SYLLABUS

1. Course title:

AROMATHERAPY

2. Code:

3. Cycle of study:

I

4. ECTS credits:

3

5. Type of course:

Elective

6. Prerequisites:

No

7. Class restrictions:

No

8. Duration / semester(s):

1 | 5

9. Weekly contact hours and student workload:

Semester (1)	5	Semester (2)		(for two-semester courses)	Workload: (hours)
9.1. Lectures	2			Classes:	56.25
9.2. Seminars	-			Individual work:	28.67
9.3. Laboratory / Practice classes	-			In total:	84.92

10. Faculty:

FACULTY OF PHARMACY

11. Department/study program:

COSMETOLOGY

12. Lecturer:

Ermina Cilović Kozarević, Ph.D., M.Pharm, Associate professor

13. Course aims:

Introducing students to the basics of aromatherapy, the physiological and chemical principles of action of essential oils, their application in cosmetology, as well as safety measures during use.

14. Learning outcomes:

After successfully completing the course, the student will be able to: identify and distinguish the main types of essential oils and their chemical constituents, understand the mechanisms of action of essential oils on the skin and the body, properly apply essential oils in cosmetic preparations and treatments, recognize contraindications and safety aspects of aromatherapy.

15. Course content:

- Introduction to aromatherapy. History and development of aromatherapy. Basic concepts: essential oils, carriers, absorption.
- Chemical composition of essential oils (terpenes, esters, alcohols, ketones, aldehydes). Factors affecting oil quality (distillation, origin, storage).
- Methods of extraction and obtaining essential oils (distillation, cold pressing, enfleurage, CO_2 extraction).
- Pharmacological and cosmetic effects of essential oils: antibacterial, antiviral, anti-inflammatory effects, effects on the skin (anti-aging, seboregulation, hydration).
- Methods of applying aromatherapy; inhalation, massage, baths, compresses; application in cosmetic treatments of the face and body.
- The most commonly used essential oils in cosmetics (lavender, tea tree, rosemary, eucalyptus, lemon, geranium, sandalwood).
- Safety in use; dosage, sensitivity tests, contraindications; pregnancy, children, photosensitivity.
- Aromatherapy and psychophysical well-being. The influence of scent on mood and stress. Aromas in the spa and wellness industry.
- Seminars

16. Learning methods:

Lectures (L)-Method of presentation, perception, conversation, consultation
Students are required to attend lectures and actively participate in them through discussion, based on the knowledge acquired from the lectures.
The student's seminar paper is a mandatory team project.

17. Assessment methods:

Knowledge testing methods: final exam, seminar paper. The final exam is written and/or oral in the scheduled exam times and contains essay questions, questions with short answers, and questions with multiple choice answers. Topics for seminar papers are assigned by the teacher at the beginning of the semester. Seminar papers are done in groups and defended publicly during lectures.
The exam grade is determined according to the following scale:

Student obligations	Points
Seminar paper	50 (minimum 28 points)
Final test	50 (minimum 26 points)

18. Assessment components:

The final success of the student is evaluated using the grading scale as follows:
10 (A) - exceptional success without mistakes or with minor mistakes, 95-100 points
9 (B) - above average, with some errors, 85-94 points;
8 (C) - average, with noticeable errors, 75-84 points;
7 (D) - generally good, but with significant shortcomings, 65-74 points;
6 (E) - meets the minimum criteria, 54-64 points;
5 (F, FX) - does not meet the minimum criteria, less than 54 points.
Grade 6 is the lowest passing grade.

19. Mandatory reading list:

1. Hoare Joanna (2009). Aromaterapija (256 str.).

20. Additional reading list:

Price, S. & Price, L. – Aromatherapy for Health Professionals

21. Web sources:

22. Applicable from the academic year:

2025/2026

23. Adopted in the Faculty/Academy session: