

# Mastering Essential Oils:

## Integrative Essential Oils Certification Course FAQs

The Integrative Essential Oils certification program is an education system organized in three levels from the Introduction to the Therapeutic Use of Essential Oils to the Advanced Therapeutic Use of Essential Oils, to certification in a special essential oil application technique called the Waterfall Technique™. It is intended to empower the user with the knowledge and skills to use essential oils to defend, heal, and create a condition where human health can thrive. Developed by one of the leading authorities in the evidence-based application and therapeutic use of essential oils, Dr. Scott A. Johnson, this course focuses on the safety, chemistry, pharmacology, and blending of essential oils as it applies to human mental, emotional, physical, and spiritual health. The system of evidence-based training modules is structured to help individuals discover the knowledge necessary to use essential oils comfortably, safely, and effectively. The primary purpose is to endow individuals with all that is required to care for their family naturally. The secondary purpose is to professionally qualify individuals to teach others the safe and effective use of essential oils. Upon completion of the certification program, and after passing a rigorous testing and certification process, individuals may

seek to be Integrative Essential Oils Certified (IEO Certified), signifying expertise and knowledge in the use and application of essential oils.

### 1. What is included in the \$699 fee?

The \$699 fee includes your first year of access to the Learning Management System (LMS) and the mobile app, two comprehensive books: “Mastering Essential Oils: The Integrative Essential Oils Certification Program” and “Evidence-Based Essential Oil Therapy.”

### 2. What is the \$99 annual fee for?

The \$99 annual fee permits continued access to the learning management system (LMS) and mobile app, which will be updated with new content periodically (videos, shareable content, etc.). As new research or information is discovered in the essential oil space, this information will also be added so that the content remains fresh, innovative, and relevant. This will allow students to remain on the cutting-edge of essential oil science and discovery. In addition, as with many professional certifications, regular renewal of certifications is required. The course is meant to be renewed annually through an online refresher test to ensure that students retain the content they mastered. To take the test and keep your certification active you must take the annual test in the learning management system.

### 3. What is the mission of the course?

The Integrative Essential Oils Certification Program seeks to provide leadership in the merging realms of natural therapies and modern science through comprehensive, evidence-based educational opportunities. Integrative Essential Oils serves to make the study and therapeutic use of essential oils attainable to all essential oils users



and natural health practitioners globally through our cutting-edge online and in-person educational opportunities. By arming learners with pioneering scientific discoveries and ancient healing wisdom, Integrative Essential Oils fosters proficiency, professionalism, and collaboration to further the knowledge and use of natural remedies.

#### **4. Who developed the course and curriculum?**

The course was developed by one of the world's leading experts on the evidence-based therapeutic application of essential oils, Dr. Scott A. Johnson. Here is a bit more about Dr. Johnson: Dr. Scott A. Johnson is the bestselling author of eight books and more than 250 articles featured in online and print publications. He has a doctorate in naturopathy, is a board certified alternative medical practitioner (AMP), a Certified Clinical Master Aromatherapist (CCMA), and Certified Professional Coach (CPC). His evidence-based approach to natural healing and experience conducting medical research make him one of the world's leading experts on the therapeutic application of essential oils. Dr. Johnson pioneered evidence-based essential oil therapy, which combines the art of ancient healing with modern science to maximize the benefits of essential oils. One of his research focuses is the safety of essential oils, and he has published internationally on the subject. He is an acclaimed international speaker and has delivered keynote presentations across North America, Europe, and Asia, sharing the secrets of natural healing with those who seek greater wellness.

#### **5. How long do I have to complete the course?**

Students can take as long as they need to complete the course, or complete it as quickly as they want to. It is all self-paced, which allows students to choose how much time they want to commit to it on a regular basis.

#### **6. Is there an additional charge for the Waterfall Technique™ certification?**

The course materials (a detailed explanation of the technique and its benefits) for the Waterfall Technique™ certification are included in the \$399 fee. Because this is a hands on technique, attendance at a live training is required to learn, participate in, and master the techniques. These live training experiences will carry an additional cost to cover event space, massage tables, required materials, and the essential oils necessary to participate in the class.

#### **7. Can I attend live classes?**

Live classes will be scheduled for students to have an additional method to master the content. We don't anticipate holding live events frequently except for the Waterfall Technique™ certification. If a student desires to attend a live class (not required to complete levels 1 and 2) an additional fee will apply.

