

102-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	芳香療法	Serial No. / ID	1631 / BTI4033
Dept.	生物產業科技學系	School System / Class	大學日間部4年1班
Lecturer	許家言	Full or Part-time	兼任
Required / Credit	Optinal / 2	Graduate Class	Yes
Time / Place	(一)56 / H566	Language	Chinese

Introduction
<p>The plant itself can release a variety of volatile oils, these fragrant essential oils, in addition to giving people sniff feeling comfortable, beneficial to the physical and mental adaptation and the role of insecticidal, antimicrobial and health care, which is "aromatherapy"basic essence.</p> <p>The composition of the essential oils by the scent of the essential oils of sniff, or by skin into the body to relieve stress, improve self-healing power, improve the health of the health benefits of own with the surrounding family and friends can reach the body, mind, and spirit Trinity-the all-round healthy and harmonious to the pursuit of the health of the body, the mind itself, wisdom, spirituality.</p>

Outline
<ol style="list-style-type: none"> 1. Introduction and history of aromatherapy 2. Plant types and characteristics of herbs 3. Cultivation management of herbs 4. The methods and techniques of essential oils extraction 5. Characteristics and quality of essential oils 6. The mechanism of action of the essential oils 7. Safety use guidelines of essential oils 8. Awareness and use of the carrier oils 9. Modulation techniques of essential oils 10. Skin system and body care with essential oils 11. Home aromatherapy and health 12. Recognize 20 kinds of basic essential oils

Prerequisite
<p>Students learning this course should have basic ability and Advanced Placement courses are as follows:</p> <ol style="list-style-type: none"> 1. Biology: Students should have the understanding of the basis of knowledge of the biology. 2. Botany: Students should have understanding of the classification of plants, plant physiology, cultivation and management techniques. 3. Human Physiology: Students should have the understanding of the physiological metabolism of human tissues, organs and systems function.

4. Psychology: Students should have the understanding of the basic theories of psychology and release pressure.