

ARC™ Registration Examination in Aromatherapy



Candidate Handbook 2021

Application Deadline*	Testing Window
March 10, 2021	April 10 – April 24, 2021
September 15, 2021	October 9 – October 30, 2021

***Applications will not be accepted after 11:59pm Eastern on this date**

Administered by:



1350 Broadway, Suite 800 | New York, NY 10018

www.ptcny.com/contact

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This Handbook contains necessary information about the Registration Examination in Aromatherapy. Please retain it for future reference. Candidates are responsible for reading these instructions carefully. This Handbook is subject to change.

CONTACT INFORMATION

<p>Professional Testing Corporation (PTC)</p> <p>www.ptcny.com</p> <p>(212) 356-0660</p>	<ul style="list-style-type: none"> • Apply for examination • Obtain general application policy and procedure information • Obtain information about testing policies and procedures • Transfer to a new testing period • Request Special Accommodations • Request Hand Score/Score Transfer • Question about score reports • Miscellaneous inquiries
<p>Prometric</p> <p>www.prometric.com/ARC</p> <p>(800) 741-0934</p>	<ul style="list-style-type: none"> • Schedule test appointment • Reschedule test appointment (within a testing period) • Cancel test appointment • Find directions to test site • Questions regarding testing sites and appointments
<p>Aromatherapy Registration Council (ARC™)</p> <p>www.aromatherapycouncil.org</p> <p>https://aromatherapycouncil.org/contact/info@aromatherapycouncil.org</p>	<ul style="list-style-type: none"> • General information • Reregistration Information • Name and address changes – please see https://aromatherapycouncil.org/updating-your-info/

ATTENTION CANDIDATES

This handbook contains necessary information about the ARC™ Registration Examination in Aromatherapy. It is required reading for those applying and taking the examination. All individuals applying for the examination must comply with the policies, procedures, and deadlines in this Handbook and attest to this by signing the Candidate Attestation found on the application. Please retain this handbook for future reference. This handbook is subject to change. See www.ptcny.com for handbook updates.

MISSION

The Aromatherapy Registration Council™ (ARC™) has developed and administers the Registered Aromatherapist™ registration program as a means to fulfill its mission of promoting the safe delivery and effective practice of aromatherapy, with the ultimate purpose of protecting public health and safety. The ARC™ Registration Examination in Aromatherapy assesses the knowledge and skills of entry-level aromatherapists in order to encourage a high level of competence among aromatherapy practitioners. Registration in aromatherapy is highly valued and provides formal recognition of a high level of knowledge in the field.

NON-DISCRIMINATION STATEMENT

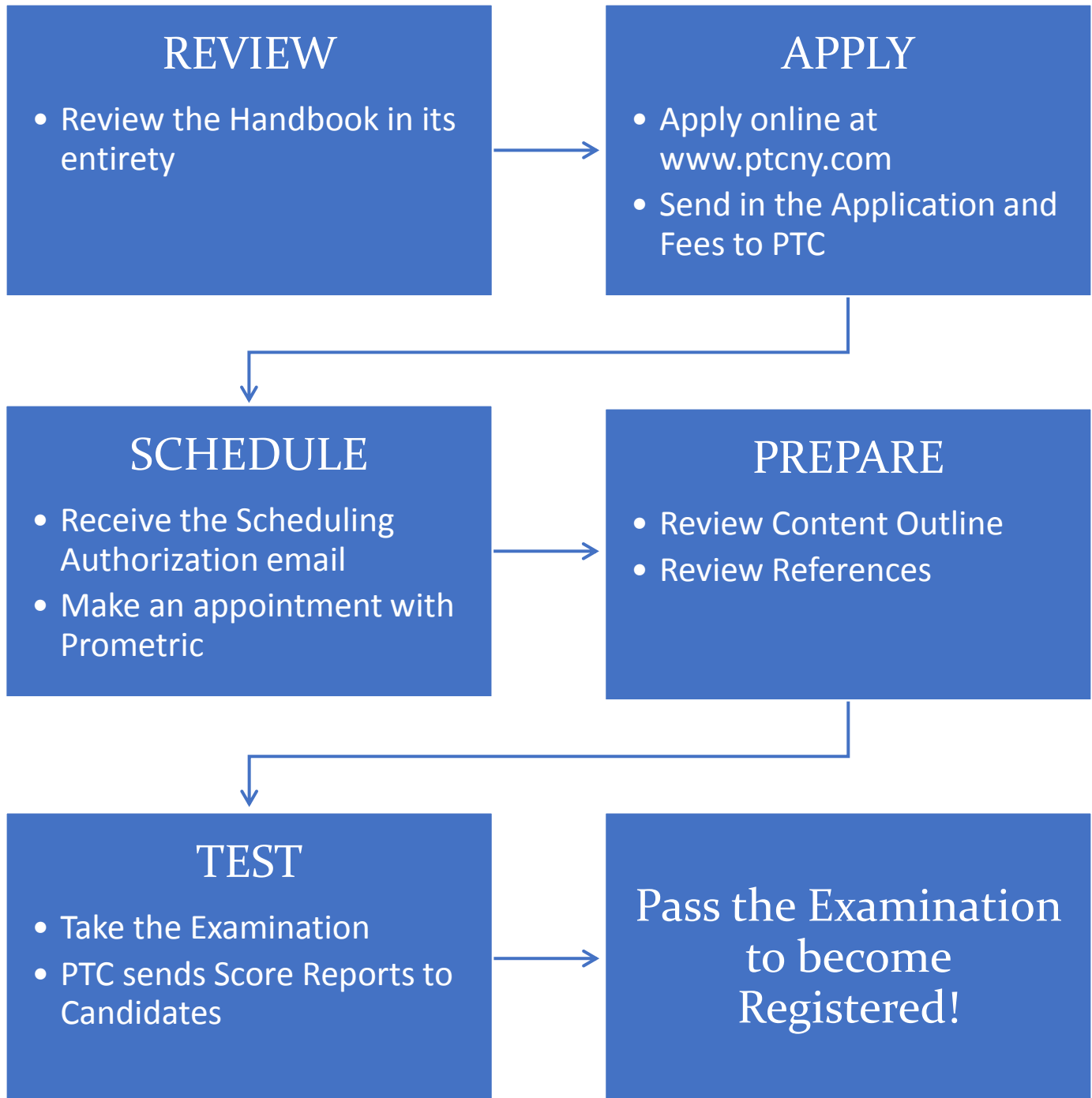
ARC™ is committed to adhering to the legal and moral principles of fairness and due process throughout its registration program and endorses the principles of equal opportunity. ARC™ will not discriminate among candidates to the Registered Aromatherapist program based on race, religion, sex, national or ethnic origin, marital status, veteran status, age, disability, sexual preference, or gender identity. ARC™ endeavors to administer its registration program in accordance with standards established by the National Council on Measurement in Education, the American Educational Research Association, the American Psychological Association, and the US Equal Employment Opportunity Commission, and with full consideration of the Civil Rights Act of 1964 and the Americans with Disabilities Act.

