

# LEVEL 1 AROMATHERAPY CERTIFICATION COURSE



ACCREDITED BY THE NATIONAL ASSOCIATION FOR HOLISTIC AROMATHERAPY (NAHA)

## Course

Foundation in Aromatherapy (Level 1)

## Duration

Approximately 90 hours (Zoom Live Classes + Recorded Tutorials in Google Classroom + Physical Class as per arrangement, if required)

## Schedule

Every Tuesday & Thursday (7:30pm-9:30pm)  
Estimated 20 weeks, subject to adjustment based on learning progress

## Course Outline

### Practical Module

- Oil Blending Techniques

### Module 1

- Anatomy and Physiology
- Production and Methods of Extraction for Essential Oils
- Aromatherapy History

### Module 2

- Physiological Effects of Essential Oils
- Physical and Emotional Effects of Essential Oils
- Basic Chemistry

### Module 3

- 20 Essential Oil Profiles
- Diluent Profiles

### Module 4

- Blending Techniques
- Methods of Application

### Module 5

- Safety Concerns
- Code of Ethics

## Tutor

Ms Helen Ding  
Certified Aromatherapist and Tutor

## Fees

Course Fee: SGD \$1,600  
Assessment Fee: SGD \$100

## Assessment

Examination: Multiple Choice & Short Answer Questions  
Case Studies: 5 Case Studies

### Important Information

1. The class schedule may be extended past 20 weeks, depending on students' learning progress.
2. Your certificate will be issued upon passing your examination and completing the number of required case studies.
3. You are allowed to defer your examination once at no extra cost. Additional fees will be charged for any subsequent deferrals.
4. Course fees excludes the NAHA membership fee and cost of essential oils.
5. As a student, you are entitled to a student discount when purchasing sample essential oils from Nila Singapore.
6. Terms and Conditions apply.



# LEVEL 2 AROMATHERAPY CERTIFICATION COURSE



ACCREDITED BY THE NATIONAL ASSOCIATION FOR HOLISTIC AROMATHERAPY (NAHA) AND THE INTERNATIONAL FEDERATION FOR PROFESSIONAL AROMATHERAPISTS (IFPA)

## Course

Professional Certification in Aromatherapy (Level 2)

## Duration

Approximately 220 hours (Zoom Live Classes + Recorded Tutorials in Google Classroom + Physical Class as per arrangement, if required)

## Schedule

Dates and times to be advised  
Estimated 33 weeks, subject to adjustment based on learning progress

## Course Outline

### Practical Module

- Simple Distillation Process
- Aromatherapy Products (Lip balm and lotion, subject to change)

### Module 1

- Anatomy and Physiology

### Module 2

- Historical and Philosophical Perspectives
- Cultivation and Production of Quality Essential Oils
- Smell and Aromatherapy Theory
- Therapeutic Blending with Essential Oils

### Module 3

- Fixed oils and other carriers
- Foundational Science
- Hydrolats
- 52 Essential Oil Profiles

### Module 4

- Aromatherapy in Clinical Practice (without massage)
- Pharmacology and Safe Therapy
- Practical Aromatherapy Skills (Aromatherapy Treatment, Aftercare and Consultation Template)

### Module 5

- Safety Concerns
- Code of Ethics
- Business Development

## Tutor

Adeline Lim, Founder of NIA Singapore and Malaysia Certified Aromatherapist and Principal Tutor

## Fees

Course Fee: SGD \$3,700  
Assessment Fee: SGD \$500

## Assessment

Examination: Multiple Choice & Short Answer Questions, Written Examination, Research Paper, Business Proposal  
Case Studies: 10 Case Studies (*inclusive of 5 case studies from Level 1*)

### Important Information

1. The class schedule may be extended depending on students' learning progress.
2. Your certificate will be issued upon passing your examination and completing the number of required case studies.
3. You are allowed to defer your examination once at no extra cost. Additional fees will be charged for any subsequent deferrals.
4. Course fees excludes the NAHA and IFPA membership fees and cost of essential oils.
5. As a student, you are entitled to a student discount when purchasing sample essential oils from Nila Singapore.
6. Terms and Conditions apply.

Version 3: Last Updated 08/09/2024



# LEVEL 3 AROMATHERAPY CERTIFICATION COURSE



ACCREDITED BY THE NATIONAL ASSOCIATION FOR HOLISTIC AROMATHERAPY (NAHA) AND THE INTERNATIONAL FEDERATION FOR PROFESSIONAL AROMATHERAPISTS (IFPA)

<b>Course</b>	Clinical Certification in Aromatherapy (Level 3)
<b>Duration</b>	<i>Hours to be confirmed on an individual basis</i>
<b>Schedule</b>	<i>Schedule to be confirmed on an individual basis</i>
<b>Course Outline</b>	<ul style="list-style-type: none"><li>• Elective Module (Compulsory)</li><li>• Case Studies</li></ul>
<b>Tutor</b>	Adeline Lim, Founder of NIA Singapore and Malaysia Certified Aromatherapist and Principal Tutor
<b>Fees</b>	Course Fee: SGD \$800 - \$2000, <i>subject to your chosen elective module</i> Assessment Fee: SGD \$800
<b>Assessment</b>	20 Case Studies (inclusive of 10 case studies from Level 1 and Level 2)
<b>In-Field Training</b>	Minimum 1 year Clinical Experience

## Important Information

1. Your certificate will be issued upon completion of your elective module, in-field training and case studies as per the assessment requirements.
2. Course fees excludes the NAHA and IFPA membership fees and cost of essential oils.
3. As a student, you are entitled to a student discount when purchasing sample essential oils from Nila Singapore.
4. Terms and Conditions apply.



# AROMATHERAPY CERTIFICATION COURSE



ACCREDITED BY THE NATIONAL ASSOCIATION FOR HOLISTIC AROMATHERAPY (NAHA)  
AND THE INTERNATIONAL FEDERATION FOR PROFESSIONAL AROMATHERAPISTS (IFPA)

## Foundation of Aromatherapy (NAHA Level 1)

**Course (S\$1600)**

*\*Approximately 90 hours*

*\*5 case studies required*

**Assessment Fee (S\$100)**

## Professional Certification in Aromatherapy (NAHA Level 2 & IFPA)

**Course (S\$3700)**

*\*Approximately 220 hours*

*\* 10 case studies required*

*(inclusive of 5 case studies from Level 1),  
research paper, and business proposal*

*\*Includes learning materials and  
curriculum up to NAHA Level 3*

**Assessment Fee (S\$500)**

*\*Eligible for IFPA membership and  
NAHA Level 2 Professional  
Aromatherapist application*

## Clinical Certification in Aromatherapy (NAHA Level 3 & IFPA)

**Elective Module (S\$800-\$2000)**

*\*Fee is subject to your  
chosen elective module*

*\*20 case studies required*

*(inclusive of 10 case studies from Level 2)*

*\*Refer to your tutor for final details*

**Assessment Fee (S\$800)**



### Important Information

1. Fees listed are subject to change due to the adjustment of learning programme.
2. All fees do not include NAHA/ IFPA membership fees.