



Client/Practitioner Roles

The Aromatherapist

An Aromatherapist is an educator and consultant with expertise in the clinical application of essential oils to promote and establish physical, emotional, and spiritual wellbeing. 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's role

- ◆ Recognizes that achieving good health requires a proper diet, fresh clean water, fresh air, sunlight, exercise and rest.
- ◆ 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, homeopathic remedies, and other natural modalities to supplement their healthy lifestyle, if necessary.
- ◆ Is a holistic healer that addresses each client's physical, mental, and emotional aspects, as good health requires balance in all areas.
- ◆ 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.
- ◆ 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.
- ◆ Helps clients to evaluate their lifestyle choices, to isolate and change any potential causes of ill health.

The Aromatherapist Does Not:

- ◆ Diagnose disease. An Aromatherapist may perform evaluations; including Aromaflexology, to determine causes of potential health problems, but they do not diagnose disease. An Aromatherapist will always refer a client back to their primary care physician for diagnosis, if necessary.
- ◆ Treat or cure disease. An Aromatherapist's focus is on health and education, not disease.
- ◆ An Aromatherapist empowers clients to take charge of their own health.
- ◆ Prescribe pharmaceutical drugs. Aromatherapists educate clients about essential oils, herbs, homeopathic remedies, botanical remedies, flower essences, dietary supplements, and nutrition.
- ◆ Perform invasive procedures, give injections, or draw blood. Depending on training and/or licensing, a Natural Health Practitioner such as an Aromatherapist may use hands-on techniques, such as Reflexology, Aromaflexology, or "M" Technique.
- ◆ Perform a physical examination. Aromatherapists 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 to provide "hands-on" care.



The Client's Role

- ◆ To provide the Aromatherapist with information regarding previous treatment and any current treatments.
- ◆ To complete the confidential **Client Intake** form. To review the information with the Aromatherapist to ensure there are no misunderstandings regarding the information given to the Aromatherapist.
- ◆ To complete the **Informed Consent** form.
- ◆ To acknowledge this **Client/Practitioner Roles** form.
- ◆ To consider medical attention, if recommended by the Aromatherapist.
- ◆ To consider diet and exercise, as recommended by the Aromatherapist.
- ◆ To consider stress relief, if recommended by the Aromatherapist.
- ◆ To ask questions. Be clear about the information given by the Aromatherapist.
- ◆ To consider any options presented by the Aromatherapist. While under no obligation to follow any suggestions for lifestyle changes, it is the client's decision as to whether to use any or all of the suggestions outlined by the Aromatherapist.
- ◆ To make a commitment to his/her own good health and wellness.