REGISTRATION IS NOT A GUARANTEE

Needless to say, no registration can attest to the on-going performance or complete adherence to safety standards of registrants. Therefore, ARC™ cannot and does not represent, warrant, or guarantee the quality of any Registered Aromatherapist's performance. However, ARC™ welcomes input about its standards and its candidates.

Comments and concerns should be submitted by contacting the Aromatherapy Registration Examination, Professional Testing Corporation (PTC), www.ptcny.com/contact or Aromatherapy Registration Council™, 5005 SW Macadam Avenue, Portland, Oregon, USA 97239, Email: contact@aromatherapycouncil.org info@aromatherapycouncil.org.

THE REGISTRATION PROCESS



ELIGIBILITY REQUIREMENTS

1. Education and organizational membership:
 - a. Successful completion of a minimum of a 200-hour Level II in aromatherapy from a college or school that is in compliance with the current National Association for Holistic Aromatherapy (NAHA) AND Alliance of International Aromatherapists (AIA) Educational Guidelines OR evidence of equivalent training. Transcripts and/or syllabi must be uploaded to your Application. A determination of equivalency shall be made by the ARC™ Board in its sole reasonable discretion.
 - b. Current membership in either NAHA or AIA
2. Agreement to adhere to the ARC™ Disciplinary Policy
3. Agreement to the online Candidate Consent Form
4. Completion and submission of the Online Application for ARC™ Registration Examination in Aromatherapy
5. Payment of required fees

COMPLETION OF APPLICATION

Step 1 – Complete Application

Go to <http://www.ptcny.com/test-sponsors/ARC> to view examination testing periods, application deadlines, and link to the online application. You must complete the examination application in full, using your first and last name exactly as it appears on your current government issued photo ID such as a driver's license or a passport. Applications are not considered complete until all information and payment have been provided. The completed application must be submitted and paid for online. Retain the link to the application and your login information.

Please note, for new applications you will be asked to create a PIN number. This PIN will be used if you need to go back into your existing application.

Step 2 – Submit Examination Fee and Application for Review

Receive email from PTC stating that your payment and application have been received and are under review.

Step 3 – Receive Approval of Application

Receive email from PTC stating that your application has been approved.

Step 4 – Receive Scheduling Authorization and Schedule Testing Appointment

Within eleven (11) weeks prior to the start of the testing period, candidates will receive a Scheduling Authorization from PTC via email from notices@ptcny.com. The Scheduling Authorization includes a PTC Candidate ID Number and information on how to set up your examination location, date, and time through Prometric. Retain this document.

You must present your current driver's license, passport, or U.S. Military ID at the testing center at the time of your examination appointment or you will be refused admission. The name on the ID must exactly match the name on the Scheduling Authorization.

Applicants who are not approved to sit for the examination or whose applications are incomplete 21 days prior to the first day of the testing window will receive a refund of their application fee minus the \$75 administrative fee. Refunds will be processed approximately 30 days after the end of the testing period.

EXAMINATION ADMINISTRATION AND SCHEDULING

The ARC™ Registration Examination in Aromatherapy is administered during an established two-week testing window on a daily basis, excluding holidays, at computer-based testing facilities managed by Prometric.

Scheduling Examination Appointments



Approximately eleven (11) weeks prior to the start of the testing window, approved candidates will be emailed a Scheduling Authorization from **notices@ptcny.com**. Please ensure you enter your correct email address on the application and add the 'ptcny.com' domain to your email safe list. If you do not receive a Scheduling Authorization eight (8) weeks prior to the start of your chosen testing window, contact the Professional Testing Corporation at (212) 356-0660 or online at www.ptcny.com/contact.

The Scheduling Authorization will indicate how to schedule your examination appointment with Prometric as well as the dates during which testing is available. Appointment times are first-come, first-served, so schedule your appointment as soon as you receive your Scheduling Authorization in order to maximize your chance of testing at your preferred location and on your preferred date. **Candidates who wait until the last minute run the risk of missing out on their preferred date, time, and testing center. Candidates unable to schedule an appointment will forfeit their fees.**

Candidates unable to take the examination during their chosen testing window will need to reapply for the examination and pay a new application fee. See page 8 for more information on transferring to a new testing window.

After you make your test appointment, Prometric will send you a confirmation email with the date, time, and location of your exam. Please check this confirmation carefully for the correct date, time, and location. Contact Prometric at (800) 741-0934 if you do not receive this email confirmation or if there is a mistake with your appointment.

Note: International candidates may also schedule, reschedule, or cancel an appointment online at www.prometric.com/ARC.

IMPORTANT!

You **MUST** present your current driver’s license, passport, or U.S. military ID at the test center. Expired, temporary, or paper driver’s licenses will **NOT** be accepted.

The first and last name on your Scheduling Authorization **MUST** exactly match the first and last name on your photo ID. **Fees will not be refunded for exams missed because of invalid ID.**

Rescheduling Examination Appointments within a Testing Period

Candidates are able to reschedule their examination appointments within the same testing period as long as the request is submitted within the timeframe described below. Reschedule within the permitted time frame by calling or going to the Prometric website: www.prometric.com/ARC.

Time Frame	Reschedule Permitted?	Stipulations
Requests submitted 30 days or more before the original appointment	Yes	None
Requests submitted 29 to 5 days before the original appointment	Yes	Candidate must pay Prometric a rescheduling fee of \$50.
Requests submitted less than 5 days before the original appointment	No	Candidates who do not arrive to test for their appointment will be considered a no-show and all their examinations fees will be forfeited. Candidates will need to reapply and pay full examination fees for a future testing period.

Transferring to a New Testing Period

Candidates unable to take the examination during their scheduled testing period may request a **ONE-TIME** transfer to a future testing period. **There is a transfer fee of \$240.00.** After you have transferred once by paying the \$240.00 fee, you will need to pay the full examination fee in order to transfer a second time; so, ***please plan carefully.***

Please note: requests to transfer to a new testing period must be received within 30 days of your originally scheduled testing period.

Candidates wishing to transfer to a new testing period need to follow the steps below.

1. Go to <http://secure.ptcny.com/apply>.
2. Click “Start New Application.”

3. Choose ARC in the first drop-down menu; then choose the new examination period in the second drop down menu and fill out the rest of the information on the page.
4. Fill out the application making sure you answer yes to the question asking if you are transferring.
5. When you have finished the application, click “Submit Transfer Request.”
6. PTC Support will send you an email letting you know your transfer application was approved and that you can log back into your application and pay the one-time \$240.00 transfer fee.

Call 212-356-0660 if you have any questions regarding the transfer process.

If candidates are unable to attend the examination on the date for which they registered and elect not to transfer to another testing period, the application will be closed and all fees will be forfeited. There will be no refund of fees.

The transfer fee is based on costs and is not punitive in nature. The transfer fee must be paid at the time the request is approved. The candidate is responsible for contacting Prometric and canceling the original examination appointment, if one was made.

Exams may only be transferred to a new testing period once; please plan carefully.

Please note: Transferring your Examination only refers to instances when a candidate is unable to take their exam during a testing period for which they have already applied. Candidates who did not pass their examination and are retaking the examination need to pay the full Examination Fee.

Failing to Report for an Examination



If you fail to report for an examination, you will forfeit all fees paid to take the examination. A completed application form and examination fee are required to reapply for the examination.

EXAMINATION FEES

Fee Type	Amount	Details
Application Fee	US \$360.00	<ul style="list-style-type: none"> Non-refundable¹ Non-transferable Includes testing center fees Includes non-refundable \$75 administrative fee
Transfer Fee (Moving to a new testing window; see page 7)	US \$240.00	<ul style="list-style-type: none"> Applies to candidates who need to move to a new testing period Must submit new application & fee to PTC
Rescheduling Fee (29-5 days prior to scheduled appointment; see page 6)	US \$50.00	<ul style="list-style-type: none"> Applies to candidates who need to move their appointment within their current testing period Payable directly to Prometric Reschedule with Prometric online or over the phone



There will be no refund of fees unless applicants are ineligible for the examination. Ineligible candidates will be refunded their fees minus an administrative fee. No refunds will be issued for applying for the incorrect examination or testing period, for failing to make an examination appointment, or for failing to appear at your scheduled appointment. **Please be advised: Prometric does not have the authority to grant transfers to another testing period or refunds.**

SPECIAL NEEDS

ARC™ and PTC support the intent of and comply with the Americans with Disabilities Act (ADA). PTC will take steps reasonably necessary to make Registration accessible to persons with disabilities covered under the ADA. According to the ADA, an individual with a disability is a person who has a physical or mental impairment that substantially limits a major life activity (such as seeing, hearing, learning, reading, concentrating, walking) or a major bodily function (such as neurological, endocrine, or digestive system). The information you provide and any documentation regarding your disability and special test accommodations will be held in strict confidence.

¹ Applicants who are ineligible to take the examination or whose applications are incomplete by the application deadline will have their examination fees returned minus an administrative fee.

All approved testing accommodations must maintain the psychometric nature and security of the examination. Accommodations that fundamentally alter the nature or security of the exam will not be granted.

Special testing arrangements may be made upon receipt of the Application, examination fee, and a completed and signed Request for Special Needs Accommodations Form, available from www.ptcny.com/PDF/PTC_SpecialAccommodationRequestForm.pdf or by calling PTC at (212) 356-0660.

This Form must be uploaded with the online application no later than 8 weeks prior to the start of your chosen testing period. Candidates who do not submit their Special Accommodations Form with their application may not be able to test during their chosen testing period and therefore be subject to rescheduling or transfer fees.

Only those requests made and received on the official Request for Special Needs Accommodations Form will be reviewed. Letters from doctors and other healthcare professionals must be accompanied by the official Form and will not be accepted without the Form. All requests must be made at the time of application. Accommodations cannot be added to an existing exam appointment.

PREPARING FOR THE EXAMINATION

- Check your government issued photo ID (driver's license, passport or U.S. Military ID) when you make your examination appointment. Is it expired? Does the name on your ID match the name on your Scheduling Authorization email? Proctors at the Prometric testing center will refuse admission to candidates with expired IDs, IDs with names that do not match their records, and temporary paper IDs. Candidates will be marked as no-shows and will forfeit their exam fees.
- Check your PTC Scheduling Authorization email and Appointment Confirmation email from Prometric to make sure everything is accurate (i.e. your name, exam name, appointment date, time and location).
- Make yourself familiar with the location of your chosen testing site and any requirements they may have for parking and check the weather and traffic conditions before you leave for the testing center. Make sure you give yourself plenty of time to arrive as late arrival may prevent you from testing.
- In the event of inclement weather, check the Prometric website for site closures: <https://www.prometric.com/closures>.
- Prometric's website provides information on what you can expect on your test day, including a walkthrough of check in and security procedures: <https://www.prometric.com/test-center-security>.

- This Handbook provides the Content Outline for the Examination (see appendix). Use these to help you start studying for the examination.
- Review the Rules for the Examination on the next page before your appointment.

WHAT TO EXPECT AT THE TESTING CENTER

PTC has partnered with Prometric Testing Centers to deliver examinations to candidates. Here is what you can expect when you arrive at your Prometric Testing Center.

- Candidate Check-In
 - Candidates will be asked to present their IDs
 - Candidates will be asked to empty and turn out their pockets
 - Candidates will be “wanded” or asked to walk through a metal detector
 - Inspection of eyeglasses, jewelry, and other accessories will be conducted. Jewelry other than wedding and engagement rings is prohibited.
 - Religious headwear may be worn into the testing room; however, it may be subject to inspection by a testing center administrator before entry into the testing room is permitted.
 - Prometric provides lockers for candidates to store their purses, mobile phones, jackets, food, drinks and medical supplies.
- During the Exam
 - No breaks are scheduled during the exam. Candidates who must leave the testing room to take a break will not be given extra time on the exam
 - Accessing mobile phones or study materials during the examination is prohibited
 - Smoking is prohibited at the testing center
 - All examinations are monitored and may be recorded in both audio and video format

Please keep in mind: other exams will be administered at the same time as your examination. Therefore, examinees may hear ambient noises such as typing, coughing, or people entering and exiting the testing room that cannot be avoided. Prometric is unable to provide a completely noise-free environment. However, headphones may be requested to minimize impact.

Please see [Prometric’s website](#) for more information about what to expect on testing day.

RULES FOR THE EXAMINATION

Please read the information below carefully. You are responsible for adhering to the examination rules while at the testing center.

- ⇒ You must present your current driver's license, passport, or US Military ID at the testing center. Candidates without valid ID will NOT be permitted to test. Temporary or paper copies of your ID will not be accepted.
- ⇒ No Electronic devices that can be used to record, transmit, receive, or play back audio, photographic, text, or video content, including but not limited to, cell phones, laptop computers, tablets, Bluetooth devices; wearable technology (such as smart watches), MP3 players (such as iPods), pagers, cameras, and voice recorders are permitted to be used and cannot be taken in the examination room. Prometric provides lockers for your personal items.
- ⇒ No papers, books, computers, or reference materials may be taken into or removed from the testing room.
- ⇒ No questions concerning content of the examination may be asked during the examination session. The candidate should read carefully the directions that are provided on screen at the beginning of the examination session.
- ⇒ No smoking, drinking, or eating is permitted in the testing room.
- ⇒ No moving about the room or other behavior distracting to other candidates is permitted.
- ⇒ Candidates are prohibited from leaving the testing room while their examination is in session, with the sole exception of going to the restroom.
- ⇒ Only one (1) candidate at a time will be permitted to use the restroom.
- ⇒ Except with examiners, no talking or other communication is permitted during testing.
- ⇒ Candidates must not copy Registration Examination materials, copy others' work, provided answers to other candidates, use materials not allowed in the testing room, or in any way cheat on the Registration Examination.
- ⇒ Candidates may take up to four (4) hours to complete the Examination.
- ⇒ Candidates should take their time reading the questions. If there is a problem with a question, skip it and come back to it later.



- ⇒ Make an education guess rather than leave an answer blank. Credit will be given for all correct answers.
- ⇒ Bulky clothing, such as sweatshirts (hoodies), jackets, coats, and hats (except hats worn for religious reasons), and most types of jewelry may not be worn while taking the examination. Proctors will ask you to remove such items and place them in your locker. Please see [Prometric's statement on Test Center Security](#) for more information.
- ⇒ All watches and "Fitbit" type devices cannot be worn during the examination.
- ⇒ No food/beverages are permitted inside the testing room. Leave these items in your assigned locker.

Contact PTC at (212) 356-0660 or www.ptcny.com/contact with any questions about the Examination Rules.

Violation of any of the rules listed above may lead to forfeiture of fees, dismissal from the testing room, and cancellation of your test scores.

TESTING CONDITIONS OR EXAMINATION FEEDBACK

Any candidate who feels that the examination effort was negatively impacted by the test center conditions should notify the proctor immediately. The situation should also be reported to PTC at www.ptcny.com/contact within 3 business days of the test appointment. Any comments about the test itself should also be reported to PTC at www.ptcny.com/contact within 3 business days of the test appointment.

For information on the subject matter covered by the Registration Examination, please see Content of Examination, Sample Examination Questions, and Recommended References.

Examiners cannot answer questions regarding the Registration Examination. If a candidate believes that a question is unclear, wrong, or otherwise problematic, he/she may notify ARC™ by submitting a comment form at the time of the Registration Examination or by sending a written complaint within seven (7) days after the Registration Examination by contacting PTC at www.ptcny.com/contact.

ARC™ will NOT consider comments received after this deadline. Candidates should include as much detail and relevant information as possible. ARC™ will review all comments within fourteen (14) business days of receipt and respond in writing.

Comments regarding Registration Examination validity will be reviewed by ARC™ upon referral by testing company staff. The potential changes resulting from this review are generally limited to amending or eliminating the question.

Complaints based on Registration Examination administration practices or other circumstances not related to examination validity will be reviewed and investigated by the ARC™ Board of Directors. If the ARC™ Board of Directors determines that the complaint is frivolous or fails to state a violation of ARC's rules, no further action will be taken. If the ARC™ Board of Directors finds that good cause may exist to

question compliance with ARC™ rules, ARC™ will investigate further in accordance with the ARC™ Disciplinary Policy.

Whether a change is necessary will be determined by ARC™ based upon the nature and severity of the situation. The potential recourse available to affected candidates is limited to a waiver or reduction of fees; A PASSING SCORE IS REQUIRED FOR REGISTRATION IN ALL INSTANCES. For security reasons, Registration Examination materials (including but not limited to scored answer sheets and test booklets) are not open to public inspection or subsequent review by the candidate.

If a candidate disagrees with ARC's response, he/she may appeal the decision to the ARC™ Board of Directors. However, the Board of Directors will only consider the appeal if the candidate provides an explanation of why the ARC™ Board of Directors' original decision was arbitrary or capricious. Any such appeal shall be limited to written briefs. The decision of the ARC™ Board of Directors shall be final.

REPORT OF RESULTS

All Registration Examinations are graded by computer and are double-checked for accuracy. Credit is given for all correct answers. Candidates will be notified by email when their scores are available online. Score reports will be available approximately four (4) weeks after the close of the testing period. This time is necessary to allow for the psychometric review and administration time required to ensure accurate and reliable results. Scores on the major areas of the Registration Examination and on the total examination will be reported. Score reports will be available online for only 30 days. Be sure to save a copy of your score report in your permanent files or print a hard copy.

Candidates who have achieved a passing score on the ARC™ Registration Examination in Aromatherapy will be eligible to use the "RA" credential and will receive e-certificates from ARC™ that are recognized for a maximum period of five (5) years from the date of issue. To maintain registration after the initial five years, candidates have the option to retake and pass the then-current Registration Examination or to meet continuing education requirements as outlined at that time. Use of the credential is subject to ARC™'s Policy on Use of Registration Marks, found in Appendix A.

Scoring Procedure

The passing score for the ARC Examination has been reviewed and approved by ARC™ and has been determined using a criterion-referenced methodology.

REQUESTING A HANDSCORE

Candidates who fail the examination may request a hand scoring of their data file. Hand scoring is a manual check of the data file by the testing service to determine if there have been any errors in scoring. Although the probability of such an error is extremely remote, this service is available. Requests for hand scoring must be received by PTC no later than 90 days after the date of the examination by completing and returning the Request of Handscore form on www.ptcny.com with payment of \$25. Candidates who fail the examination will not be permitted to see the examination questions. For reasons of test security, no candidate is allowed to review the examination or any of its items.

To ensure correct reporting of results, PTC automatically performs handcores of examinations of candidates who score within 3 points of passing as a quality control measure. Thus, it is extremely doubtful that any examination results will change from “fail” to “pass” through handscoring.

CONFIDENTIALITY OF EXAMINATION SCORES

ARC™ will release the individual test scores ONLY to the individual candidate.

REEXAMINATION

The ARC™ Registration Examination in Aromatherapy may be taken a maximum of one (1) time in one (1) calendar year.

VERIFICATION OF REGISTRATION

When a candidate passes the Registration Examination and is granted registration as a Registered Aromatherapist, ARC™ will verify the individual's registration status upon request by employers, governmental agencies, and the public. Telephone and electronic mail responses are free; written verification requires payment of a \$20 administrative fee at the time of request. ARC™ will only release registration status, the date registration was awarded, and disciplinary actions, if any, taken by ARC™.

A database of ARC™ Registered Aromatherapists is maintained by ARC™ and may be reported in its publications and/or website. The database of Registered Aromatherapists can be viewed at http://aromatherapycouncil.org/?page_id=88. Each Registered Aromatherapist is responsible for ensuring that his/her information on the Register is correct and up to date. Please see <https://aromatherapycouncil.org/updating-your-info>.

CONTINUING REGISTRATION AND REREGISTRATION

In order to be and remain eligible for registration, an individual must be in compliance with the ARC™ Disciplinary Policy as well as all other ARC™ standards, policies, and procedures. Registration is recognized for a maximum period of five (5) years. To maintain registration, candidates have the option to retake and pass the then-current Registration Examination or to meet continuing education requirements. Please refer to the PTC and ARC websites for the continuing education requirements and the complete **Guidelines for Reregistration** at www.ptcny.com.

CONTENT OF THE EXAMINATION

The ARC™ Registration Examination in Aromatherapy is a computer-based examination composed of a maximum of 250 multiple-choice, objective questions with a total testing time of four (4) hours. The content of the examination is described in the Content Outline starting below.

The questions for the examination are obtained from individuals with expertise in aromatherapy and are reviewed for construction, accuracy, and appropriateness by the ARC™.

ARC™, with the advice and assistance of the Professional Testing Corporation, prepares the examination.

