

General Aromatherapy Home Study Course

6 CE Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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It is the responsibility of the practitioner to determine the appropriateness of the techniques presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. Written medical opinions are always the best way to resolve any questions regarding contra-indications to aromatherapy.

Instructions for the General Aromatherapy home study course

Thank you for investing in the General Aromatherapy home study course, a 6 CE hour course designed to further your knowledge in the art and use of aromatherapy.

This guide will contain all of the instructions you will need to complete this course. This is a 6 CE hour course, so that means it should take you approximately 6 hours to read the text, study the materials, and complete the exam and course evaluation.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook and exam. Your textbook will be mailed to you.**
- 2. Access the online examination in your account at www.massagetherapyceu.com.**
- 3. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the online exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the textbook while taking the exam. This course uses the text *500 Formulas for Aromatherapy*, published by Sterling Publishing Company. There are no trick questions on the exam. All of the answers are clearly found in the text.

It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam.

Good luck as you complete this course. If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or info@massagetherapyceu.com. Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our General Aromatherapy course.

General Aromatherapy Exam

A Gift From Nature

1. Essential oils are extracted from:
 - A. Trees
 - B. Plants
 - C. Grasses
 - D. All of the above

Chapter 1

2. Aromatics have been found in the tombs of Egyptian pharaohs as early as:
 - A. 4000 years ago
 - B. 3000 years ago
 - C. 5000 years ago
 - D. 6000 years ago
3. Which of the following ancient civilizations contains evidence of aromatherapy use?
 - A. Mayans
 - B. Incas
 - C. Egyptians
 - D. Africans
4. Synthetic scents and fragrances are usually produced from petroleum derivatives and pose harmful side effects for humans.
 - A. True
 - B. False

Chapter 2

5. The olfactory nerve contains about ____ million smell receptors.
 - A. 20
 - B. 30
 - C. 40
 - D. 50
6. When preparing for an aromatherapy massage, which of the following is a guideline to follow?
 - A. Add a pleasant essential oil fragrance to the room before the treatment
 - B. Warm the carrier oil
 - C. Maintain constant touch, if possible at all times
 - D. All of the above
7. When using aromatherapy with Swedish massage, in order to properly grasp the muscles, it is recommended to apply the oil gradually throughout the treatment.
 - A. True
 - B. False

Chapter 3

8. Since essential oils are so concentrated it is important to:
 - A. Use them directly on the skin
 - B. Dilute them in a carrier oil
 - C. Only add one drop per gallon
 - D. Dilute them using a 1:1 ratio

9. It is important to keep concentrated oils away from:
 - A. Eyes
 - B. Lips
 - C. Genitals
 - D. All of the above

10. It is safe for pregnant women to use certain oils in small amounts.
 - A. True
 - B. False

11. To check for allergic reactions to essential oils:
 - A. Inhale the aroma of the oil and wait to see if it irritates the nose
 - B. Rub a drop of the carrier oil into the chest and wait 12 hours for a reaction
 - C. Directly place a drop of the concentrated essential oil on the skin and wait 12 hours for a reaction
 - D. There is no need to check for allergic reactions to essential oils

12. If you have dry skin you may want to be cautious when using:
 - A. Jasmine
 - B. Mandarin
 - C. Rose
 - D. All of the above

13. It is recommended to use essential oils on clients if they are taking medication to enhance the effectiveness of the medication.
 - A. True
 - B. False

14. What is the shelf life for refined carrier oils?
 - A. 6 months
 - B. 1 year
 - C. 2 years
 - D. 3 years

15. What is the shelf life of most essential oils?
 - A. 6-12 months
 - B. 8-10 months
 - C. 1-2 years
 - D. 2-3 years

16. Which of the following are types of extraction processes?
 - A. Cold pressed
 - B. Maceration
 - C. Steam distillation
 - D. All of the above

17. In steam distillation:
 - A. Grasses and flowers are soaked in hot water extracting their scent
 - B. Chemicals are used to extract the oils
 - C. Steam from boiling water is used to extract the essential oils from the plant material
 - D. Grasses and flowers are heated in an oven to extract their oils

18. The preferred method of extraction by aromatherapists is:
- A. Solvent extraction
 - B. Cold pressing
 - C. Steam distillation
 - D. Maceration
19. Which of the following is a step in the refining process of carrier oils?
- A. Steaming
 - B. Maceration
 - C. Winterizing
 - D. All of the above
20. When selecting oils, it is smart to never use oils that are synthetic or chemically extracted.
- A. True
 - B. False
21. A substitution for a very expensive chamomile oil would be:
- A. Lavender
 - B. Grapefruit
 - C. Ylang-ylang
 - D. Mandarin