#### **8. Where and when will Waterfall Technique™ classes be held?**

Waterfall Technique™ classes will be held regularly at strategic locations in the United States based on demand.

#### **9. Why does the Waterfall Technique™ require in person attendance?**

The easiest, and best, way to learn this remarkable technique is to witness it in action, then participate in giving and receiving the technique. Live attendance is required for us to ensure that you have mastered the technique and its proper application.

## 10. Is this course equivalent to a clinical or master aromatherapist?

The course was developed to be equivalent to or exceed the requirements of coursework that grants a clinical or master aromatherapy certification. Graduates of other aromatherapy certification programs that paid \$750 to \$2,000+ that have reviewed the Integrative Essential Oils Certification Program course content have unanimously stated that this program is more comprehensive and scientifically validated.

## 11. What credentials do I receive upon completion of the course?

Upon completion students will be recognized with a certificate that represents the level of certification they have achieved: Level 1 – Certified Aromatherapist (IEOC1), Level 2 – Advanced Certified Aromatherapist (IEOC2), Waterfall Technique Certified, and Level 3 – Elite Advanced Aromatherapist (IEOC3): Includes Levels 1 & 2, Waterfall Technique.\*

*\* Subject to change pending accreditation and finalization of certification levels.*

## 12. Is the program accredited?

No universal/standard accreditation board for aromatherapy programs has been established. However, the program is currently under review for accreditation by a natural therapies board. Further accreditation may be added at a later date if deemed necessary.

## 13. Will this allow me to be licensed?

No. Aromatherapy is not currently a licensed profession in the United States and many other international locales.

## 14. Does the program offer CEs?

We are currently seeking accreditation of the course to offer CEs. This is pending approval and subject to change.

## 15. What is taught during the course? What can a student expect to learn?

### LEVEL 1 – INTRODUCTION TO THE THERAPEUTIC USE OF ESSENTIAL OILS

**Module 1** – *History of and introduction to essential oils, Essential oil quality*

This course will provide a foundational knowledge of essential oils so users of all experience levels will feel more comfortable and confident in using essential oils. Participants will learn:

- What essential oils are
- How essential oils benefit the human body
- What essential oil therapy is
- The four administration methods for essential oils—inhale, topical, oral, and retention
- How to determine essential oil quality and purity
- The different grades of essential oils
- Essential oil testing methods
- A brief history of essential oils and aromatic essences

**Module 2** – *Chemistry of essential oils*

This course will teach participants the importance of understanding essential oil chemistry and provide a foundational knowledge that will all participants to use essential oils more safely and effectively. Participants will learn:

- What chemistry is and the basic elements of all matter
- The primary and secondary elements found within essential oils, including their structural make-up
- The principal of isomerism and the types of isomerism
- The primary compounds found within essential oils, their properties and benefits
- The difference between multiple, fractional, and complete distillation and how they affect essential oil chemistry
- The most common carrier oils including their family, botanical name, aroma, consistency, color, absorption rate, shelf life, how much to use, suitable skin types, extraction method, cautions/safety, fatty acid composition, reported therapeutic properties, uses, and selected scientific evidence.

### **Module 3 – Essential Oil Extraction Methods**

This course will explain the art and science of extracting essential oils from plants. Participants will learn:

- How the extraction process affects the quality and therapeutic value of essential oils
- How the different extraction methods extract essential oil molecules
- The factors of extraction that influence the essential oil obtained
- The most common extraction methods and their procedures and the equipment used
  - » Steam distillation
  - » Hydro- or water-distillation
  - » Cold pressed/expressed
  - » Carbon Dioxide and Supercritical carbon dioxide extraction
  - » Solvent extraction
  - » Enfleurage
  - » Hot maceration
- How the extraction method changes the compound profile obtained from the same plant material

### **Module 4 – The value of and profiles for carrier oils**

As part of this course, participants will learn how carrier oils are used in essential oil therapy, their value when it comes to therapeutic and safe usage of essential oils. Upon completion, participants will understand:

- How essential oils are used to reduce the risk of irritation and sensitivity when using essential oils
- How to synergistically enhance essential oils with carrier oils
- How to determine which carrier oils to use
- The proper storage of essential oils

### **Module 5 – Anatomy, Physiology, and Essential Oils**

During this course participants will obtain a basic understanding of the various body systems and how essential oils influence these systems of the body. Upon completion, participants will be able to define anatomy and physiology and what the human body is comprised of (atoms, molecules, cells, tissues, organs, organ systems, and the whole body (organism)). The systems studied include:

- **Module 5a** – *The Integumentary System*
  - » The function and components of the integumentary system
  - » The structure and function of the components in the integumentary system
  - » How essential oils influence the function of the integumentary system
  - » Evidence for the use of essential oils to support the integumentary system
- **Module 5b** – *The Skeletal System*
  - » The function and components of the skeletal system
  - » The structure and function of the components in the skeletal system
  - » The types of joints found within the body
  - » How essential oils influence the function of the skeletal system
  - » Evidence for the use of essential oils to support the skeletal system
- **Module 5c** – *The Muscular and Nervous Systems*
  - » The function and components of the muscular and nervous systems
  - » The structure and function of the components in the muscular and nervous systems
  - » How muscles produce energy
  - » The main types of muscular tissue
  - » The difference between the central and peripheral nervous system and their components
  - » How essential oils influence the function of the muscular and nervous systems
- » Evidence for the use of essential oils to support the muscular and nervous systems
- **Module 5d** – *The Endocrine System*
  - » The function and components of the endocrine system
  - » The structure and function of the components in the endocrine system
  - » The hormones produced by the endocrine system and how they influence the body
  - » How essential oils influence the function of the endocrine system
  - » Evidence for the use of essential oils to support the endocrine system
- **Module 5e** – *The Cardiovascular (Circulatory) System*
  - » The function and components of the cardiovascular (circulatory) system
  - » The structure and function of the components in the cardiovascular (circulatory) system
  - » The types of circulation—pulmonary, coronary, and systemic (including portal and renal circulation)
  - » The types of blood vessels
  - » How essential oils influence the function of the cardiovascular (circulatory) system
  - » Evidence for the use of essential oils to support the cardiovascular (circulatory) system
- **Module 5f** – *The Lymphatic and Immune Systems*
  - » The function and components of the lymphatic and immune systems

- » The structure and function of the components in the lymphatic and immune systems
- » How essential oils influence the function of the lymphatic and immune systems
- » The types of white blood cells and their functions
- » The difference between cell-mediated and humoral immune responses
- » The types of antibodies and their purpose
- » Evidence for the use of essential oils to support the lymphatic and immune systems

- **Module 5g – The Respiratory System**

- » The function and components of the respiratory system
- » The structure and function of the components in the respiratory system
- » How essential oils influence the function of the respiratory system
- » Evidence for the use of essential oils to support the respiratory system

- **Module 5h – The Digestive System**

- » The function and components of the digestive system
- » The structure and function of the components in the digestive system
- » How each macronutrient is broken down and where
- » How essential oils influence the function of the digestive system

- **Module 5i – The Genitourinary System**

- » The function and components of the genitourinary system

- » The structure and function of the components in the genitourinary system
- » The male and female reproductive systems and their function
- » The female reproductive cycle
- » How essential oils influence the function of the genitourinary system

**Module 6 – Essential oil safety and usage**  
(*Evidence-based Essential Oil Therapy, chapter 1 and Appendix G*)

In this course, students will be introduced to the evidence-based model of essential oil therapy, including essential oil usage and safety guidelines that are supported by evidence. In addition, participants will learn:

- Cautions applicable to essential oil therapy for children
- Cautions applicable to essential oil therapy for women who are pregnant or nursing
- Cautions surrounding the use of essential oils with phytoestrogens
- When it is appropriate to use essential oils before and after medical procedures
- Essential oils that should be avoided by those with epilepsy
- Special cautions surrounding the use of essential oils near the eyes and ears
- What essential oils are photosensitizing
- Cautions for essential oil therapy among those with compromised kidneys or livers
- Cautions for essential oil therapy among immunocompromised persons
- Possible interactions with medications and chemotherapy

- Contraindications with certain health conditions
- Appropriate dosing and methods for inhalation, topical, oral, and retention administration methods
- Better understand skin reactions to the topical application of essential oils, including ways to reduce the risk and manage it when it occurs
- Cautions for those with chronic respiratory disorders and the inhalation of essential oils

**Module 7 – 30 Core Essential Oils Profiles**  
(*Evidence-based Essential Oil Therapy, read each profile*)

During this course, participants will review 30 in-depth core essential oils profiles, which will help participants use essential oils more safely and effectively. Each profile outlines the essential oil's botanical family and name, note, aroma, aroma intensity, common extraction method, what other oils blend well with this oil, possible substitutes, recommended dilution range, chemical composition (including any known chemotypes), reported therapeutic properties, cautions, and published research. Essential oils reviewed include—balsam fir, basil (sweet), bergamot, chamomile (Roman, German), cinnamon, clary sage, clove, copaiba, cypress, eucalyptus, fennel, frankincense, geranium, ginger, grapefruit, helichrysum, lavender, lemon, lemongrass, marjoram, melaleuca (tea tree), myrtle, orange, oregano, peppermint, rosemary, sandalwood, thyme, vetiver, and ylang ylang.