The ARC™ Registration Examination in Aromatherapy will be weighted in approximately the following manner:

I.	Basic Concepts of Aromatherapy	20%
II.	Scientific Principles	30%
III.	Administration	35%
IV.	Professional Issues	15%

CONTENT OUTLINE

I. BASIC CONCEPTS OF AROMATHERAPY

- A. Aromatherapy Background
- B. Essential Oils
 - 1. Sources
 - 2. Grades
- C. Client Assessment
 - 1. Techniques
 - a. Observation
 - b. Interviewing
 - c. Evaluation
 - 2. Current Condition
 - 3. Client History
 - 4. Medication History
 - a. Prescription
 - b. Nonprescription
 - 5. Life Style
 - a. Nutrition
 - b. Exercise
 - c. Elimination
 - d. Emotional Status
 - e. Smoking
 - f. Alcohol Use
 - g. Other

- D. Contraindications
 - 1. Client Conditions
 - 2. Specific Oils

II. SCIENTIFIC PRINCIPLES

- A. Botany
 - 1. Taxonomy
 - 2. Families
 - 3. Genus
 - 4. Species
 - 5. Chemotypes
- B. Extraction
 - 1. Distillation
 - a. Hydrosols
 - b. Other
 - 2. Solvent
 - a. Concretes
 - b. Absolutes
 - c. Florasols
 - 3. Carbon Dioxide
 - 4. Expression

- C. Chemistry
 - 1. Atoms/Molecules
 - 2. Hydrocarbons
 - a. Monoterpenes
 - b. Diterpenes
 - c. Sesquiterpenes
 - 3. Alcohols
 - 4. Phenols
 - 5. Esters
 - 6. Ketones
 - 7. Acids
 - 8. Aldehydes
 - 9. Coumarins
 - 10. Other
 - D. Anatomy and Physiology Systems
 - 1. Olfactory
 - 2. Nervous
 - 3. Respiratory
 - 4. Integumentary
 - 5. Endocrine
 - 6. Circulatory
 - 7. Digestive
 - 8. Lymphatic
 - 9. Musculoskeletal
 - 10. Immune
 - 11. Genitourinary
 - 12. Other
- III. ADMINISTRATION**
- A. Therapeutics
 - 1. Pharmacologic Properties
 - 2. Actions
 - 3. Materia Medica
 - B. Safety
 - 1. Skin Testing
 - 2. Standard Precautions
 - 3. Emergency Issues
 - a. Overdose
 - b. Allergic Reactions
 - c. Photosensitivity
 - d. Toxic Reactions
 - e. Other
 - C. Delivery Methods
 - 1. Topical Applications
 - a. Purposes

- b. Techniques
 - 1. Baths
 - 2. Compresses
 - 3. Massages
 - 4. Other
 - c. Contraindications
 - 1. Client Condition
 - 2. Oil Toxicity
 - 2. Inhalation
 - a. Purposes
 - b. Techniques
 - 1. Diffusion
 - 2. Steam
 - 3. Direct
 - 4. Manual
 - 5. Other
 - c. Contraindications
 - 1. Client Condition
 - 2. Oil Toxicity
 - 3. Oral Ingestion
 - a. Purposes
 - b. Contraindications
 - 1. Client Condition
 - 2. Oil Toxicity
 - D. Blending
 - 1. Basic Concepts
 - a. Volatility
 - b. Notes
 - 2. Procedures
 - a. Equipment
 - b. Storage
 - 1. Temperature
 - 2. Light
 - 3. Air
 - 3. Dilution Ratios
 - 4. Carrier Oils
- IV. PROFESSIONAL ISSUES**
- A. Documentation
 - 1. Consent Forms
 - 2. Client Records
 - 3. Other
 - B. Referrals
 - C. Follow-up
 - D. Quality Control
 - 1. Standards

- | | |
|--|---|
| <ul style="list-style-type: none"> 2. Purity 3. Adulteration 4. Testing | <ul style="list-style-type: none"> 1. Local/State/Province
/Federal/Country Regulations 2. Labeling |
| <ul style="list-style-type: none"> E. Compliance | <ul style="list-style-type: none"> F. Ethical Concerns |

SAMPLE EXAMINATION QUESTIONS

ARC™ prepared the following questions to familiarize candidates with the types of questions to expect on the Registration Examination. However, the scope of these questions does not necessarily reflect the difficulty or subject matter of the Registration Examination as a whole.

1. Ylang Ylang is essential oil extracted from which of the following parts of a plant?

- 1. Roots
- 2. Leaves
- 3. Flowers
- 4. Seeds

2. Which of the following essential oils is phototoxic?

- 1. *Citrus bergamia*
- 2. *Rosa damascena*
- 3. *Salvia officinalis*
- 4. *Rosmarinus officinalis*

3. Which of the following essential oils may produce photosensitivity?

- 1. *Boswellia carterii*
- 2. *Citrus bergamia*
- 3. *Canarium luzonicum*
- 4. *Lavandula angustifolia*

4. As part of the assessment process, which of the following is MOST important to include?

- 1. Client's height
- 2. Subjective data
- 3. Client's social support system
- 4. Complete health history

5. What extraction method is used to produce rose otto essential oil?

- 1. Distillation
- 2. Enfleurage
- 3. Cold press
- 4. Solvent extraction

ANSWERS

1.	3
2.	1
3.	2
4.	4
5.	1

RECOMMENDED REFERENCES

The following references may be of some help in preparing for the examination. The list does not attempt to include all acceptable references, nor is it suggested that the ARC™ Registration Examination in Aromatherapy is based entirely on these references. Their content, while representative of the type of knowledge and skills tested on the Registration Examination, does not necessarily mirror the content of the Registration Examination. ARC™ has not assisted in the development and/or publication of these materials and does not endorse or recommend a particular study course or method. ARC™ suggests these references as a study tool only.

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Clarke, S. (2008). <i>Essential Chemistry for Aromatherapy</i> (2nd ed.). Edinburgh, UK: Churchill Livingstone. ISBN: 9780443104039
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Husnu, k., Baser, C., & Buchbauer, G. (2020). <i>Handbook of Essential Oils Science, Technology, and Applications</i> (3rd Ed.). Boca Raton, FL: CRC Press. ISBN: 9780815370963
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Rose, J. (1999). <i>375 Essential Oils and Hydrosols</i> . Berkeley, CA: Frog Ltd. ISBN: 9781883319892
Schnaubelt, K. (1999). <i>Medical Aromatherapy: Healing with Essential Oils</i> . Berkeley, CA: Frog Books. ISBN: 9781883319694
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APPENDIX A

ARC™ POLICY ON USE OF REGISTRATION MARKS

Upon successful completion of the ARC™ Registration Examination in Aromatherapy, candidates will be awarded a certificate showing the title “Registered Aromatherapist”. The trademarks "Registered Aromatherapist", "RA", "Aromatherapy Registration Council", and "ARC™" are the exclusive property of ARC™ and ARC™ has the sole right to control the use of these marks. However, with continued registration and compliance with ARC™'s standards, policies, and procedures (as ARC™ may amend them from time to time), ARC™ will permit a registrant to:

- display the ARC™ certificate of registration;
- identify her/himself as a "Registered Aromatherapist";
- use the marks on business cards and letterhead; and
- use the marks in yellow page advertisements and on the internet for services as a Registered Aromatherapist.