Chapter 4

22. Which of the following is an effective way to use an air freshener formula?
- A. Fill a 4 oz. mist spray bottle with purified water and then add the essential oils
 - B. Place drops of the essential oils directly on the floor
 - C. Fill an 8 oz. mist spray bottle with tap water and then add the essential oils
 - D. Fill a 4 oz. mist spray bottle with the undiluted oil
23. Which of the following best describes an aroma-lamp?
- A. A spray bottle that contains a mixture of essential oils and pure water which is sprayed, dispersing the scent
 - B. A container that uses a mixture of water and essential oils which is heated by a candle, dispersing the scent
 - C. A type of aromatherapy bath in which the essential oils are added directly to the water, dispersing the scent
 - D. All of the above
24. To use essential oils with a candle for scenting a massage therapy room:
- A. Buy a pure essential oil candle
 - B. Add the oil you wish to use to the melted wax
 - C. Pour the melted wax onto a hotplate
 - D. Place several drops of the oil onto the wax before lighting
25. For a floral scent in your massage room when using candles, a good oil to choose would be:
- A. Grapefruit
 - B. Benzoin
 - C. Rosemary
 - D. Sage
26. A diffuser disperses a fine mist of the micro-particles of essential oils and is effective in large rooms.
- A. True
 - B. False

27. To create a stress-free environment using a diffuser, a good essential oil to use is:
- A. Orange
 - B. Chamomile
 - C. Grapefruit
 - D. All of the above
28. What is a light bulb ring?
- A. A brass ring that rests on a light bulb, diffusing the aroma as the light gets hot
 - B. A brass ring that is placed around a diffuser to aid in dispersing the aroma
 - C. A brass ring that you can store essential oils in
 - D. A rubber ring that rests on a candle, diffusing the aroma as the candle burns
29. In order to get the full benefits of using essential oils in massage therapy, you should perform the massage for at least:
- A. 20 minutes
 - B. 30 minutes
 - C. 45 minutes
 - D. 1 hour
30. Which of the following is a possible carrier oil to use when mixing massage oils:
- A. Coconut
 - B. Peanut
 - C. Flaxseed
 - D. Vegetable
31. Which of the following is an example of an ache and pain reliever massage formula:
- A. 1 Tbs. carrier, 5 drops orange, petitgrain, and ylang-ylang essential oils
 - B. 1 Tbs. carrier, 5 drops lavender, nutmeg, and rosemary essential oils
 - C. 1 Tbs. carrier, 5 drops chamomile, bergamont, and lavender essential oils
 - D. 1 Tbs. carrier, 5 drops lavender, bergamont, and ylang-ylang essential oils
32. To effectively use a calming massage oil formula, where should you massage the client?
- A. Lower legs and feet
 - B. Lower arms and hands
 - C. Lower portion of the legs
 - D. Back of the neck and down the back
33. An effective massage oil formula for calming is:
- A. 1 Tbs. carrier, 5 drops orange, petitgrain and ylang-ylang essential oils
 - B. 1 Tbs. carrier, 5 drops lavender, nutmeg, and rosemary essential oils
 - C. 1 Tbs. carrier, 10 drops orange, lavender, and ylang-ylang essential oils
 - D. 1 Tbs. carrier, 10 drops lavender, petitgrain, and lemon essential oils
34. For a successful cellulite reducing massage:
- A. You must work deeply into the tissue
 - B. Massage the oil formula into the cellulite area(s)
 - C. Use the cellulite reducing massage in combination with a wholesome diet
 - D. All of the above

35. A possible massage oil formula for helping to reduce cellulite areas is:
- A. 1 Tbs. carrier, 5 drops lavender, nutmeg, and rosemary essential oils
 - B. 4 tsp. carrier, 5 drops frankincense, benzoin, and geranium essential oils
 - C. 4 tsp. carrier, 5 drops celery, grapefruit, cinnamon, and benzoin essential oils
 - D. 1 Tbs. carrier, 5 drops celery, lavender, lemon, and ylang-ylang essential oils
36. Fatigue relief massage oil formulas should be massaged into:
- A. The front of the legs, knees, lower legs, and bottom of the feet
 - B. The arms, wrists, and hands and fingers
 - C. The upper chest, back of the neck, shoulders, and down the back
 - D. All of the above
37. An effective massage oil formula for fatigue relief is:
- A. 1 Tbs. carrier, 5 drops lavender, nutmeg and rosemary essential oils
 - B. 1 Tbs. carrier, 5 drops bergamont, lemon, and cumin essential oils
 - C. 4 tsp. carrier, 5 drops frankincense, benzoin, and geranium essential oils
 - D. 4 tsp. carrier, 5 drops celery, grapefruit, cinnamon, and benzoin essential oils
38. When using a foot rejuvenator massage oil formula:
- A. Massage both the feet and calves
 - B. Massage only the feet
 - C. Massage the feet and hands
 - D. Massage the bottoms of the feet only
39. When using a hand rejuvenator massage oil formula:
- A. Massage the hands and lower arms
 - B. Massage hands only
 - C. Massage the hands all the way to the shoulders
 - D. Massage the fingers only
40. An example of a mood uplifting massage oil formula is:
- A. 1 Tbs. carrier, 5 drops lavender, nutmeg, and rosemary essential oils
 - B. 1 Tbs. carrier, 5 drops grapefruit, allspice, and cumin essential oils
 - C. 1 Tbs. carrier, 5 drops frankincense, ginger, and grapefruit essential oils
 - D. 1 Tbs. carrier, 10 drops lavender, ginger, and cumin essential oils
41. When performing massage using a muscle relaxing massage oil formula:
- A. Massage the oil blend into the neck, shoulders, and back regardless of where the tightness is located
 - B. Massage the oil blend into the tight muscles and surrounding area
 - C. Massage the oil blend into the hands and feet regardless of where the tightness is located
 - D. Massage the oil blend into the whole body regardless of where the tightness is located
42. For muscle soreness, which of the following is a possible massage oil formula?
- A. 1 Tbs. carrier, 5 drops ylang-ylang and ginger, 3 drops nutmeg, and 2 drops rosemary essential oils
 - B. 1 Tbs. carrier, 5 drops grapefruit and rose, 3 drops tea tree, and 2 drops spearmint essential oils
 - C. 1 Tbs. carrier, 5 drops geranium, 4 drops peppermint, 3 drops marjoram, and 3 drops allspice essential oils
 - D. All of the above