**LEVEL 2 – ADVANCED THERAPEUTIC USE OF ESSENTIAL OILS**

**Module 8 – 40 Additional Essential Oils Profiles**  
(*Evidence-based Essential Oil Therapy, read each profile*)

During this course, participants will review an additional 40 in-depth essential oils profiles,

which will help participants use essential oils more safely and effectively. Each profile outlines the essential oil's botanical family and name, note, aroma, aroma intensity, common extraction method, what other oils blend well with this oil, possible substitutes, recommended dilution range, chemical composition (including any known chemotypes), reported therapeutic properties, cautions, and published research. Essential oils reviewed include—bay laurel, birch, black pepper, blue cypress, blue tansy, blue spruce, cajeput, camphor, cardamom, carrot seed, cedarwood, cistus, citronella, coriander, juniper berry, lavandin, lemon verbena, lime, melissa, myrrh, neroli, niaouli, nutmeg, palmarosa, patchouli, petitgrain, pine, ravensara, ravintsara, rose, sage, Spanish sage, spearmint, spike lavender, spikenard, spruce (black), tangerine, turmeric, wintergreen.

**Module 9 – Extinguishing Aches and Discomfort with Essential Oils [30 hours]**

During this course, participants will learn how to manage aches and discomfort with essential oils and natural remedies. Students will learn:

- What causes pain and the role of inflammation in pain
- Western medicine's approach to pain and the risks of these options
- How the topical application of essential oils soothes discomfort
- How to support internal repair and relief through oral administration of essential oils
- The importance of essential oil inhalation to balance the emotional response to pain and essential oils that excel in this area
- Supportive supplements and natural remedies to enhance relief
- Evidence for the use of essential oils to relieve aches and discomfort



**Module 10** – *Essential Oils for Hormone Balance (Men’s and Women’s Health) [30 hours]*

This course is intended to teach participants how hormones affect health and vitality, and the importance of balancing hormones. Strategies to improve men and women’s health through hormonal balance are discussed. Participants will learn:

- What hormones are and how they work
- Hormones vital to women’s and men’s health
- Symptoms and risks of hormone imbalance
- The risks of Western treatment options
- What bioidentical hormones are
- How to support hormonal balance naturally
- Essential oils that may encourage hormone production or activity
- Supplements that nourish and support the systems involved in hormone production

**Module 11** - *Essential Oils for Family Care (Evidence-based Essential Oil Therapy, chapters 3-5)*

In this module participants will explore recipes and protocols designed to preserve life and correct health conditions when Western medicine is unavailable or as a complementary part of Western treatment options with physician approval. Protocols specific to infants, children, teens, adults, and women who are pregnant or nursing will be reviewed, including safety measures necessary for each population.

**Module 12** – *Discover Emotional Balance and Master Stress with Essential Oils [30 hours]*

This course teaches how the mind, emotions, spirit and body are interconnected and particularly how essential oils relate to mental, spiritual, and emotional well-being. Participants will learn:

- How to nourish mental, emotional and spiritual health to enhance overall well-being
- The shortcomings of Western medical options for mental, emotional, and spiritual problems
- Define optimum emotional and psychological well-being
- The top three conditions that affect mental, spiritual, and emotional health
- How to manage stress, depression, and mental fatigue with essential oils
- Evidence to support the use of essential oils for mental, spiritual, and emotional well-being
- Essential oils useful for a variety of emotional states
- Supplements that may help support healthy mental, spiritual, and emotional well-being

**Module 13** – *Essential Oils to Optimize Digestion and Realize Your Ultimate Physique*

This module will teach the importance of optimal digestion as it relates to overall health and well-being. In addition, strategies to help realize a person’s ultimate physique are shared. Participants will learn:

- Common functional and organic digestive disorders and their differences
- The burden of overweight and obesity on societies and individuals
- How to determine overweight and obesity



- The failures of Western medicine to support digestion and encourage a healthy weight
- How to optimize digestion with essential oils and supplements
- The major enzymes and how they aid digestion
- What constitutes reasonable portion sizes
- The benefits of increased meal frequency
- Essential oils and supplements that may enhance metabolism, curb appetite, and increase thermogenesis
- Physical activities that enhance fat and calorie burning

#### **Module 14** – *Seven Case Studies*

The therapeutic case studies allow participants to demonstrate all of the knowledge and skills gained over the duration of the certification. Health intakes for seven theoretical persons will be evaluated for appropriate essential oil therapy and questions answered about each case to ensure the student has learned and retained the necessary information to use essential oil therapy safely and effectively.