Candidates shall not use ARC™'s marks in any other way unless approved in advance and in writing by ARC™. A registrant interested in a use not listed above, such as on advertising or promotional materials, must submit a copy of the proposed use to ARC™ for its review.

Registrants will be issued a certificate documenting their status as a Registered Aromatherapist, which is valid for five (5) years. These certificates must not be reproduced, altered, or used to misrepresent the information contained on the original document.

ARC™ may ask registrants to submit for its review samples of stationary, business cards, or other materials on which ARC™'s marks appear. ARC™, in its sole discretion, will determine whether any use of its marks is inconsistent with this Policy or ARC™'s other standards, policies, and procedures. **Failure to comply with this Policy may result in revocation of registration or other sanction as provided in the ARC™ Disciplinary Policy.**

Upon the expiration, suspension, or revocation of an individual's registration as a Registered Aromatherapist, the individual shall no longer have the right to use ARC™'s marks in any manner and must immediately stop all use of ARC™'s marks (including no distribution of materials already prepared).

APPENDIX B

ARC TM DISCIPLINARY POLICY

The Aromatherapy Registration Council ("ARC") has developed and administers the Registered Aromatherapist registration program as a means to fulfill its mission of promoting the safe delivery and effective practice of aromatherapy, with the ultimate purpose of protecting public health and safety. ARC adopted this Disciplinary Policy to articulate standards of conduct required for eligibility for registration and continued registration as a Registered Aromatherapist. ARC welcomes comment and inquiry from aromatherapists and the public.

Please note: All references to “days” in this Disciplinary Procedure and other ARC standards, policies, and procedures refer to calendar days. Any communication required by ARC must be in writing and sent to ARC by certified mail (return receipt requested) or by delivery service.

I. ELIGIBILITY FOR REGISTRATION

The initial determination of an individual's eligibility for registration as a Registered Aromatherapist will be made by the ARC Executive Director (in consultation with the ARC President). A decision by the Executive Director to deny eligibility may be appealed under section V.3, below. Any such appeal shall be limited to written briefs; an oral hearing will not be permitted.

As a condition of eligibility for and continued registration as a Registered Aromatherapist, each applicant/candidate/registrant agrees to comply with the following:

1. Complete Application

Each applicant must truthfully complete and sign an Application in the form provided by ARC, pay the required fee(s), enclose transcripts and/or syllabi with the Application, and provide additional information upon request by ARC.

2. Misrepresentation Prohibited

No applicant/candidate/registrant shall make any inaccurate, untrue, or misleading statements concerning their Application or registration status, and the individual shall take all steps reasonably necessary to immediately correct any such false information.

3. Compliance with ARC Standards, Policies, and Procedures.

In order to be and remain eligible for registration, an individual must be in compliance with this Disciplinary Policy as well as all other ARC standards, policies and procedures and ARC may deny, revoke, or otherwise limit an individual's registration for non-compliance. The responsibility to prove eligibility or compliance rests with the individual. ARC may request additional information regarding eligibility or compliance at any time. By submitting an Application or maintaining registration, each individual agrees to provide ARC with

confirmation of compliance with ARC's standards, policies, and procedures upon request by ARC.

4. Civil & Criminal Actions

Within ninety (90) days of its occurrence, an applicant/candidate/registrant must notify ARC of any inquiry, indictment, or charge pending against her/him before a state or federal regulatory agency, professional organization, or judicial body, directly relating to public health or aromatherapy, or any matter described in Section III. 1-12. The applicant/candidate/registrant shall also notify ARC of any developments related to the matter within ninety (90) days of their occurrence, including but not limited to providing documentation of the matter's resolution.

5. Criminal Convictions

An applicant/candidate/registrant convicted of a felony directly related to public health or aromatherapy shall be ineligible to apply for registration for a period of ten (10) years from the exhaustion of appeals or final release from confinement (if any), whichever is later. Convictions of this nature include but are not limited to felonies involving rape, sexual abuse, actual or threatened use of a weapon or violence, and prohibited sale, distribution, or possession of a controlled substance. An applicant who is incarcerated, or for whom incarceration is pending, on the Application deadline date shall be ineligible for registration until eligibility is reinstated as provided in section J, below.

6. Property of ARC

The names "Registered Aromatherapist", "RA", "Aromatherapy Registration Council", "ARC" and related logos, the Examination and all related materials, certificates, and other items produced or provided by ARC are all the exclusive property of ARC. These items may not be used in any way except as permitted by the ARC Policy on Use of Registration Marks or otherwise authorized by ARC in advance and in writing. An applicant/candidate/registrant shall immediately stop and correct at the individual's expense any inaccurate, false, outdated, or otherwise unauthorized use of any ARC property.

ARC, in its sole and absolute discretion, will determine whether any use of its property is inconsistent with this Disciplinary Policy or ARC's other standards, policies, and procedures. Failure to comply with this Policy may result in revocation of registration or other sanction as described below.

Upon the expiration, suspension, or revocation of an individual's registration as a Registered Aromatherapist, the individual shall no longer use ARC's property in any manner and must immediately stop all use of ARC's property (including no distribution of materials already prepared). Each applicant/candidate/registrant agrees that ARC shall be entitled to obtain all relief permitted by law in the event he/she fails to comply.

7. Required Notifications to ARC

Every applicant/candidate/registrant must notify ARC within ninety (90) days of any change in name, address, or telephone number. ARC must also be notified, in writing, of any event or development affecting eligibility for registration, including but not limited to any criminal conviction or disciplinary action taken by a governmental agency or other professional organization.

II. SCORE REPORTS

ARC is committed to reporting only valid Examination scores. Should misconduct or other circumstances beyond a candidate's control occur and cause ARC to question a score's validity, ARC will investigate further and requires that all applicants/candidates/registrants cooperate. In its sole discretion, ARC reserves the right to cancel any Examination score if there is a reasonable basis to doubt its validity, and may (i) offer the affected candidate an opportunity to take the Registration Examination again at no additional fee or (ii) proceed as described below.

III. APPLICATION AND REGISTRATION STANDARDS

ARC, in its sole discretion, may deny, suspend, or revoke registration, or take other appropriate corrective action with regard to an applicant/candidate/registrant in the event of:

1. Ineligibility for ARC registration;
2. Irregularity in connection with any Examination administration;
3. Failure to pay fees as required by ARC;
4. Unauthorized possession of, use of, or access to the Examination and related materials, the names "Registered Aromatherapist", "RA", "Aromatherapy Registration Council", "ARC" and related logos, certificates, and any other ARC documents and materials;
5. False or misleading statements, fraud, deceit, or failure to provide any information requested by ARC;
6. Failure to provide timely updated information to ARC;
7. Misrepresentation of Registered Aromatherapist registration status;
8. Habitual use of alcohol or any drug or substance, or any physical or mental condition, which impairs competent and objective professional performance;
9. Gross or repeated negligence in professional work, including but not limited to teaching or practicing unsafe professional practice. ARC defines unsafe professional practice to include but not be limited to practicing or teaching unsafe essential oil administration, such as used in "raindrop therapy" or "raindrop technique" or "aroma touch" and any other therapies similar to "raindrop therapy" "raindrop technique" or "aroma touch", involving the use of neat essential oils on the skin.
10. Limitation or sanction, whether voluntary or involuntary, by a governmental regulatory board or professional organization relating to public health or the specialty of aromatherapy;

11. The conviction of, plea of guilty, or plea of nolo contendere to a felony or misdemeanor related to public health or aromatherapy. This includes but is not limited to a felony involving rape, sexual abuse, actual or threatened use of a weapon or violence, and the prohibited sale, distribution, or use of a controlled substance; or
12. Other violation of an ARC standard, policy, or procedure as set forth in the ARC Handbook for Candidates or other material provided to applicants/candidates/registrants (and as amended from time to time by ARC).

