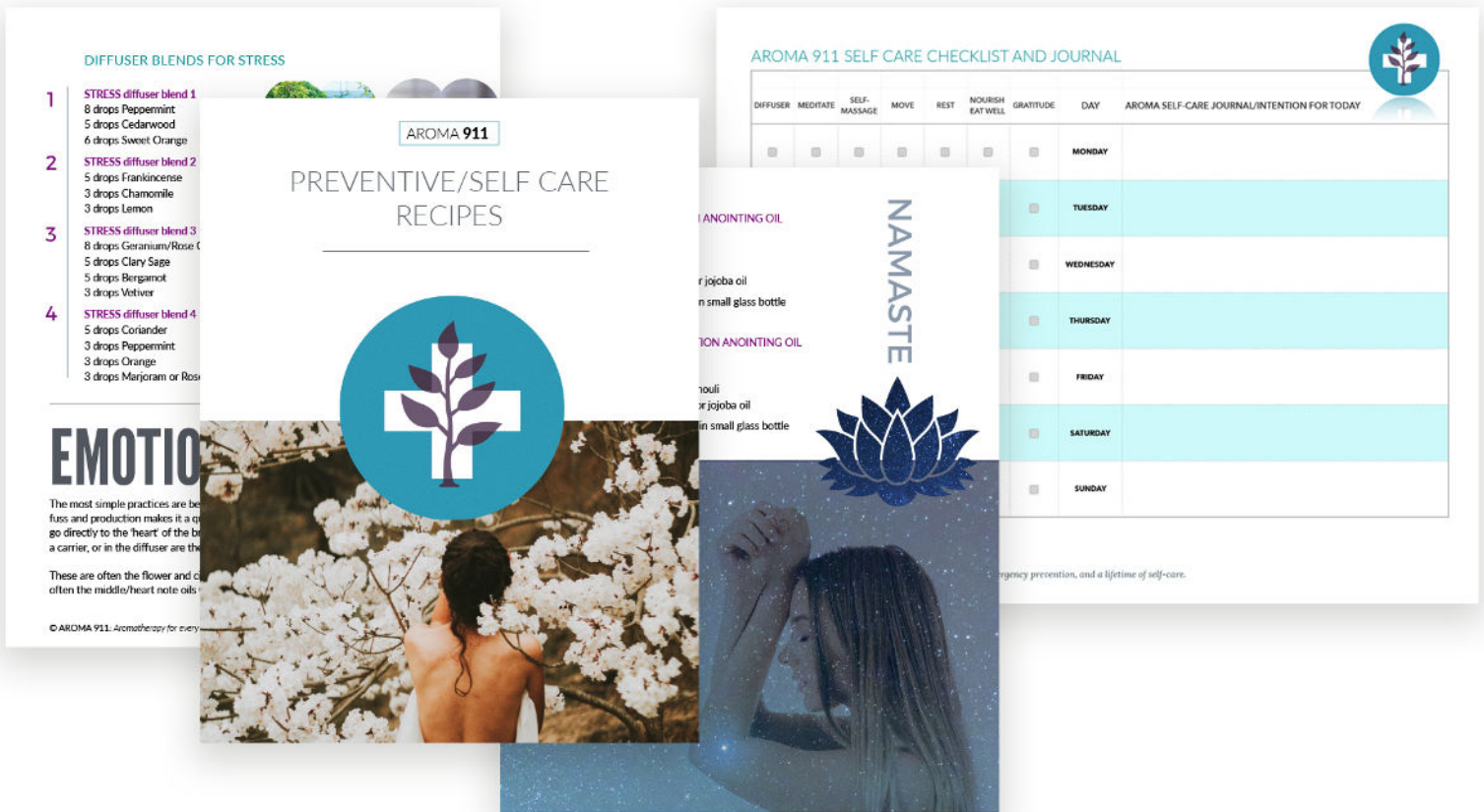
Meditations on Aroma-Wellness

Final lesson we embark on a journey of breath, the sacred vehicle of the plant essences.

Includes:

- Aromatic Breathing Therapy practice
- Meditation anointing oil recipes and practices.
- Aroma-visualization/meditation **audio** for awakening your innate healing power.
- Aroma-visualization/meditation **video** for radiating healing light and energy from your heart centre to the entire Universe.





DOWNLOADS + BONUSES

Includes Recipes, Worksheets, Journal, Checklists, Resources, Therapeutic Profile of 38 Essential oils Digital Booklet.

INCLUDES:

A BONUS meditation video

A BONUS meditation audio

These will guide you in meditations for healing, balancing, restoring vitality, radiating health, and connecting to the sacred.

PLUS an Aroma 911 Members-only Facebook Community.

GO-AT-YOUR-OWN-PACE

APPROX. 25-40 HOURS DEPENDS ON PRACTICAL APPLICATIONS OF RECIPES ETC.