

## The Aromatherapist/Aromatologist

An Aromatherapist/Aromatologist is an educator and consultant with expertise in the clinical application of essential oils to promote and establish physical, emotional and spiritual well-being. The term Aromatherapist is sometimes confused due to the growing number of massage or bodywork professionals who add Aromatherapy to their existing practice.

### The Aromatherapist/Aromatologist

- ④ Recognizes that achieving good health requires a proper diet, fresh clean water, fresh air, sunlight, exercise and rest.
- ④ Teaches his/her client how to achieve and sustain good health on a daily basis through following the fundamentals of good health, and using essential oils, herbs, homeopathics, and other natural modalities to supplement their healthy lifestyle, if necessary.
- ④ Is a holistic healer that addresses each client's physical, mental and emotional aspects, as good health requires balance in all areas.
- ④ Recognizes when allopathic (traditional) healthcare may be necessary, and is always ready to refer a client to his/her primary care physician for diagnosis and treatment.
- ④ Empowers his/her client to achieve improved health, both today and for the future, through addressing any imbalances caused by improper nutrition, poor quality sleep, insufficient water, lack of exercise , fresh air and relaxation.
- ④ Helps clients to evaluate their lifestyle choices, to isolate and change any potential causes of ill health.

### The Aromatherapist/Aromatologist Does Not:

- ④ Diagnose disease. An Aromatologist performs evaluations; including Aromaflexology, to determine causes of potential health problems, but they do not diagnose disease. An Aromatologist will always refer a client back to their primary care physician for diagnosis, if necessary.
- ④ Treat or cure disease. An Aromatologist's focus is on health and education, not disease. An Aromatologist empowers client's to take charge of their own health.
- ④ Prescribe pharmaceutical drugs. Aromatologists teach client's about essential oils, herbs, homeopathic remedies, homeobotanical remedies, flower essences, dietary supplements and nutrition.

- Ⓢ Perform invasive procedures. Depending on training and/or licensing, a Natural Health Practitioner may use hands on techniques, such as Reflexology, Aromaflexology, or "M" Technique. Aromatherapists/Aromatologists do not perform any invasive procedures, give injections or draw blood.
- Ⓢ Perform a physical examination. Aromatologists are not licensed to perform any "hands-on" work or examination. There is an exemption in the Colorado Massage Law regarding the manipulation of the soft tissue of the hands, feet, and ears which makes it possible for an Aromaflexologist (Swiss Reflex Therapist) to provide "hands-on" care.

### **The Client's Role**

- Ⓢ To provide the Aromatologist with information regarding previous treatment and any current treatments.
- Ⓢ To complete the Confidential Client form. To review the information with the Aromatologist to ensure there are no misunderstandings with regard to the information given to the Aromatologist.
- Ⓢ To complete the Informed Consent form.
- Ⓢ To consider medical attention, if recommended by the Aromatologist.
- Ⓢ To consider diet and exercise, as recommended by the Aromatologist.
- Ⓢ To consider stress relief, if recommended by the Aromatologist.
- Ⓢ To ask questions. Be clear about the information given by the Aromatologist.
- Ⓢ To consider any options presented by the Aromatologist. While under no obligation to follow any suggestions for lifestyle changes, it is the client's decision as to whether or not to use any or all of the suggestions outlined by the Aromatologist.
- Ⓢ To make a commitment to his/her own good health and wellness.