ARC reserves the right to publish the names of Registered Aromatherapists who have had their registration revoked.

IV. DISCIPLINARY COMMITTEE

A Disciplinary Committee shall be elected by the ARC Board of Directors to investigate alleged violations of this Disciplinary Policy or any other ARC standard, policy or procedure. The Disciplinary Committee shall be composed of at least two members of the ARC Board of Directors. A member of the Disciplinary Committee shall not serve on any matter in which her/his objectivity and impartiality might reasonably be questioned or which presents an actual or apparent conflict of interest. If two ARC Board members are not available to serve on a Disciplinary Committee, then the President of ARC shall designate one or two Registered Aromatherapists to participate on the Disciplinary Committee, such that at all times it shall have two members.

V. REVIEW AND APPEAL PROCEDURES

1. Submission and Initial Review of Allegations

- a. Persons concerned with a possible violation of this Disciplinary Policy or any other ARC standard, policy, or procedure, or a wrongful determination of ineligibility by the ARC Executive Director, are encouraged to submit a complaint to ARC. The complaint must be in writing, signed and dated, and identify the person(s) involved and the surrounding circumstances in as much detail as possible. The complaint should also include the name, address, and telephone number of the person making the complaint and any other individual(s) who may have information regarding the alleged violation.
- b. Alleged violations must be sent to the ARC Executive Director for forwarding to the ARC President for initial review. Supplementation relating to the content or form of the complaint may be requested by either the Executive Director or the President, including but not limited to a written testimonial from the individual who is the subject of the complaint (the Subject).
- c. The President, in consultation with legal counsel, shall make a determination regarding the allegations.
- d. If the President determines that the allegations against the Subject are frivolous or fail to state a violation of ARC's rules, no further action shall be taken. The President will inform the ARC Board of Directors, Executive Director, and the Subject (if known).
- e. If the President determines that good cause may exist to deny eligibility or question

compliance with ARC's rules, the President shall forward the matter to the Disciplinary Committee for investigation.

2. Investigation Procedures of the Disciplinary Committee

- a. The Disciplinary Committee shall investigate the allegations after receipt from the President.
- b. If the Committee determines that the facts are inadequate to sustain the allegations against the Subject and a finding of a violation of ARC's rules, no further action shall be taken. The Committee will inform the ARC Board of Directors, President, Executive Director, and the complainant (if known).
- c. If the Committee determines that good cause exists to question whether eligibility was improperly denied, or ARC's rules were violated, the Committee shall transmit a written statement of allegations to the Subject by certified mail (return receipt requested). This statement shall set forth:
 - i. the applicable rule;
 - ii. the alleged facts constituting the violation of the rule or determination of ineligibility;
 - iii. for allegations not related to a denial of eligibility, the right of the Subject to contest the matter in writing or request a telephonic hearing at which to dispute the allegations, with the Subject bearing her/his own expenses for the hearing;
 - iv. that the Subject shall have thirty (30) days after receipt of the statement to notify the ARC President and the Committee, in writing, that he/she disputes the allegations and/or, has comments on available sanctions;
 - v. that, in the event of a telephonic hearing, the Subject shall express his or her reasons for believing action should not be taken, and shall produce any evidence he or she desires on her/his behalf;
 - vi. the Subject's failure to respond may result in sanctions, including revocation of registration;
 - vii. that a finding by the Disciplinary Committee of the allegations against the Subject to be truthful may result in sanctions including revocation and publication of that revocation; and
 - viii. that if the Subject does not dispute the allegations or request a review or hearing, the Subject thereby agrees that the Disciplinary Committee may render a decision on the evidence before it and apply available sanctions (as set out below in VI(a-f)).
- d. If the Subject disputes the allegations or available sanctions or requests a telephonic hearing, the Disciplinary Committee may offer the Subject the opportunity to accept an identified sanction in lieu of proceeding with the requested telephonic hearing. Such an offer shall be provided in writing. The Subject may ask the Disciplinary Committee to modify its offer, and the Committee may do so in its sole discretion. If the Subject is unwilling to accept the Committee's offer, the Disciplinary Committee shall designate one of its members to present the allegations and any substantiating

evidence, and otherwise present the matter during any hearing before the Disciplinary Committee.

3. Hearing Procedures of the Disciplinary Committee

- a. In matters related to a denial of eligibility by the ARC Executive Director, the Disciplinary Committee shall render a decision within thirty (30) days following receipt of the matter. This decision shall be based on the written record below without an oral hearing, although written briefs may be submitted by the Subject and the Disciplinary Committee.
- b. In all other cases, after receiving the statement of allegations and response, the Disciplinary Hearing Committee shall:
 - i. Prepare a response to the written response to the allegations with a decision that contains its findings and any sanctions applied; or
 - ii. schedule a time and date for a telephonic hearing, allowing for an adequate period of time for preparation by both sides; and
 - iii. send a Notice of Hearing to the Subject by certified mail (return receipt requested) stating the time of the hearing. The Subject may request a change of date of the hearing for good cause, which may be granted by the Disciplinary Committee in its sole discretion. Failure to respond to the Notice of Hearing shall permit the Disciplinary Committee to administer any sanction that it considers appropriate. In a telephonic hearing, both ARC and the applicant/candidate/registrant shall be given an equal opportunity to be heard, and the hearing shall last for the time period designated by ARC in advance of the hearing (no more than one hour no less than 15 minutes).
- c. Formal rules of evidence shall not apply. Either side may submit relevant evidence.
- d. The Disciplinary Committee shall determine all matters relating to the hearing.
- e. Resolution of disputed questions shall be determined by the Disciplinary Committee.
- f. In all written reviews and telephonic hearings before the Disciplinary Committee:
 - i. The Disciplinary Committee, in its sole discretion, will make a determination.
 - ii. Whenever mental or physical disability is alleged, the Subject may be required to undergo a physical or mental examination at her/his expense. The report of such an examination shall become part of the evidence the Disciplinary Committee considers.
 - iii. The Disciplinary Committee shall issue a written decision following the review or hearing. It shall be promptly mailed to the Subject by certified mail (return receipt requested). The Committee will also inform the ARC Board of Directors and Executive Director.
 - iv. The decision of the Disciplinary Committee will be final and binding, unless a written appeal is not received by the ARC Executive Director within ten (10) days following the date the decision of the Disciplinary Committee was mailed.