#### **Module 15** – *Four blending studies*

The blending studies allow participants to learn the art and science of blending essential oils appropriately to create blends with a pleasing aroma. Students will learn what groups of essential oils blend well together, more about essential oil notes and how they affect blend aroma, and the process of blending. Participants will create four custom blends to allow for practical application.

#### **Module 16** – *Two Therapeutic Blending Studies*

The therapeutic blending case studies put all the skills and knowledge obtained throughout the certification process to the test. Participants will create two therapeutic blends based on two theoretical persons that will help them manage the ailments they are facing. Participants will be required to select the appropriate essential oils based on the theoretical client's intake and create a blend and method of administration for each person.

#### *Essential Oil Research Paper*

The essential oil research essay provides the participant the opportunity to develop their research and writing skills and enrich their knowledge of essential oil therapy. Research is an integral aspect of evidence-based essential oil therapy and can enhance the development of recipes and protocols for various ailments. Students will learn credible sources, how to search PubMed, and the importance of assessing the full text of a study, not just the abstract.

#### **Module 17** – *Essential Oil Scope of Practice (Legal Issues and Ethics)*

It is vital that an essential oil therapist practice essential oil therapy according to a code of ethics and within his or her scope of practice. Participants will become familiar with general guidelines regarding a scope of practice, be encouraged to investigate local, state, and national laws, and learn a code of ethics. In addition, participants will learn how to share the properties and benefits of essential oils in a reasonable and compliant manner.

#### *Final Exam*

The final exam is required for IEO Certification and ensures retention of the information learned during the course of the entire certification process. Questions from each activity and module are asked and a passing grade of 80% must be achieved to be awarded certification.

**Module 18 – Essential Oil Application  
Technique, Waterfall Application Technique™  
(Additional Certification)**

The Waterfall Technique is an additional certification that requires in-person attendance for hands on training. Users discover and learn to give a matchless essential oil application technique that provides systemic benefits for the whole person and encourages optimal wellness. The Waterfall Technique employs a special sequence of therapeutic essential oils and proven restorative touch techniques, each of which serves a specific purpose to balance, renew, oxygenate, protect, soothe, quench, synergize, enhance, and rejuvenate.

## **16. What model of aromatherapy is taught during the course?**

A number of models currently exist, which offer various schools of thought regarding the therapeutic application of essential oils. Integrative Essential Oils will use the model pioneered by Dr. Johnson that merges the ancient healing arts with modern scientific evidence called evidence-based essential oil therapy. This model provides a balanced approach to the use of essential oils and encourages the inhalation, topical application, oral administration and retention of essential oils for therapeutic purposes. Safety and usage guidelines are established according to scientific evidence.

## **17. How long does the program take to complete?**

It all depends on how much time you dedicate to studying and mastering the curriculum. Because the program is brand new we don't have statistics to know exactly how long it will take to complete, but we anticipate most people (who dedicate regular study time) will complete the course in 6 to 12 months.

## **18. What is the format of the course? How is the course offered?**

For best results the user of this course, should follow the modules from Module 1 to Module 18. The course is completed via correspondence. Students study and master the content of modules contained in "Mastering Essential Oils: The Integrative Essential Oil Certification Program" (spiral-bound book) and "Evidence-Based Essential Oil Therapy: The Ultimate Guide to the Therapeutic and Clinical Application of Essential Oils" (paperback). Once the student feels they have mastered a module they take an open book test in the Learning Management System (LMS), complete any hands-on assignments and case-studies required for the module, and submit an independent research paper. Once the entire course is complete the student takes a final exam the covers all of the modules completed. Future additions may include video and live trainings.

## **19. How is this certification different from other certifications available?**

The Integrative Essential Oils Certification Program teaches the full potential of essential oils and all of its uses, which is contrary to virtually all other certification programs that tend to focus on a narrow approach to usage (topical an inhalation only). In addition, the program is unmatched in the evidence and scientific references provided throughout the course to validate the use of essential oils.

