

The Barefoot Dragonfly

7601 Pheasant Rock Road, Austin, TX 78729
www.thebarefootdragonfly.com ▪ 512-666-9374

INTRODUCTION TO HYDROSOLS

Course: Introduction to Hydrosols

Course Description: Hydrosols are the aromatic distillate obtained in steam/hydro distillation of aromatic plants. Used in aromatherapy to restore or maintain wellness of mind, body, and spirit, hydrosols have a variety of applications and uses.

Course Goal: Upon successful completion of this course students will be able to: understand and employ hydrosols in cosmetic, culinary, and therapeutic applications. Understand and explain safety, contraindications, and cautions of hydrosol use to the community. Intro to Hydrosols is part of The Barefoot Dragonfly 200-hour practitioner course designed to prepare students for a career path as an aromatic therapies practitioner, or aromatherapist. No prerequisite is required for students to attend this course.

Class Location: The Barefoot Dragonfly Classroom located at 7601 Pheasant Rock Road, Austin, TX 78729.

Class Hours: 16

Instructor: Amy Kreydin, NBCR, CCAP, BD

Contact Phone Number: (512) 666-9374 (cellular)

E-Mail Address: amy@thebarefootdragonfly.com

Office Hours: Before and after class by appointment

Instructor Bio: Amy Kreydin, Board Certified Reflexologist and Clinical Aromatherapist, has been in private practice since 2004. Kreydin received her certificate as a Certified Reflexologist from the Palmer Institute in Salem, MA in 2004, and was awarded her board certificate in Reflexology from the American Reflexology Certification Board in 2006. She trained at a Harvard teaching hospital in Boston, MA and obtained her Certified Clinical Aromatherapy Practitioner (CCAP) in 2011. She has lectured and taught classes in massage and acupuncture schools, hospitals, and clinics since 2007. Kreydin is passionate about whole body wellness and loves helping folks reach their health goals to live an abundant, vibrant, and balanced life.

Required Materials:

- Materia Aromatica Student Manual written by Amy Kreydin
- Writing paper and utensils should be brought to each class

The Barefoot Dragonfly

7601 Pheasant Rock Road, Austin, TX 78729
www.thebarefootdragonfly.com ▪ 512-666-9374

INTRODUCTION TO HYDROSOLS

General Objectives:

Upon successful completion of the course, the student should be able to:

- Identify the extraction and production methods and quality control for authentic, pure hydrosols and the differences between artisanal hydrosols and biowaste water in the production of essential oils.
- Demonstrate organoleptic testing process for both taste and odor of authentic hydrosols.
- Formulate cosmetic, culinary, and therapeutic products featuring hydrosols.
- List scenarios when hydrosols would be indicated instead of essential oils for an aromatic therapy application.
- Demonstrate knowledge of current information on safety guidelines, including special guidelines for children, pregnancy, and the ill.

General Class Structure: The class will be conducted once a week unless otherwise noted. During lab sessions, students will develop their practical skills and discuss any challenges they encounter with respect to new material.

Methods of Instruction: The class will be taught with a combination of audiovisual presentations using overhead projector, whiteboard or paper chart, lecture, demonstration, and laboratory.

Evaluation:

- A. Measurement, Cognitive: Weekly quizzes will be given to assess the student's knowledge of concepts, principles, techniques and procedures as related to the instructional material. Students are expected to take all tests at the assigned time.
- B. Measurement, Practical: Proficiency in laboratory will be measured by student demonstration of required skills.
- C. Determination of a final grade:
- | | |
|-----------------------------------|------------|
| Class Participation and Projects: | 15% |
| Weekly Quizzes: | 15% |
| Case Studies (Homework): | 30% |
| Final Exam: | <u>40%</u> |

Total: 100%

Grades A, B, and C will pass, grades D and F will fail

Attendance Policy: Attendance is required. Students who miss more than 30 minutes of a class will be recorded as Absent. Absences **will** impact the final grade. Students

The Barefoot Dragonfly

7601 Pheasant Rock Road, Austin, TX 78729
www.thebarefootdragonfly.com ▪ 512-666-9374

INTRODUCTION TO HYDROSOLS

missing more than 30% of classes will be considered troubled. Students missing more than half of all sessions will receive an automatic Failing Grade.