4. Appeal Procedures

- a. If the decision rendered by the Disciplinary Committee finds that the allegations are not established, no further action on the matter shall be taken.
- b. If the decision rendered by the Disciplinary Committee is not favorable to the Subject, he/she may appeal the decision to the ARC Board of Directors by submitting a written appeal request within ten (10) days following the date the decision of the Disciplinary Committee was mailed. The Disciplinary Committee may file a written response to the request of the Subject.
- c. The Board of Directors by majority vote of those Directors present and voting shall render a decision within thirty (30) days following receipt of the appeal request. This decision shall be based on the written record. The Board of Directors may choose, in its sole discretion, to conduct a de novo review of the Disciplinary Committee decision.
- d. The decision of the ARC Board of Directors shall be rendered in writing. The decision shall contain its findings and any sanctions applied (as set forth below in Section VI (1-6)). The Board's decision shall be final. The decision shall be mailed to the Subject by certified mail (return receipt requested).

VI. SANCTIONS

The sanction for violation of any ARC rule may include one or more of the following:

- a. Denial or suspension of eligibility;
- b. Revocation of registration;
- c. Non-renewal of registration;
- d. Reprimand;
- e. Suspension of registration; or
- f. Other corrective action.

ARC reserves the right to publish RA's names that have had their registration revoked.

VII. SUMMARY PROCEDURE

Whenever the ARC President determines that there is cause to believe that a threat of immediate and irreparable injury to the public exists, the President shall forward the allegations to the ARC Board of Directors. The Board shall review the matter immediately and provide telephonic or other expedited notice and review procedures to the subject Registered Aromatherapist. Following such notice and opportunity by the Registered Aromatherapist to be heard, if the Board determines that a threat of immediate and irreparable injury to the public exists, registration may be revoked. An Aromatherapist who wishes to reinstate his or her revoked registration may do so by submitting a written statement to ARC that shall include the following:

I, (insert name of applicant), hereby assert that I am aware of ARC's Disciplinary Policy and Statement of Policy Against Raindrop

Therapy/ Raindrop Technique/ Aroma Touch and hereby agree that in order to reinstate my status as a Registered Aromatherapist, I will not engage in or teach, now or in the future, anything that conflicts with those policies, including but not limited to any gross or repeated negligence in professional work and any unsafe professional practice (which is defined by ARC to include but not be limited to the practice of Raindrop Therapy/ Raindrop Technique/ Aroma Touch).

ARC, in its discretion, may then reinstate a revoked registration if it is proved to its satisfaction that the aromatherapist unknowingly violated ARC policies.

VIII. RELEASE OF INFORMATION

Each applicant/candidate/registrant agrees that ARC and its officers, directors, committee members, panel members, employees, lawyers, and agents may communicate any and all information relating to her/his registration status and Application and review thereof (including but not limited to the pendency or outcome of any disciplinary proceedings) to state and federal authorities, licensing boards, employers, other registrants, and the public upon request.

IX. WAIVER

Each applicant/candidate/registrant releases, discharges, and exonerates ARC, its officers, directors, committee members, panel members, employees, and agents, and any other persons from any and all liability arising out of or in connection with any action taken pursuant to this Disciplinary Policy or other ARC standards, policies, and procedures, including but not limited to liability arising out of (i) the furnishing or inspection of documents, records, and other information, and (ii) any investigation and review of an Application or registration made by ARC.

X. RECONSIDERATION OF ELIGIBILITY AND REINSTATEMENT OF REGISTRATION

If eligibility or registration is denied or revoked, eligibility or registration may be reconsidered on the following basis:

- a. In the event of a felony conviction directly related to public health or aromatherapy no earlier than three (3) years from the exhaustion of appeals or release from confinement, whichever is later;
- b. In any other event, no earlier than three (3) years from the final decision of ineligibility or revocation.

In addition to other facts required by ARC, such an individual must fully set forth the circumstances of the decision denying eligibility or revoking registration, as well as all relevant facts and circumstances since the decision relevant to the Application. When eligibility has been denied because of felony conviction, the individual bears the burden of demonstrating that the

individual has been rehabilitated and does not pose a danger to others. Such evidence shall be submitted to the ARC Executive Director, who shall determine whether the evidence meets this burden in the Executive Director's discretion. Unless and until clear and convincing evidence is submitted, the individual will remain ineligible for reinstatement. The decision of the Executive Director may be appealed as provided in section V.4, above.

APPENDIX C

STATEMENT OF POLICY AGAINST “RAINDROP THERAPY/RAINDROP TECHNIQUE” OR “AROMA TOUCH”

The Aromatherapy Registration Council (ARC) hereby formally clarifies its prohibition on the use or the teaching of "Raindrop Therapy, Raindrop Technique" or “Aroma Touch” and any other therapies similar to "Raindrop Therapy, Raindrop Technique" or “Aroma Touch” that involve the use of neat essential oils on the skin by its Registered Aromatherapists.¹ In its discretion, the Aromatherapy Registration Council may revoke without notice the registration of any aromatherapist whom it determines by credible evidence is engaging in the practice or teaching of Raindrop Therapy, in order to protect the public health. It may publish a list of aromatherapists with revoked registrations.

Definition of "Raindrop Therapy, Raindrop Technique" or “Aroma Touch For the purposes of this Statement, "Raindrop Therapy, Raindrop Technique" or “Aroma Touch” is defined as the topical application of specific "undiluted" essential oils on the skin. For the purposes of this Statement, an essential oil shall be deemed "undiluted" if an essential oil is administered topically to an adult or child and has more concentration of essential oil than 2% or the correct dilution ratio generally accepted as safe for that oil.

Concerns regarding Public Health: ARC believes that "Raindrop Therapy, Raindrop Technique" or “Aroma Touch” pose risks to the public health. "Raindrop Therapy, Raindrop Technique" or “Aroma Touch” techniques are typically practiced as a one-size-fits-all technique and may not be suitable for people with compromised liver or kidney function, those with heart disease, those on blood thinning medication, those with allergies to aspirin, and other disorders. Topical application of undiluted oils has a high risk of creating adverse skin reactions. ARC also believes that there is no published, research-validated clinical evidence to support any claim that "Raindrop Therapy, Raindrop Technique" or “Aroma Touch” are able to assist in correcting spinal curvatures caused by scoliosis or to align electric and structural elements of the body, and that, therefore, claims made in this regard or the application of "Raindrop Therapy, Raindrop Technique" or “Aroma Touch” for these purposes is detrimental to the public health. ARC believes that aromatherapy should only complement, not substitute for, conventional medicine.

Further Readings Regarding the Dangers of Raindrop Therapy (linked with permission):

<https://www.naturesgift.com/aromatherapy-information/essential-oil-safety/rdt/>

<http://www.alliance-aromatherapists.org/aromatherapy/aromatherapy-safety/#raindrop>

<http://www.alliance-aromatherapists.org/wp-content/uploads/2012/08/White-Paper-on-RDT.pdf>

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