43. Using a pre-game massage oil formula in combination with massage therapy can improve an athlete's performance.
- A. True
 - B. False
44. When is the correct time and area to use a premenstrual massage oil formula?
- A. On the morning premenstrual syndrome begins on the low back
 - B. Before the onset of premenstrual syndrome on the low back
 - C. After the onset of menstruation on the low back
 - D. Before the onset of menstruation on the stomach
45. You should massage a refreshing massage oil formula on the back of the neck, shoulders, and along the back.
- A. True
 - B. False
46. Aromatherapy should never be used to help with snoring.
- A. True
 - B. False
47. Which of the following is an example of a stress relieving massage oil formula?
- A. 4 tsp. carrier oil, 5 drops bergamont, 4 drops each mandarin, lavender and nutmeg, and 3 drops lemongrass essential oils
 - B. 4 tsp. carrier, 5 drops celery, grapefruit, cinnamon, and benzoin essential oils
 - C. 4 tsp. carrier, 5 drops geranium, 4 drops peppermint, 3 drops marjoram, and 3 drops allspice essential oils
 - D. All of the above
48. Essential oil mist sprays are used in the same manner air fresheners are, by using 4 oz. pure water and adding essential oils as desired.
- A. True
 - B. False
49. How do you make your own potpourri?
- A. Purchase synthetic leaves and small woods chips, add the desired essential oils, stir and use the formula immediately
 - B. Gather dried leaves, flowers, or wood shavings, add the desired essential oils, stir and cover for several days before use
 - C. Gather dried leaves, flowers, or wood shavings, add the desired essential oils, stir and use the formula immediately
 - D. Gather live leaves, flowers, or wood shavings, add the desired essential oils, stir and cover for weeks before use
50. An example of a dry skin essential oil formula is:
- A. 2 Tbs. avocado (carrier), 10 drops sandalwood, bois de rose, and lavender essential oils
 - B. 1 Tbs. carrier, 5 drops grapefruit, allspice, and cumin essential oils
 - C. 4 tsp. carrier, 5 drops celery, grapefruit, cinnamon, and benzoin essential oils
 - D. 2 Tbs. peanut (carrier), 10 drops lemon, bois de rose, and grapefruit essential oils

Chapter 5

51. Bergamont essential oil:
- A. Reduces anxiety
 - B. Uplifts mood
 - C. Relieves fatigue
 - D. All of the above
52. Celery essential oil:
- A. Uplifts mood
 - B. Warms body
 - C. Calms
 - D. Lessens pain
53. Fennel essential oil:
- A. Helps meditation
 - B. Relieves pain
 - C. Disinfects
 - D. All of the above
54. Lavender essential oil:
- A. Relaxes tight muscles
 - B. Improves digestion
 - C. Soothes insect bites
 - D. All of the above
55. Sandalwood essential oil:
- A. Reduces perspiration
 - B. Disinfects
 - C. Reduces stress
 - D. All of the above

Chapter 6

56. Fatigue relieving essential oils include:
- A. Clove
 - B. Sage
 - C. Celery
 - D. All of the above
57. Mood uplifting essential oils include:
- A. Lavender
 - B. Lemon
 - C. Both A and B
 - D. None of the above
58. Restful sleep can be enhanced by using:
- A. Cypress
 - B. Lemongrass
 - C. Geranium
 - D. All of the above

This completes the General Aromatherapy exam.