

CCCS Foundation Aromatherapist Certification Training

Course Introduction

Essential oils are becoming increasingly popular, yet for many people, aromatherapy still means little more than “something that smells nice”.

You may have bought essential oils but don’t know how to assess their quality. You may be using essential oils but are unsure about the correct dilution ratios. Perhaps you would love to create blends for your family, but worry about using the wrong oils or concentrations.

And if you have ever thought about taking your knowledge to a more professional level, the high cost and hundreds of training hours required by many international aromatherapy programmes can feel overwhelming.

The **CCCS Foundation Aromatherapist Certification Training** is a systematic introductory course specially designed for beginners.

Over **10 hours across 2 days**, you will explore the fascinating history of aromatherapy, gain an in-depth understanding of **9 core essential oils and 6 carrier oils**, learn how essential oils interact with our emotions, understand essential oil safety and contraindications, and discover the principles behind creating your own blends.

You will also put your knowledge into practice by personally formulating and creating your own **10ml essential oil blend**.

We don’t simply teach you recipes to memorise.

We teach you how to understand essential oils and how to formulate blends with confidence.

By the end of these two days, you won’t simply be someone who uses essential oils. You will have developed a structured foundation of aromatherapy knowledge, practical blending skills and a recognised foundation-level aromatherapy certification.

Who Is This Course For?

This course is designed for you if you identify with any of the following:

1. Essential oil enthusiasts who want to move from “using by intuition” to “using with knowledge”

You may already own several essential oils but are unsure how to assess their quality or what terms such as **Top, Middle and Base Notes** actually mean. You are ready to understand the principles and science behind essential oils.

2. Anyone who wants to care for their family using natural approaches

Perhaps your child experiences occasional respiratory discomfort, your partner struggles to unwind or sleep after a stressful day, or an elderly family member experiences stiffness and discomfort.

You have essential oils at home, but you are unsure how to use them appropriately and safely — particularly with **children, pregnant women and older adults**.

3. Anyone interested in aromatherapy but intimidated by the high barrier to entry

You may have explored international aromatherapy certification programmes costing tens of thousands of ringgit and requiring hundreds of hours of study.

This course provides a more accessible and structured starting point for you to experience aromatherapy education before deciding how far you would like to take it.

4. Wellness and holistic practitioners who want to incorporate aromatherapy into their existing services

Whether you are a wellness practitioner, facilitator, massage therapist, counsellor or working in another complementary field, this course provides you with a systematic framework for understanding and incorporating essential oils into your work.

5. New essential oil users, members or wellness advocates

If you have recently started using essential oils and want to develop a stronger foundation of knowledge, this course can help you move from simply being a consumer to becoming someone who **understands essential oils, knows how to formulate blends and can share informed recommendations with greater confidence.**

What Will You Gain?

After completing this two-day training, you will be able to:

- Understand how to evaluate essential oil quality — from extraction methods to reading labels — so you can make more informed choices rather than relying on marketing claims.
- Develop an in-depth understanding of **9 core single essential oils and 6 carrier oils**, including their characteristics, applications and blending principles.
- Understand how aromatic compounds interact with the **limbic system** and learn how to formulate emotional-support blends for concerns such as stress, anxious feelings, sleep and fatigue.
- Confidently work with **dilution ratios and drop-based blending methods**, developing the ability to formulate rather than simply memorise recipes.
- Understand important **essential oil safety guidelines and contraindications**, particularly for pregnant women, children and older adults.
- Design and create your own personalised **10ml essential oil blend** to take home.
- Receive the **CCCS Aromatherapist Certification**, supported by a programme aligned with the **TTQS Talent Quality-management System**.

Course Outline

Day 1 — Building the Foundation: Understanding the Science of Aroma

Module 1 — The Fascinating Journey of Aromatherapy

Discover the historical development of aromatherapy and how aromatic plants have been used across cultures.

Module 2 — The Versatile Applications of Aromatherapy

Explore the different ways aromatherapy can be incorporated into everyday wellness and lifestyle practices.

Module 3 — Essential Oil Fundamentals

Understand what essential oils are, how they are produced, how quality can differ and the fundamental principles every essential oil user should know.

Module 4 — Exploring Essential Oils & Carrier Oils

Take a deeper look at 9 core essential oils and 6 carrier oils, their characteristics and how they work together.

Day 2 — Unlocking Emotions & Mastering the Art of Blending

Module 5 — Essential Oils & Emotional Wellbeing

Understand the relationship between aroma, emotions and the limbic system, and learn the principles behind creating emotional-support blends.

Module 6 — The Art & Science of Essential Oil Blending

Learn dilution ratios, aromatic notes, blending principles and how to create balanced formulations for different purposes.

Module 7 — Essential Oil Safety, Precautions & Contraindications

Learn how to use essential oils responsibly, including important considerations for children, pregnant women and older adults.

Module 8 — Aromatherapy Laboratory: Hands-On Blending

Under the guidance of your instructor, you will design and personally create your own **10ml essential oil blend**.

This is where knowledge becomes practical skill — something you can confidently take home and use.

Certification

Upon successful completion of the course, participants will receive:

CCCS Aromatherapist Certification

Issued by 中华 CCCS 职能认证教育学会

Quality Assurance

The programme is supported by Taiwan's **TTQS (Talent Quality-management System)** under the Ministry of Labor.

From Essential Oil User to Confident Aromatherapist

If you love essential oils but have always wanted to understand **why they work, how to choose them, and how to blend them properly**, this course gives you a structured place to begin.

2 Days · 10 Hours · Hands-On Training · Certification

Come with curiosity.

Leave with knowledge, practical blending skills and greater confidence in the world of aromatherapy.